

SITNA ZBORENKA

(Bulgaria)

SEET-nah ZBOH-ring-kah

Source: Yves Moreau, village of Senokos, Tolboukhin District, 1966

Music: Dances of Bulgaria DB-8101 , Side 1, band 2

Meter: 2/4 (152 meas total)

Formation: Short straight lines, (no more than 8 dancers) face ctr. Belt hold or front basket hold (L over R). Wt on R ft.

Style: Marked knee-bend. Upper body straight and proud, (somewhat like Thracian style, but heavier). Occasional shldr "shimmy" motion

MEASURE

PATTERN

Introduction: 16 meas

- FIGURE I (Basic) 4X
- 1 Turn to face L and step onto L, simultaneously tilting upper body fwd (1) sharp stamp with R next to L (&) facing ctr again, step on R (2) *NO BOUNCE*
- 2 Repeat action of meas 1
- 3 Turn to face L and step onto L, simultaneously tilting upper body fwd (1) sharp stamp with R next to L (&) repeat action of cts 1, & in reverse direction and with opp ftwork (cts 2, &)
- 4 Step to L on L (1) stamp R next to L, no wt (&) heavy step fwd onto R (2); sharp "chug" (hop) fwd on R (&)
- 5-6 Repeat action of meas 4, two more times
- 7-8 Four large steps bkwd, L,R,L,R
- FIGURE II (Leap-stamp) 4X
- 1-6 Repeat action of meas 1-6, Figure I
- 7 Leap onto L bringing R knee up sharply and *near* ~~close~~ to L (1) ~~same~~ type of leap onto R (2)
- 8 Repeat meas. 7 (1-2) sharp stamp with L to R, no wt, (&)
- 9-10 Repeat pattern of meas 7-8
- 11-12 Repeat pattern of meas 7-8, Fig. I
- FIGURE III (Rest step) 2X
- 1-2 Repeat action of Fig. I, meas 1-2
- 3-6 Moving directly fwd, 8 heavy large steps starting L
- 7-10 Moving directly bkwd, 8 heavy large steps starting L
- FIGURE IV (Brush-step) 2 1/2 X
- 1-2 Repeat action of meas 1-2, Fig. 1
- 3-4 Move fwd with 4 large walking steps, L,R,L,R
- 5 Small step on L to L, bring R ft up in back (1) "Scuff" R heel across L ft, extending R straight & up (&) "čukče" or hop on L facing ctr & sending R leg straight and fwd (2) "brush" R ft bkwd (&)

Cont

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SITNA ZBORENKA (continued)

MEASURE	PATTERN
6	"Čukče" on L ft (1) scuff R ft fwd and extend R leg (& "Čukče" on L ft (2) step onto R ft in place lifting L knee (&)
7	Four prancing steps in place, L,R,L,R (1,&2,&)
8	Two heavy stamps, no wt with L, pointing slightly L and simult. slightly shaking shldr (L SHLDR FWD ON EACH STAMP
9-12	Repeat action of meas. 5-8
13-14	Four large steps bkwd, L,R,L,R.

* "Čukče": to raise and lower heel of supporting ft,
coming down on the beat.

"Rest step" can be used at will. Number of times for
each Figure depends on leaders.

Presented by Yves Moreau

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