

SILISTRENSKA TROPANKA

(Bulgaria)
(Dobrudza Region)

Learned from Yves Moreau in June, 1975.

MUSIC: SRLP 8142 ("Bulgaria"), Side 1, band 5.

FORMATION: Mixed line, hands joined at shldr hgt, facing LOD.

PATTERN

Meas.

BASIC STEP

- 1 Step fwd R (ct 1); scuff-stamp L heel beside R (&); step fwd L (ct 2); scuff-stamp R heel beside L (ct &). During this time arms swing from fwd of shldr down and back as far as they will go, elbows straight; then down and back up front about shldr hgt., elbows still straight.
- 2 Making 1/4 turn to L to face ctr, step bkwd on R (ct 1); step on L beside R (ct &); step fwd R (ct 2); stamp L beside R (ct &). During this time arms repeat same movement as in meas. 1.
- 3 Step in place on L (ct 1); stamp R 2 times beside L with no wt (cts &,2); pause (ct &). During this time the arms move up about head high and still fwd (ct 1); then bend elbows and jerk arms down 2 times (cts &,2).

VARIATION (Signaled by leader)

- 1-2 Same as basic step
- 3 Step in place on L (ct 1); stamp R once beside L (ct &); step bkwd on R, leaving L ft in place (ct 2). Arms move up about head high and fwd (ct 1); jerk down once with bent elbow (ct &); project arms up and fwd by straightening elbows, at same time leaning slightly fwd. (ct 2).
- 4 Shift wt fwd onto L ft and repeat meas 3.
- 5 Shift wt fwd onto L ft and repeat meas 3 of basic step.