

Sitnitsa

This male dance is from the village of Gradets (Vidin area, Northwest Bulgaria).

Meter: 2/4

The dancers begin in a line. Belt hold. ("Na lesa")

Figure 1 (5 measures)

- I. 1. Step forward on R
&. Step on L in place (where it was)
2. Step on R beside L.
&. Step on L in place.
- II. 1. Step forward on R
&. Step on L in place (where it was)
2. Hop on L in place.
&. Step on R beside L.
- III. 1. Step forward on L
&. Step on R in place (where it was)
2. Step on L beside R.
&. Step on R in place.
- IV. 1. Step on L in place.
&. Step on R in place.
2. Small lift on L (bend R knee slightly; knee below waist.)
- V. 1. Step back onto R
&. Small lift on R (with free L slightly bent at knee, held below the body)
2. Step onto L beside R and raise the free R forward, bent at the knee

Repeat Figure 1 three times.

Figure 2 (13 measures)

- I. 1. Low hop on L while moving diagonally forward and to L. Gently kick free R forward.
2. Step on R across in front of L (moving diagonally forward and to L)
- II. 1. Low hop on R while moving diagonally forward and to L. Gently kick free L forward.
2. Step on L across in front of R (moving diagonally forward and to L)
- III. 1. Low hop on L moving diagonally forward and to L. Gently kick free R forward.

2. Step on R across in front of L (moving diagonally forward and to L)
- IV. 1. Low hop on R moving diagonally forward to L. Gently kick free L forward.
2. Step on L across in front of R (moving diagonally forward and to L)
- V. 1. Hop on L forward.
2. Step on R a bit to R.
- VI. 1. Step on L in front of R. Free R is held below the body, slightly bent at knee.
2. Step R in place.
- VII. 1. Small leap onto L to L. Free R is raised forward and slightly out to R.
2. Step onto R across in front of L.
&. Step onto L in place.
- VIII. Repeat VII with reverse footwork.
- IX. Repeat VII.
- X. 1. Step on R to R.
&. Hop on R to R.
2. Step on L to R (across in front of L)
- XI. Repeat X.
- XII. 1. Step back on R.
2. Step back on L.
- XIII. Repeat XII.

Repeat entire figure 2 twice

Figure3 (21 measures)

I-VI. Repeat Measures I-VI of Figure 2.

*VII-XXI. Repeat (3 times) Measures I-V of Figure 1

*In measure VII only, we need a transition step on counts (1, &), so

- VII 1. Step on L to L
&. -
2. Step on R beside L.
&. Step on L in place.