

Presented by Ron Wizman

SITNO ŽENSKO

A women's dance from Stara Zagora, Thrace.

MUSIC: , Folk Dances of Bulgaria, Volume 1, Vitosha Side 2; band ~~1~~

FORMATION: Short lines, belt hold

Meter 2/4

PATTERN

Meas

PATTERN I: "Move to the Right"

- 1 Facing slightly and moving R, skip fwd on R ft (ct 1) skip fwd on L ft (ct 2)
- 2 Three small steps moving fwd (cts 1,&,2)
- 3-4 Continuing R, repeat meas 1-2 only with opp ftwk
- 5-8 Repeat meas 1-4

PATTERN II: "Heel-Toe"

- 1 Turning to face slightly L, hop on L ft at same time touching R heel slightly fwd (ct 1) hop on L ft, touching R toe slightly bwd (ct 2)
- 2 Hop on L ft again, touching R heel slightly fwd (ct 1) a quick hop on L ft, cross and step on R ft behind L ft (reel step) (ct 3)
- 4-6 Two "reel steps" bkwd (L,R)
- Facing slightly R, repeat pattern of meas 1-3 only with opp ftwk and direction
- 7-8 Facing ctr, two "threes" fwd (R,L,R-L,R,L)

PATTERN III: "Sevens L & R"

- 1-2 Seven little steps moving sdwd L,R ft crossing in front of L ft (R,L,R,L,R,L,R).
- 3-4 Repeat meas 1-2 only with opp ftwk and direction
- 5-8 Repeat meas 1-4

PATTERN IV:

- 1-2 Facing ctr, two "threes" fwd (R-L-R,L-R-L).
- 3 Hop on L ft, flicking R ft low in front of R leg (ct 1) reel step R crossing behind L ft (ct 2)
- 4 Reel step L crossing behind R ft (ct 1) chug bkwd both ft together (ct 2)
- 5-8 Repeat pattern of meas 1-4