

TRAKIJSKO HORO "NA POYAS" (Thrace, Bulgaria)

Trakijsko Horo "Na Poyas" (Thracian Dance with a Belt Hold) belongs to the family of *Pravi Hora* ("straight" circle dances) of danced in even meter such as 2/4 or 6/8, or even 7/8 in Pirin and Macedonia. As the music speeds up, more intricate stamping steps (*tropoli*) are added. This part of the dance is often referred to as *Chestoto* (the small/quick -stepped dance). This arrangement is by Stephen Kotansky to fit a particular music (Workshop CD) and is based on steps seen at a Thracian wedding as danced by a group of younger men in 2017.

Recording: Workshop CD

Formation: Open circle "Na Poyas" with a belt hold or "front basket" with L hand over R hand

Music: 6/8 ♪♪♪ ♪♪♪

Dancer's cts: 1 2

Meas:

Pravo Trakijsko

- 1 Facing ctr and traveling fwd (in) and back (out) in a "zigzag/pie-slice" fashion, step Rft fwd diag R (ct 1); step Lft fwd diag R (ct 2);
- 2 Still moving diag in to R, step R fwd diag R bending knee ("sink") (cts 1-2);
- 3 Bringing Lft fwd, step Lft to ctr (ct 1); leaving Lft in place, step Rft back diag R and bend knees slightly (ct 2); *Note: This step Rft back begins the "zag" of the "zigzag".
- 4 Hold (I like to think of this as a "sigh") (ct 1); step Lft back slightly diag R (ct 2);
- 5 Step Rft back diag R bending knee slightly (cts 1-2);
- 6 Step Lft back bendoing knees slightly (cts 1-2); *Note: These 6 meas constitute 1 basic in and out *Pravo Trakijsko* step.
- 7-24 Repeat action of meas 1-6 of Pravo Trakijsko (4 *Pravo Trakijsko* steps in all);

Udari (8ct hit/stamp)

- 1 Facing slightly L of ctr and travelling to L, stamp Rft (with wt) across and in front of Lft with knee slightly bent (ct 1); step Lft to L (ct 2); scuff/stamp Rft in front of Lft (no wt) (ct &);
- 2 Step Rft across and in front of Lft with accent and wt (ct 1); bounce on Rft and Bring Lft out and around to front (ct 2);
- 3 Touch ball of Lft (knee extended) fwd and in front of Rft (ct 1); with wt on both feet and knees bent, twist both heels to L (ct 2);
- 4 Twist heels to R (back to place) (ct 1); step Lft back away from ctr (ct 2);
- 5 Turning to face R of ctr, step/prance Rft fwd to R (ct 1); step/prance Lft fwd to R (ct 2);
- 6 Continuing to R, step/prance Rft fwd to R (ct 1); step/prance Lft fwd to R (ct 2); scuff/stamp Rft slightly fwd to R (ct &);
- 7 Accented step Rft fwd to R and lift Lft (knee bent) up and back (cts 1); in this position, bounce on Rft in place (ct 2);
- 8 Turning to face ctr, jump onto both feet (slightly apart) with accent and knees slightly bent (ct 1); hop on Lft in place turning to face slightly L of ctr and rais-

Trakijsko Horo "Na Poyas" cont.

Meas:

- 8 ing Rft (knee bent) out to R side (ct 2);
- 9-16 Repeat action of meas 1-8 of above Udari (8ct hit/stamp);

Nozhitsi (scissors)

- 1 Moving twd ctr, "sweep" Rft fwd and out to R (ct & before ct 1); step Rft fwd and slightly R (ct 1); "sweep" Lft fwd and out to L (ct &); step Lft fwd and slightly L (ct 2); "sweep" Rft fwd and out to R (ct &);
- 2 Step Rft fwd twd ctr (cts 1-2);
- 3 Touch ball of Lft fwd (ct 1); lower onto both feet with knees bent (R knee turned slightly out to R (ct 2);
- 4 Step Rft back (ct 1); step Lft back (ct 2);
- 5 Step Rft back (ct 1); leap slightly back onto Lft reaching Rft back and preparing to kneel on R knee (ct 2);
- 6 Kneel onto R knee (ct 1); rise up onto Lft (ct 2);
- 7 With wt on Lft, touch ball of Rft fwd twd ctr (cts 1-2);
- 8 Touch ball of Rft diag fwd to R (cts 1-2)
- 9-16 Repeat action of meas 1-8 above of Nozhitsi.

Repeat dance from the beginning as written (all three figures).

