

Staro Gradešniško Horo

(Bulgaria)

The dance is named after the town of Doina Gradešnica, a small town in the Pirin ethnographic region of Bulgaria. It is performed to the accompanying song *Trâgna Moma Za Voda (A Girl Left to Get Some Water)*.

Pronunciation: STAH-roh grah-dehss-NEESH-koh hoh-ROH

Music: 2/4 meter *Bulgarian Folk Dances with Jaap Leegwater, Stockton Edition, Track 21*

Formation: Circle; hands in V-position.

Steps & Styling: 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 meas in Parts I and II.

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
18 meas		<u>INTRODUCTION</u> . No action.
	I.	<u>SONG</u>
1		Facing ctr and moving sdwd R, step R (ct 1); step L next to R (ct 2).
2		Step R and hold (cts 1-2).
3		Step L in front of R (cts 1-2).
4-15		Repeat meas 1-3 four more times.
16		Facing ctr and moving sdwd L, step R behind L (cts 1-2).
17		Step L (ct 1); step R next to L (ct 2).
18		Step on L (cts 1-2).
19		Stamp R next to L without wt and hold (cts 1-2).
20		Hold (cts 1-2).
21-37		Repeat meas 1-17.
38		Step L to L (ct 1); small hop on L, turning in LOD (ct 2).
	II.	<u>INSTRUMENTAL</u>
1		Facing and moving LOD, 2 running steps R, L (cts 1,2).
2-3		2 small three-steps (<i>račeniča</i>) R-L-R, L-R-L (cts 1,&,2) 1,&,2).
4		2 running steps R-L (cts 1,2).
5		Small jump on both ft together (ct 1); shift wt to R, lifting L ft (ct 2).

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- 6 Facing LOD and moving RLOD, 2 running steps bkwd L-R (cts 1,2).
7 Step L to L, turning to face ctr (ct 1); step R next to L (ct 2).
8 Step L to L (ct 1); small hop on L, turning to face LOD and bringing R ft up behind (ct 2).
9-15 Repeat meas 1-7.
16 Step L to L (cts 1-2).
17 Stamp R without wt next to L (cts 1-2).
18 Hold (cts 1-2).

Ending: Fig I except last meas: step L (ct 1); stamp R (ct 2).

Presented by Jaap Leegwater