

## Sedi Donka

Bulgaria (W. Trakia)

Sedi Donka (SEH-dee DOHN-kah), meaning "Donka is Sitting," aka Sedi Dimka, Sedi Petko and Iztarsi Kalci, has also many dance-variations, introduced to the USA largely by Dick Crum in 1968. The long meter combines two very popular rhythms: two measures of "Macedonian Seven" (s-q-q) plus a Kopanica (q-q-s-q-q). Here we follow Yves Moreau's video and his presentations at the 2001 San Francisco Kolo Festival and 2002 Mendocino Folklore Camp.

Music: CDs: Yves Moreau: YM-2, B9 & YM-5, B11; Iliana & Lyuben: *Bulgaria with Love*, B10.  
Cassette: Jaap Leegwater & Yves Moreau: *Ajde na Horo*, Side B5. Record: DuTam 1001B.

Videos: YM: *Bulgarian Folk Dances*, Vol 5, #11; *You Tube* offers a variety of performances.

Meter = 25/16 = 7/16+7/16+11/16 = 3/16+2/16+2/16+3/16+2/16+2/16+2/16+2/16+3/16+2/16+2/16  
counted: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 or s, q, q, s, q, q, q, q, s, q, q

Formation: Short mixed lines facing slightly R of ctr in belt hold, L over R, with wt on L ft.

Steps and Styling: Steps are sharp and bouncy. Stamps are without weight.

(Heel) Bounce: Raise heel ahead of the musical beat and lower it to the floor on the beat.

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| MEAS | meter = 25/16 | PATTERN |
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INTRODUCTION – Dance begins with musical phrase chosen by leader on R.

I. TRAVEL

- 1 Moving LOD, step R, L, hold, R, L, hold, R, L, R, L, hold (cts 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11).
- 2 Repeat meas 1.

II. SIDE TO SIDE WITH BOUNCES

- 1 Step R in LOD (ct 1); with small lift on R, move L across R (ct &); step L across R (ct 2); hold (ct 3); repeat cts 1-3 (cts 4-6); facing ctr, step R to R (ct 7); step L behind R (ct 8); step R to R (ct 9); closing L to R with most weight on R, bounce twice in place on both heels (cts 10,11).
- 2 Repeat meas 1 with opp ftwk and direction.

III. SIDE TO SIDE WITH STAMPS

- 1 Repeat Fig II, cts 1-9 (cts 1-9); hop on R (ct 10); stamp L sharply beside R (ct 11).
- 2 Repeat meas 1 with opp ftwk and direction.

IV. FORWARD AND BACK WITH STAMPS

- 1 Step fwd R (ct 1); hop on R (ct &); step fwd L (ct 2) hold (ct 3); repeat cts 1-3 (cts 4-6); small steps R, L in place (cts 7, 8); stamp R beside L (ct 9); step R in place (ct 10); stamp L (ct 11).
- 2 Moving bkwd from ctr, repeat meas 1 with opp ftwk and direction.

V. TWISTS IN PLACE WITH HEEL TOUCHES

- 1 Step R, twisting sharply to face R, L knee raised across R (ct 1); hop on R, keeping L knee high (ct 2); twisting to face ctr, step L beside R (ct 3); repeat cts 1-3 (cts 4-6); step R-L in place (cts 7-8); touch R heel diag R fwd (ct 9), touch R heel straight fwd (ct 10); hold (ct 11).
- 2 Repeat meas 1.

Suggested Sequence: Repeat each figure once; leader on R may call figure changes.

We thank Martha Awdziewicz for some valuable comments.