



SILISTRENSKA TROPANKA  
(SIH-lihs-trehn-skah TROH-pahn-kah)  
(Bulgaria)

This type of dance is widespread throughout Dobrudza, in N.E. Bulgaria. This particular version is especially popular in and around the small town of Silistra situated on the Danube River.

Record: REQUEST SRLP 8142 side 1, band 5 2/4 meter.

Formation: Mixed or segregated lines of M & W. Hands joined at shoulder height ("W" pos) face slightly R of ctr, WT on L ft.

Style: Rather heavy. Definite knee bend. Movements proud and strong. Arm movements are rather strong as well as stamps.

Meas

Pattern

No introduction. Dance may start at beg of any musical phrase.

I. Basic step.

- 1 Step on R (ct 1) Low, heavy brush-like stamp with L ft, no wt (ct 2)
- 2 Same pattern as meas 1 but with opp. ftwrk.
- 3 Turn to face ctr, small step back onto R ft (ct 1) small step back on L ft (ct 2)
- 4 Small step fwd onto R ft (ct 1) Small stamp with L ft next to R, no wt (ct 2)
- 5 Step in place onto L ft (ct 1) Stamp sharply and heavily with R next to L, no wt (ct 2)
- 6 Stamp again sharply with R ft next to L, no wt (ct 1) Hold (ct 2)

Arm movements.

- 1 Arms extend up & fwd straight elbows and then down
- 2 Arms swing bkwd straight elbows
- 3 Arms swing fwd straight elbows
- 4 Arms swing bkwd straight elbows
- 5 Arms swing fwd and come back up to W pos. (ct 1) Pull hands strongly downward in "W" pos on first stamp (ct 2)
- 6 Pull hands again in same fashion on second stamp

II. Variation.

- 1-5 Repeat pattern of meas 1-5 Fig. 1 (ft & arms)
- 6 Take fairly large and heavy step bkwd and slightly to R onto R ft (ct 1) Hold (ct 2) \* L ft remains on grnd, knee slightly bent
- 7 Repeat pattern of meas 5, Fig 1
- 8 Repeat pattern of meas 6, Fig 11
- 9-10 Repeat pattern of meas 5-6, Fig 1

Arm movements

- 1-5 Same as in Meas 1-5, Fig 1
- 6 Extend arms smoothly up and fwd to a parallel pos with floor
- 7 Hands come back to "W" pos
- 8 Same as meas 6, Fig. 11
- 9-10 Same as meas 5-6, Fig. 1

