

# DERMANSKO HORO

*Source:* This dance is from the village of Dermantsi, Lovech region, located in north-central Bulgaria. It was learned from Yuliyana Yordanova, Autumn Leaves XXII, NIFD, 2005.

*Meter:* 2/4

## Measures

**Basic pattern-** begins with arms in W position.

- 1 Step R to L crossing in front of L, tiny leap on L to L. Arms bounce gently, reflecting footwork
- 2 Step R to L crossing in front of L, and hop on R, pivoting to face R; on pivot, lower arms to V position to begin arm swings
- 3 Step L to R crossing in front of R, leap on R to R. Arms swing BACK
- 4 Step L to R crossing behind R, leap on R to R. Arms swing FWD, but not up
- 5 Same as measure 3
- 6 Same as measure 4, but w/step instead of leap
- 7 Facing center, weight is on R, shake L foot while bouncing on R, step L next to R. Raise arms to W position and bounce them gently reflecting footwork. (shake= lift foot, move quickly FWD, BACK, FWD w/knee bent)
- 8 Same as measure 7 with opposite footwork
- 9 Same as measure 7

## **Basic pattern variation -**

Measure 1-2 replace each step on R with quick "stamp, step" on R

## **Optional rest pattern -**

- 1 Facing center, arms in W position, step R FWD, bounce on R
- 2 Step L FWD, bounce on L
- 3 Same as measure 1
- 4 Stamp L next to R
- 5-8 Same as 1-4, but backing out of center, w/opposite footwork & touch at end, instead of stamp
- 9 Step FWD on R
- 10 Step L next to R
- 11 Step back on L
- 12 Touch R next to L
- 13 Step on R to R
- 14 Touch L next to R
- 15 Step L to L
- 16 Touch R next to L (transition to return to basic pattern: heavy step on R next to L, small quick leap on L to prepare to return to basic pattern, measure 1)

