

Vidinsko horo (Vlach, Bulgaria)

Vidinsko horo (VEE-deen-skoh hoh-ROH), is an arrangement of traditional steps from N.W. Bulgaria of the Vlach dance type known as *Sitno Vlasko*. Learned from the State Folk Ensemble, Vidin 1970, this dance was taught at the 1998 Stockton Folk Dance Camp by Yves Moreau. The Vlachs are a Romanian-speaking minority of Bulgarians whose ancestors fled to Romania during the Turkish occupation, settling mostly in Banat, and in Oltenia and Muntenia (formerly Wallachia, from which the word Vlach is derived). After several centuries the Turks left Bulgaria, and many Vlachs returned, culturally more Romanian than Bulgarian. Their dances share much in common with those found north of the Danube in Romania and in Serbia to the west.

Cassette: Yves Moreau: Bulgarian Folk Dances, YM-UOP-98, Side A/2. 2/4 meter

Formation: Short mixed lines of dancers facing center with hands joined in W-pos.

Styling: Small, light, and sharp steps.

Measures	2/4 meter	PATTERN
----------	-----------	---------

INTRODUCTION. None. Dance starts with music.

I. FORWARD AND BACK

- 1 Moving twd ctr, step fwd on R (ct 1); step on L near R heel (ct &); step fwd on R (ct 2).
- 2 Step fwd on L, raising R ft fwd with knee bent (ct 1); push-kick fwd with R ft (ct 2).
- 3 Step bkwd R, L, swinging arms down-back (ct 1), fwd (ct 2).
- 4 Beg R, dance three light little steps moving slightly bkwd (cts 1,&,2). Swing arms back (ct 1), fwd-up into W-pos (ct 2).
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8, ending with hands joined down in V-pos.

II. SLAPS

- 1 Leaning upper body fwd twd ctr, supported on L leg with knee bent, slap R ft fwd twice on floor with straight R knee (cts 1,2).
- 2 Straightening body, step on R to R (ct 1); step on L behind R (ct &); step on R to R (ct 2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.
- 9 Leaning fwd as in meas 1, slap R ft fwd once on floor (ct 1); hold (ct 2).
- 10 Straightening body, step on R to R (ct 1); step on L behind R (ct &); step on R to R (ct 2); stamp L sharply beside R, no wt (ct &).
- 11 Leap onto L to L, raising R knee up and close to L leg (ct 1); repeat with opp ftwk and direction (ct 2).
- 12 Straightening body, step on L to L (ct 1); step on R behind L (ct &); step on L to L (ct 2).
- 13-16 Repeat meas 9-12.

III. FORWARD, STAMP, LEG KICKS, AND SLIDE BACK

- 1 Facing ctr with arms in V-pos and upper body bent fwd, bring R ft sharply around and step fwd on it (ct 1); step on L near R heel (ct &); step fwd on R (ct 2).
- 2-4 Repeat meas 1 three times, alternating ftwk. At end of meas 4, pivot 1/4 CCW on L to face RLOD.
- 5 Stamp R sharply beside L, no wt (ct 1); hold (ct 2).
- 6 Fall onto R ft, displacing L ft as L leg swings to L (away from ctr) with straight knee (ct 1); hop on R, swinging straight L leg twd ctr, across in front of R leg (ct 2).
- 7 Moving away from ctr, step on L to L (ct 1); step on R beside L (ct &); repeat cts 1,& (cts 2,&).
- 8 Repeat meas 7. At the end, pivot 1/4 CW on L to finish facing ctr.
- 9-32 Repeat meas 1-8 three more times.

TRANSITION

- 1 Travelling diag R twd ctr, step fwd R, L, as arms swing fwd, back in V-pos (cts 1,2).
- 2 Travelling diag bkwd R away from ctr, step R,L,R (cts 1,&,2). Swing arms fwd, back (cts 1,2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction. Swing arms as in meas 1-2.

IV. TRAVELLING SIDEWARD WITH STAMPS

- 1 Facing ctr with wt on L, step on R beside L (ct 1); stamp L lightly beside R, no wt (ct &); step on L beside R (ct 2); stamp R lightly beside L, no wt (ct &).
- 2 Moving to R, dance four quick steps (R,L,R,L), with L crossing behind (cts 1,&,2,&).
- 3-6 Repeat meas 1-2 twice.
- 7 Leap onto R to R, raising L knee close to R leg (ct 1); repeat with opp ftwk and direction (ct 2).
- 8 Step on R to R (ct 1); step on L behind R (ct &); step on R to R (ct 2).
- 9-16 Repeat meas 1-8 with opp ftwk and direction.

V. QUICK CROSSES AND STAMPS

- 1 With arms joined down in V-pos, step on R across in front of L (ct 1); step on L in place (ct &); step on R to R (ct 2); step on L in place (ct &).
- 2 Repeat meas 1.
- 3 Step on R in place (ct 1); stamp L quickly beside R, no wt (ct &); step on L beside R (ct 2); stamp R quickly beside L, no wt (ct &).
- 4 Repeat meas 3.
- 5-6 Repeat Figure IV, meas 7-8.
- 7-8 Repeat Figure IV, meas 7-8 with opp ftwk and direction.
- 9-16 Repeat meas 1-8.

SEQUENCE: Figs. I, II
Figs. I, II, III, transition, IV, V
Figs. I, II, III, transition, IV, V