



PAJDUSHKO HORO

Origin: Though claimed as native throughout the Balkans, Pajdushko Horo occurs most frequently in Bulgaria. There, dancers, musicians, ethnographers and drunks you meet in bars will tell you that Pajdushko represents the first human dance, because a mother's "quick-slow" heartbeat inspires the movements of the pre-natal child.

Source: Folk Dance Problem Solver, 1997 - Ron Houston

Formation: Broken circle of men and women, hands joined at sides. Free hands swing freely.

Introduction: Music is 5/16 - you may start dancing with any musical phrase

Measures FOUR hop steps - Facing to R and CCW around the circle

1 Hop FWD on L foot (1), step FWD onto R foot (2)

2 Hop FWD on R foot (1), step FWD onto L foot (2)

3-4 REPEAT measures 1-2 two more times. Turn quickly on L foot to face center on last count.

THREE limp-steps to L - Many directions begin the dance here. Facing center:

5 Step in front of L foot onto R foot w/knees straight (1), step to L onto L foot w/knees bent a bit (2)

6-7 REPEAT measure 5 two more times (3 limp-steps in all)

TWO hop steps - Still facing center

8 Hop on L foot, raising R knee a bit (1), step beside or behind L foot onto R foot (2)

9 Hop on R foot, raising L knee a bit (1), step beside or behind R foot onto L foot (2)

ONE balance, forward and back. Still facing center

10 Step in front of L foot onto R foot (1), step back onto L foot (2).

Face CCW around the circle to REPEAT measures 1-10.

