

Presented by Martin Koenig

NESTINARSKO HORO
Bulgaria

This dance is from the village of Bulgari, Strandja Mountains, in Thrace, Bulgaria.

PRONUNCIATION: Nes-tee-NAR-sko Ho-RO

TRANSLATION: Firewalker's dance.

RECORD: Balkan Arts MK-6G, Side A, Band 1. New pressing:
BAEU-1, Side b, Band 1.

FORMATION: Mixed line, "W" hand hold.

METER: 2/4

PATTERN

Meas Cts

INTRODUCTION: Long Tupan (drum introduction, followed by 2 chords on gaida (bagpipe). Dance begins with following the drum beats. During the dance the leader may serpentine the line.

THE DANCE:

- 1 1-2 Moving diag R fwd and facing slightly R of ctr, step R,L fwd.
- 2 1&2 Continuing on R diag, step R,L,R fwd. Turn to face ctr on ct 2.
- 3 1&2 Backing out from ctr, step L,R,L

THE VARIATION:

- 1-2 Rpt step fwd L (ct 1) R back to place (ct 2)
- 3 Rpt meas (ct 1) to dth R (ct 1) step fwd L (ct 2)
- 4 Rpt meas (ct 1) to dth R (ct 1) step fwd L (ct 2)
- 5 Rpt meas (ct 1) to dth R (ct 1) step fwd L (ct 2)

plus 'Firewalker's dance' is a pravovariant done around the perimeter of the embers for power, fertility, and purification fire

(It was danced particularly in June to celebrate the rescuing of St Helena's & St Constantine's icons from a burning church.

In Greece it is a syn-to variant

Note: Change from ~~fig~~ fig to fig is made at discretion of leader by a whistle or other signal