

PRAVO TRAKIISKO HORO & CHESTOTO

Central Bulgaria - Eastern Thrace

The Pravo is the basic "straight" dance done in one form or another all over Bulgaria. The dance presented here is representative of the Pravo danced throughout Thrace (Trakija). In each village the dance will look somewhat different, but the basic structure is essentially the same. The variations below are a collection of steps commonly done by folk dancers throughout the US and as seen done by various groups in Bulgaria.

The Dance: Pravo Trakijsko has two distinct parts: the Pravo, danced in a mixed line that progresses around the dance floor, and Chestoto (meaning thick-and-fast), traditionally danced by men only in a straight line arranged to show off fancy steps.

Both parts are danced holding belts (left arm over right). The Chestoto portion is danced in place facing center. A chorus tapping step called Tropoli is interspersed between the fancy steps. Chestoto is a "called" dance, there must be a leader who initiates Chestoto from the pravo and then calls the steps. There are many other Chestoto steps beyond what is presented here; it is the leaders responsibility to communicate to the other dances what step is next. The steps can be done in any order. The Chestoto portion is entirely optional and can interrupt the pravo at any time (although usually only once).

Rhythm: 6/8 counted 1, 2 (really 123,123 but we dance just the two triplets). In Chestoto, the tropoli step is counted 1 & 2 &. The four counts are spread out evenly across the 6 beats (no syncopation).

Recording: Any suitable Pravo Trakijsko Horo. The music should be quite brisk and lively for the Chestoto.

Formation: Mixed lines of men and women, holding belts. The leader is on the right. When the Chestoto portion starts, either the entire line does the Chestoto steps, or those doing the Chestoto steps form a new belt-hold line inside (towards the center) of the original line. Traditionally, some or all of the men would leave the line and the women would either stop and watch or continue the pravo around the men's line. The entire dance is done with the knees bent. This position is especially evident in the Chestoto.

<u>Meas</u>	<u>Ct</u>	<u>PRAVO - Short Basic - Done at the start, to the slower music</u>
1	1	Facing center & moving R, step to R and slightly back onto R
	2	Step L next to R
2	1-2	Step to R and slightly back onto R (Ct. 1), Pause (Ct. 2)
3	1-2	Step slightly forward onto L foot (Ct. 1), Pause (Ct. 2)
		REPEAT the above pattern as long as desired then transition onto measure 4 of the next step

		<u>PRAVO - Basic</u>
1	1	Facing center and moving R, step diagonally forward onto R
	2	Step onto L next to R
2	1-2	Step diagonally fwd onto R (Ct. 1); slight "uh" on R (Ct. 2)
3	1-2	Step onto L in front of R (Ct. 1); slight "uh" on L (Ct. 2)
4	1	Step back and slightly R onto R foot
	2	Step back onto L foot
5	1-2	Step slightly back onto R (Ct. 1); slight "uh" on R (Ct. 2)
6	1-2	Step slightly to L onto L (Ct. 1); slight "uh" on L (Ct. 2)

All of the "Pravo" variations can be added at the individual dancer's option, depending on the speed of the music and the energy of the adjacent dancers. Remember to dance with the adjacent dancers.

		<u>PRAVO - Variation - slower music - "Pause"</u>
1-2		As in the Basic above
3	1	Step onto L in front of R
	2	Step onto R slightly to R
4	1	Pause on R
	2	Step back onto L
5-6		As in the Basic above

PRAVO TRAKIISKO & CHESTOTO continued

Meas Ct PRAVO - Variation - Energetic music - "Jump"
1-2 As in the Basic above
3 1 **Step** onto L in front of R
 2 **Jump** onto both feet, leaving L in place (feet about 12" apart)
4 1 **Leap** back onto R
 2 **Step** back onto L
5-6 As in the Basic above

1 **1** PRAVO - Variation - Energetic music - "Stamps"
 2 **Stamp** diagonally forward onto R
 & **Step** onto L next to R
 Scuff diagonally fwd with R (with no weight)
2 **1** **Stamp** diagonally fwd onto R (completing the scuffing motion)
 2 Slight "uh" or Chug on R
3-6 As in the Basic or the Jump variation above

1 **1** PRAVO - Variation - Energetic music - "Step Behind"
 2 **Step** diagonally fwd onto R (should have a falling feeling)
2 **1** **Step** diagonally forward onto L (with same falling feeling)
 & **Step** diagonally forward onto R (with same falling feeling)
 Step on L close **Behind** to R of R foot (a sort of running 3)
 2 **Step** diagonally forward onto R
3-6 As in the Basic or the Jump variation above

1-4 PRAVO - Variation - Energetic music - "Squats"
 As in the Basic above
5 1 **Step** slightly back onto R
 2 Swing L across in front of R in upward "bicycle" motion
6 1-2 **Squat** on both feet facing slightly R (Ct. 1); **Pause** (Ct. 2)
 & Begin to rise with weight on L, ready to repeat the basic

The Chestoto "chorus" step, called **Tropoli** (literally "tapping") is danced in place between each of the Chestoto steps. The call for the next step is shouted at the beginning of any two measure Tropoli step. At least 4 measures of Tropoli should separate the called steps. Chestoto starts by doing tropoli for measures 5-6 of the basic Pravo.

