

# MAKAMLIISKO HORO

(Thrace, Bulgaria)

*Makamliisko Horo* most likely takes its name from the Turkish *Makam* (Arabic *Maqam*); a system of melody types used in Turkish, Arabic, Balkan classical and folk music. (cf. [https://en.wikipedia.org/wiki/Turkish\\_makam](https://en.wikipedia.org/wiki/Turkish_makam)). According to Dr. Timothy Rice, *makam* is a “general term for Turkish mode”. Although this dance is most likely a newer choreography, the name may come from the 1970 recording (*Balkanton BHM 6101 II Макамлъйско Хоро*) by the Trakiiska Troika made up of Stoyan Velichkov (Kaval), Mihail Marinov (Gadulka), and Rumen Shirakov (Tambura). It is a tricky 4 measure dance which is very popular in the newer folk dance movement in Bulgaria.

Recording: Workshop CD

Formation: Open circle with a “belt” or “V” hold

Music: 4/4

Meas:

- 1 Facing R of ctr, run/step Rft fwd (ct 1); run/step Lft fwd (ct &); step quickly on ball of Rft fwd (ct “uh” before ct 2); step/land on Lft fwd (ct 2); step Rft fwd (ct &); step quickly on ball of Lft (ct “uh” before ct 3); step/land on rft fwd (ct 3); step ft fwd (ct &); turning to face ctr, click-close Rft to Lft (ct 4); step Rft in place or slightly fwd (ct &); \*Note: The movements during cts “uh”-2-&, and “uh”-3-& are “ker-Plunhk” – “step” steps.
- 2 Facing ctr, bounce on Rft in place and strike L heel (leg extended) fwd (ct 1); leap onto Lft slightly fwd and bring Rft to pos. behind L calf (ct &); step Rft back (ct 2); step Lft back (ct &); leap onto Rft in place and bring Lft in front of R shin/knee (ct 3); leap onto Lft in place and bring Rft in front of L shin/knee (ct &); leap onto Rft in place and bring Lft in front of R shin/knee (ct 4); leap onto Lft in place and bring Rft up and behind Lft knee and look over L shoulder(ct &); \* Note: this leaps and lifts during cts 3,&4,& have a sharp “cutting/scissor” – like motion.
- 3 Moving twd ctr, step Rft fwd (ct 1); step Lft fwd (ct &); bounce on Lft in place and touch ball of Rft across and in front of Lft (ct 2); jump onto both feet about shoulder width apart (ct &); jump-close both feet sharply together (ct 3); jump onto both feet (closed together) fwd with accent and knees slightly bent (ct &); step Rft back (ct 4); step Lft back (ct &);
- 4 Slide Rft back sharply and extend L heel fwd (leg extended) (ct 1); fall onto Lft slightly fwd (ct &); bounce on Lft in place and strike R heel fwd (leg extended) (ct 2); step Rft fwd (ct &); step Lft fwd in front of Rft (ct 3); step Rft back to place (ct &); lift on Rft in place and bring Lft up and around to back (ct 4); step Lft back behind Rft (ct &); \*Note: Some dancers dance a heel-led “ker-Plunhk” step during meas “uh”-2-& or “bounce-touch (no heel) during meas 2.

Note: When using the Trakiiska Troika recording, I dance 8 basic *Pravo Trakiisko Horo* “saw-tooth” (progressive in-out basics) before beginning the above Makamliisko Horo.

Presented by Stephen Kotansky