



STARO GRADEŠNIŠKO HORO

Bulgaria

BACKGROUND: Dance named after the town of Dolna Gradešnica, a small town in the Pirin ethnographic region of Bulgaria. It is performed to the accomanyng song *Trâgna Moma Za Voda* (*A girl left to get some water*). The dance style is typical Pirin/Macedonian: light, small and bouncy steps. Characteristic is the little stop (pause) before the first step and the different amount of bars in Part 1 and 2.


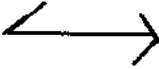



METER 2/4  counted here as 

MUSIC: CD *Bulgarian Folk Dances* with Jaap Leegwater JL2010.01

FORMATION: Open circle. Hands joint in V-postion

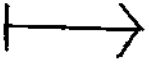

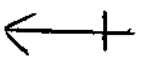
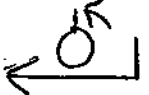


INTRODUCTION: 18 bars

DIRECTION MEAS CT DANCE PATTERN Part 1 "Song"

	1	1	Facing ctr and moving sdwd R
		2	step on Rft
			step on L ft next to R ft
	2	1-2	step on R ft
	3	1-2	step on L ft across infront of R ft
	4-15		repeat action of meas 1-3 four more times
	16	1-2	Facing ctr and moving sdwd L
			step on R ft across behind L ft
	17	1	step on Lft
		2	step on R ft next to L ft
	18	1-2	step on L ft
	19	1	stamp on R ft, without taking wt, next to L ft
	20		hold:
	:1-17:		repeat meas 1-17
	:18:	1	step on lft sdwd L
		2	small hop on Lft, turning in LOD

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DIRECTION MEAS CT DANCE PATTERN Part 2 "Instrumental"

	1	1-2	Facing ct. and moving in LOD, 2 running steps R, L
	2-3		2 small 3-step (<i>ráčenica's</i>) RLR, LRL
	4	1-2	2 running steps R, L
	5	1 2	small jump on both ft together shifting wt to R ft, lifting L ft
	6	1-2	Facing LOD, moving RLOD, 2 running steps L, R bkwd
		7	1 2
		8	1 2
	:1-7:		repeat meas 1-7
	:8:	1-2	step on L ft sdwd L
	9	1-2	stamp on R ft, without wt, next to lft
	10		hold



Dance description by Jaap Leegwater 2010
Presented by Jaap Leegwater at the Camellia Dance Festival, Sacramento, CA