1 **1** CHESTOTO - Basic - "Tropoli" - Danced in place as the "chorus"
 & **Step** on R in place (the step is like a fall onto the R)
 2 **Touch** ball of L in place, taking weight very slightly
 & **Step** on R in place
 Stamp L in place
2 REPEAT measure 1 with opposite footwork
 The Tropoli step can be simulated by rocking from L to R tapping your feet as you go.

1 **1** CHESTOTO - Izvrli (Throws) - Shout "Yee-Ha" during meas. 1
 2 **Step** on R directly forward, leaving L foot on the floor
2 1 **Swing** the L foot low and forward
 2 Slight "uh" on R, continuing to swing the L foot
 Step on L back in place

1-4 CHESTOTO - Izvrli Dva Puti (Izvrli Two Times)
 Repeat the above Izvrli step twice

1 **1-2** CHESTOTO - Napred (Forward)
 2 **Step** fwd on R (Ct. 1); **Step** fwd on L (Ct. 2)
2 1 **Close** R to L (Ct. 1); **Pause** (Ct. 2)
3-4 REPEAT meas. 1
5-6 Izvrli step above

1 **1-2** CHESTOTO - Tri V'Djasno, Tri V'Ljavo (3 to the Right, 3 to the Left)
 2 **Step** on R sideways to R (Ct. 1); **Step** on L behind R (Ct. 2)
2 1-2 **Step** on R sideways to R (Ct. 1); **Step** on L behind R (Ct. 2)
3 1 **Step** on R sideways to R
 & **Tap** L next to R
 2 **Step** on R in place
4-6 REPEAT meas. 1-3 with opposite footwork and direction

PRAVO TRAKIISKO & ČESTOTO continued

CHESTOTO - Hlopka (Slaps)

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|------|-----|--|
| 1 | 1-2 | Step fwd on R (Ct. 1); Step fwd on L (Ct. 2) |
| 2 | 1-2 | Close R to L |
| 3 | 1-2 | Step fwd on R (Ct. 1); Step fwd on L (Ct. 2) |
| 4 | 1-2 | Slap R on floor diagonally fwd to R |
| 5 | 1-2 | Slap R on floor |
| 6 | 1-2 | Slap R on floor |
| 7 | 1-2 | Slap R on floor (Ct. 1); Slap R on floor (Ct. 2) |
| 8 | 1-2 | Slap R on floor |
| 9-10 | | Izvrli step above |

CHESTOTO - Hlopka i Kljakane (Slaps & Squat)

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|-----|--|--|
| 1-8 | | Hlopka step above |
| 9 | | Squat in place |
| 10 | | Rise Up from squat onto both feet |

CHESTOTO - Po Chertami (In Line)

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|-----|-----|--|
| 1 | 1 | Stamp on R straight fwd, twisting knee to R |
| | & | Stamp on L next to R cont. fwd motion (stamp is like a scuff) |
| | 2 | Stamp on L straight fwd, twisting knee to L |
| | & | Stamp on R next to L cont. fwd motion (like a scuff) |
| 2 | 1-2 | Repeat meas. 1 with opposite footwork |
| 3 | 1 | Stamp on R straight fwd, twisting knee to R |
| | 2 | Stamp on L straight fwd, twisting knee to L |
| 4 | 1-2 | Repeat meas. 3 with opposite footwork |
| 5-6 | 1-2 | Repeat measures 3-4 |
| 7-8 | | Izvrli step above |

CHESTOTO - Zaredi

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|---------|---|--|
| 1 | 1 | Step forward onto R |
| | 2 | Step forward onto L turning to face diag. R |
| 2 | 1 | Step on R to R diagonally away from center |
| | & | Touch L next to R, taking weight very slightly |
| | 2 | Step on R in place |
| | & | Stamp on L in next to R |
| 3 | 1 | Leap to L onto L, turning to face diag. L |
| | 2 | Stamp on R beside L |
| 4 | 1 | Step straight forward onto R |
| | 2 | Jump onto both feet facing diag. R (feet should be about 12" apart) |
| 5 | 1 | Leap onto R back in place (now facing directly forward) |
| | 2 | Step on L in place (ever so slightly back) |
| 6-7 | | Izvrli step above |
| (8-11) | | (Tropoli for 4 measures) |
| (12-18) | | (Repeat again to get back on the phrase) |
- Note: Drop the last stamp of the Tropoli preceding this step.