

SBORINKA (Bulgarian)

Presented at the 1984 Mendocino Folklore Camp by Jaap Leegwater.

TRANSLATION : The name of this dance is derived from
1. the verb "sboričkam se" (to shuffle) and
2. the noun "sborište" (gathering- or meetingplace,
usually the local danceground in the village)

ORIGIN : Dobrudža, North Eastern Bulgaria.

STYLE : Dobrudžansko , demi-plie position with slightly
dipping on every ct &.

MUSIC : Record "Folk Dances from Bulgaria"
Balkanton BHA 10441. Side I. Band 4.

METER : 2/4

FORMATION : Medium lenght lines. Front basket hold, L over.
The dance can be done with 4 lines in a big square.
In this case each line moves to the next side in
Part 1.

INTRODUCTION : 8 measures musical introduction.

MEAS PATTERN Part "Introduction"

standing with feet apart in second position, knees
slightly bend,

1 shift weight onto L ft (ct 1), bend L knee (ct &)
 shift weight onto R ft (ct 2), bend R knee (ct &)
2-8 repeat action of meas 1 seven more times

Part 1

1 step fwd on L ft with L shoulder towards ctr, bending
 fwd at waist (ct 1); bend L knee (ct &),
 step bkwd on R ft with R toe pointed towards R and
 straightening back (ct 2), bend R knee (ct &)
2 step on L ft diag L fwd (ct 1), stamp with R ft next
 to L ft, bending fwd at waist (ct &), step on R ft
 diag R fwd straightening back (ct 2), bounce on R ft,
 raising L knee fwd with L heel pointing out (ct &)
3 face to ctr and moving sdwd R, step on L ft crossing
 in front of R ft (ct 1), bend L knee (ct &),
 step on R ft sdwd R (ct 2), bend R knee (ct &)
4 step on L ft crossing behind R ft (ct 1), bend L knee (ct &),
 step on R ft sdwd R (ct 2), bend R knee (ct &)
5-16 repeat action of meas 1-4 three more times

continued....

SBORINKA (continued)

MEAS

PATTERN

Part 2

- 1 face ctr, moving straight fwd,
step on L ft (ct 1), stamp R ft next to L ft, bending
both knees (ct &),
step on R ft (ct 2), stamp L ft next to R ft, bending
both knees (ct &)
- 2-3 repeat action of meas 1 two more times
- 4 step on L ft diag R fwd with L shoulder towards ctr,
bending fwd at waist (ct 1),
stamp R ft behind L ft with arch of the R ft by the
L heel (ct &)
- 5 repeat action of ct &, taking weight (ct 2), hold (ct &)
face ctr, moving bkwd, keeping feet wide apart and
straighten up,
step back on L ft, leaning body to L side (ct 1),
bend L knee (ct &)
- 6-7 repeat action of ct 1-& with opp ftwk (ct 2-&)
- 8 repeat action of meas 5 two more times
step on L ft diag L bkwd (ct 1), stamp on R ft next to
L ft, bending fwd at waist with R shoulder towards ctr
(ct &), leap onto R ft diag bkwd to the R, straightening
body facing diag R and keep L toe on the floor with
L heel turned out (ct 2), hold (ct &)
- 9-16 repeat action of meas 1-8

Part 3

- 1 face ctr, moving fwd,
step on L ft diag L fwd (ct 1), stamp on R ft next to L ft,
bending fwd at waist with R shoulder towards ctr (ct &),
step on R ft diag R fwd, straightening to face diag R (ct 2),
chuck on R ft, kicking L ft straight fwd and twisting
body to face ctr (ct &)
- 2-3 repeat action of meas 1 two more times
- 4-8 repeat action of meas 4-8 of Part 2
- 9-16 repeat action of meas 1-8

Part 4

- 1 face ctr, moving fwd,
step on L ft fwd, turning L schoulder towards ctr and
bending at waist (ct 1), stamp on R ft behind L ft with
arch of the R ft by the L heel, bending both knees (ct &),
step on R ft bkwd, toes still pointing towards R and
leaning body bkwd, L shoulder still towards ctr (ct 2)
stamp on L ft with heel at the arch of the R ft, bending
both knees
- 2 repeat action of meas 1

continued...

SBORINKA (continued)

MEAS

PATTERN

Part 4 (continued)

- 3 big step fwd on L ft, bending L knee and keeping R toe on the floor (ct 1), hold (ct &), raise R knee sharply across L leg, while raising on L toe (ct 2), hold (ct &)
- 4 small leap onto R ft diag bkwd to the R, turning body facing diag R, keep L toe on the floor with heel turned out (ct 1), repeat action of ct 1, reversing ftwk and direction (ct &), repeat action of ct 1 (ct 2), hold (ct &)
- 5-16 repeat action of meas 1-4 three more times

N.B. Repeat the dance once more from Part 1.