

SBORINKA (Dobrudža, Bulgaria)

Sborinka is one of the most popular dances from Dobrudza, (North-eastern Bulgaria) along with other similar dances such as Rūka, Tropanka, and Opas. The dances are heavy in character and generally slower in tempo in comparison to other Bulgarian dances. Stamping, squatting, and even occasional shoulder twist characterize the movement in the dance. The dance is based on steps learned from Stefan Vaglarov and village groups from Dobrudža.

Record: Balkan-Arts - Bulgarian Folk Dances BA 701A

Formation: Short lines, preferably segregated, 'W' position, L ft free, Facing slightly R of center.

Music: 2/4

Measure

I Introduction

- 1 Turning to face center, step on L ft fwd crossing in front of R ft (ct 1). Stamp R ft next to L ft (ct &). Turning to face slightly R of center, step fwd on R ft lifting L ft slightly up and behind (ct 2).
- 2 Repeat action of measure 1.
- 3 Step L ft fwd, turning to face center, (arms begin to swing fwd) (ct 1). Stamp R ft next to L ft (arms reach fwd to a low pos) (ct &). Turning to face L of center, step back on to R ft (arms are at the low pos) (ct 2). Stamp L ft next to R ft (arms reach back and to an up pos) (ct &).
- 4 Still facing L of center, step back on to L ft (arms swing fwd and up) (ct 1). Turning to face center, stamp R ft to R (bring hands (arms in 'W' pos) down to shoulder level) (ct &). Turning to face slightly L of center, step R ft fwd (bring hands down to shoulder level) (ct 2).

Measure

II Basic

- 1-3 Drop hands and join belts (left over) or front basket (left over). Face center. Starting with L ft, take 6 walking steps fwd, swaying slightly with each step.
- 4 Step fwd on L ft bending upper body fwd (ct 1). Stamp R ft behind L heel (ft & knee turned slightly out (ct &). Step back on R ft (ct 2).
- 5-7 Repeat measures 1-3 of Basic but moving bkws.
- 8 Leap to L onto L ft turning to face slightly L (ct 1). Stamp R ft next to L ft (ct &). Turning to face slightly R of center. Leap onto R ft and twist both knees (together) to R leaving L ft on the ground (ct 2).

Measure

III Basic with Stamps

- 1 Leap fwd onto L ft turning slightly L (ct 1). Stamp R ft next to L ft (ct &). Leap fwd onto R ft turning slightly R (ct 2). Stamp L ft next to R ft (ct &).
- 2-3 Repeat action of measure 1 above.
- 4 Repeat action of measure 4 of Basic.
- 5-8 Repeat action of measure 5-8 of Basic (backing up).

(over)

SBORINKA (Dobrudza, Bulgaria) cont'd

Measure IV Basic with Chugs

1 Leap onto L ft, turning slightly L (ct 1). Stamp R ft next to L ft (ct &).
Leap fwd onto R ft (ct 2). Chug fwd on R ft, kick L ft fwd (ct &).

2-3 Repeat action of measure 1 above.

4 Repeat action of measure 4 of Basic.

5-8 Repeat action of measures 5-8 of Basic (backing up).

Measure V Kick and Run

1 Leap onto L ft turning slightly to L and bend R knee and lift R ft up and
in back (ct 1). Kick-brush R ft fwd (leg straight) (ct &). Hop 2 times on
L ft, bringing R ft around to R (cts 2&).

2 3 running steps R,L,R in place (cts 1&2). Pause with L knee bent and up
in front (ct &).

3 4 running steps L,R,L,R in place (cts 1&2&).

4 Repeat action of measure 4 of Basic.

Measure VI Rest Step

1-5 10 swaying walking steps fwd, starting with L ft.

6-10 10 swaying walking steps bkwd, starting with L ft.

Measure VII Brushes

1 Leap onto L ft, turning to face slightly L and lift R ft up and behind (ct 1).
Brush R ft fwd (ct &). Hop on L ft in place swinging R ft slightly out and to
R (ct 2). Brush R toe back (ct &).

2 Lift on L ft, lifting R ft up and back knee bent (ct 1). Stamp R ft next to
L ft (ct &). Leap onto R ft in place and lift L knee up and in front (ct 2).
Pause (ct &).

3 4 running steps in place L,R,L,R.

4 Stamp L ft diagonally fwd L (ct 1). Stamp L ft diagonally fwd L (ct 2).

Measure VIII Brushes with Squat

1-2 Repeat action of meas. 1-2 of variation VII (Brushes).

3 Leap onto L ft in place and lift R knee (turned out) R side (ct 1). Hop on L
ft and bring raised R knee around and in front of L knee (ct 2).

4 Hop on L ft and return R knee to R side (ct 1). Sink onto both feet into a
deep squat, knees turned out (ct 2). Rise onto both feet (ct &).