

## Karakachansko Horo

Stara Planina Mountains - Thrace

This is a traditional dance of the Bulgarian Karakachani people, who live in the villages and the towns at the foot of the Old Mountains. This Sirto dance consists of couples dancing side-by-side, in a chain, and changing places.

**Formation:** Open circle of couples with men leading in LOD. Figures called by the leading couple.

**Position:** Hands in W position during Sirto figure

**Meter:** 2/4 (SQQ)

Meas **Introduction**

1-8 No action, facing centre, begin with wt on L ft

Meas **Figure 1 (Sirto)** – facing centre with W-hold

1 Take big step on R ft to R (S), step on L ft behind R ft (Q), step on R ft to R (Q)

2 Facing diag right, step on L ft across R ft (S), step on R ft to R (Q), step on L ft across R ft (Q)

3 Facing ctr, step on R ft to R (S), step on L ft across R ft (Q), step on R ft in place (Q)

4 Repeat meas 3 with opp footwork

When "Chain" is called, without releasing hands, the second dancer in each couple steps toward centre of circle, putting left handhold over own head. Dancers turn to face LOD forming zig-zag. Hand-hold connecting partners is held down in V-pos. Couples dance meas 1-2 of Figure 2 in place while forming Chain position.

Meas **Figure 2 (Chain)** – facing LOD

1 Facing LOD, take big step fwd on R ft (S), step on L ft behind R ft (Q), step fwd on R ft (Q)

2 Repeat meas 1 with opp footwork

3 Facing LOD, step on R ft to R (S), step on L ft behind R ft (Q), step on R ft in place (Q)

4 Repeat meas 3 with opp footwork

Meas **Figure 3 (Couples)** – Facing LOD

From the Chain position, the second dancer in each couple releases hand of the neighbour behind; partners join free hands at waist-level in front; existing hand-hold between partners is held down in V-position. Footwork is the same as Figure 2. First dancer in each couple dance meas 1-2 in place while forming Couple position.

### Transition from Couples to Sirto

From Couples position, second dancer releases R-hand with partner; keeping L-hand joined, second dancer turns around to move into first position of the couple. Dance meas 1-2 of Figure 2 to change places: first dancer in each couple dances in place while second dancer moves forward to become the first dancer. Continue dance with Figure 1.

Repeat each of the Figures (Sirto, Chain, Couples) two or four times each to end of music.

Sequence:

1. Sirto
2. Women's Chain
3. Couples
4. Sirto
5. Men's Chain
6. Couples
7. Repeat 1-6 to end of music