Fast Part-Chestoto

Meas:

Tropoli

- 1 Facing center, step Rft in place and bend knee slightly (ct 1); tap ball of Lft beside Rft (Rft remains on floor)(ct &); *chukche* (raise and lower) R heel (ct 2); tap L heel beside Rft (ct &); *Note: I often break this step down as a heavy *Pas de Basque* with a heel tap on the 4th beat or ct 2&.
- 2 Reverse action (ftwk) of meas 1 of Tropoli (Lft Tropoli);
- 3-4 Repeat action of meas 1-2 of Tropoli (4 Tropoli steps in all);
- 5 Step Rft slightly fwd with accent turning to face slightly L of ctr (ct 1); "scoop"- kick Lft fwd with Lft turned (soccer style) (ct 2); *Note: This step is called *Izvarli*.
- 6 *Chukche* (raise and lower) R heel and bring Lft up and back (ct 1); step Lft back (ct 2);
- 7-8 Repeat action of meas 1-2 of Tropoli;
- 9-16 Repeat action of meas 1-8 above of Tropoli.

Napred (Forward)

- 1 Moving fwd twd ctr, slight run step Rft fwd (ct 1); run step fwd Lft (ct 2);
- 2 Repeat action of meas 1 of Tropoli (Tropoli Rft moving slightly fwd);
- 3 Jump back onto balls of both feet (pull/chug) (ct 1); jump fwd onto both feet with an accent and knees slightly bent (ct 2);
- 4 Leap back onto Rft and cut/lift Lft in front of R shin (ct 1); leap back onto Lft and cut/lift Rft in front of L shin (ct 2);

Trakijsko Horo "Na Poyas" cont.

Meas:

Napred cont.

- 5-8 Repeat action of meas 1-4 of Tropoli (4 Tropoli steps Rft,Lft,Rft,Lft);
- 9-16 Repeat action of meas 1-8 of Napred (Forward);

Vdjasno, Vljava (to the R and L)

- 1 Moving sideways to the R, step Rft to R and bend upper body slightly fwd at the waist (ct 1); step Lft to R across and behind Rft (ct 2);
- 2-3 Straighten upper body and repeat action 1-2 of Tropoli (Tropoli Rft, Tropoli Lft);
- 4 Repeat action of meas 1 of Vdjasno, Vljava;
- 5 Repeat action of meas 1 of Tropoli (Tropoli Rft);
- 6-10 Reverse action (ftwk and direction) of meas 1-5 above of Vdjasno, Vljava;
- 11-12 Repeat action of meas 1-2 of Tropoli (Tropoli Rft, Tropoli Lft); *Note: with meas 10, dance 3 Tropoli steps (Lft, Rft,Lft)
- 13-16 Repeat at action of meas 5-6 of Tropoli; 2 Izvarli "scoop-kick" steps;

Repeat the above 3 combinations of Chestoto (i.e. Tropoli, Napred, and Vdjasno, Vljava), but *only one time each! All together, 32 measures.

Kick and Chugs

- 1-4 Repeat action of meas 1-4 of Tropoli (4 Tropoli steps Rft,Lft,Rft,Lft);
- 5 Step Rft in place with accent turning to face slightly R of ctr (ct 1); chukche (hop) on Rft in place and lift L knee up and in front (ct 2); turning to face L of ctr, tap L heel beside Rft and slightly L (ct &);
- 6 Step Lft slightly to L (ct 1); kick Rft (leg straight) diag out to L (ct 2);
- 7 Chug back onto both feet (knees extended) (ct 1); turning to face slightly R of ctr, chug fwd onto both feet with knees slightly bent (ct 2);
- 8 Repeat action of meas above of Kick and Chugs, but chug fwd to L on ct 2;
- 9-16 Repeat action of meas 1-8 of Kick and Chugs;

Ending

- 1-4 Repeat action of meas 1-4 of Tropoli (4 Tropoli steps Rft, Lft,Rft, Lft);
- 5 Moving fwd twd ctr, bring R knee up and in front of L knee turning to face slightly L of ctr (ct & before ct 1); leap fwd onto Rft ending with R knee facing slightly R of ctr (ct 1); step Lft fwd twd ctr (ct 2); scuff/stamp Rft fwd (ct &);
- 6 Step Rft fwd twd ctr (cts 1-2);
- 7 Step Lft fwd and bring R knee and in front parallel to floor (cts 1-2);
- 8 Slap R upper thigh with R hand (ct 1); slap R upper thigh again with R hand (ct 2);
- 9-16 Repeat action of meas 1-8 of Ending, but back up during meas 1-4, and replace second slap by stamping Rft slightly fwd and raising R hand up above head.

Presented by Stephen Kotansky, Laguna 2019

Presented by Sherry Cochran, DCF 2020

