

Dermansko Horo

Source: This dance is from the village of Dermantsi, Lovech region, located in north-central Bulgaria. It was learned from Yuliyana Yordanov, Autumn Leaves XXII, NIFD, 2005 *Meter:* 2/4

Measure	Basic pattern—begins with arms in W position		Optional rest pattern
1	Step R to L crossing in front of L, tiny leap on L to L Arms bounce gently, reflecting footwork	1	Facing center, arms in W position, step R FWD, bounce on R
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	2	Step L FWD, bounce on L
3	Step L to R crossing in front of R, leap on R to R Arms swing BACK	3	Same as measure 1
4	Step L to R crossing behind R, leap on R to R. Arms swing FWD, but not up	4	Stamp L next to R
5	Same as measure 3	5–8	Same as 1–4, but backing out of center, w/opposite footwork & touch at end, instead of stamp
6	Same as measure 4, but w/step instead of leap	9	Step FWD on R
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)	10	Step L next to R
8	Same as measure 7 with opposite footwork	11	Step back on L
9	Same as measure 7	12	Touch R next to L
	Basic pattern variation Measure 1–2 replace each step on R with quick “stamp, step” on R	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)