

Sitna Baluca

Bulgaria, Vlach

Sitna Baluca (SEET-nah bah-LOO-tsah) or "a little meddling" acknowledges the cultural influences from Serbia and Romania on such dances, which are common in NW Bulgaria. Yves Moreau learned the dance in Novo Selo, February, 1970 and taught it at S.F. Kolo 2006, Mendocino Folklore Camp 2007 and Stockton Folk Dance Camp 2007

Music: CDs: Yves and France Moreau, Mendocino Folklore Camp '07, track 9;
Yves Moreau, YM-UOP-07, track 8; Kolo '06 CD 2/4 meter

Formation: Short mixed lines face slightly R of ctr, hands joined up in W-pos. Leader on R calls figure changes at will for a total of ten patterns.

Steps and Styling: Light steps.

Measure	2/4 meter	PATTERN
2 meas		<u>INTRODUCTION</u> No action.
		I. <u>BASIC TRAVEL RIGHT AND LEFT</u>
1		Moving in LOD, step on R as arms swing down and back (ct 1); step on L across R as arms swing fwd (ct 2).
2		Step on R as arms start bkwd (ct 1); step on L across R as arms swing back (ct &); step on R in place and turn to face ctr as arms swing fwd (ct 2).
3		Step L to L as arms start bkwd (ct 1); slide onto R, closing to L as arms swing back (ct &); repeat step L and slide onto R as arms swing fwd (cts 2,&).
4		Repeat meas 3, but stamp sharply on R (no wt) on last ct &.
5		Step fwd strongly and sharply on R as arms swing fwd (ct 1); raise L fwd with knee bent as arms return to W-pos (ct 2)
6		Leaning upper body fwd, step L slightly fwd in front of R (ct 1); bend L knee sharply, raising R ft behind L knee (ct 2).
7		Facing ctr with body straightened, step back on R, straightening L leg fwd with CCW twist (ct 1); repeat ct 1 with opp ftwk (ct 2).
8		Repeat meas 7. NOTE: Arms are in W-pos for meas 6-8
9-16		Repeat meas 1-8.
		II. <u>SIDE BOUNCE AND STAMP</u> (Arms are in W-pos throughout Fig II.)
1		Facing ctr, step R to R in 'bouncy' style (ct 1); step 'bouncy' L beside R (ct 2).
2		Repeat meas 1, but do not take wt on L (ct 2).
3		Repeat meas 1 with opp ftwk and direction.
4		Step L to L (ct 1); stamp R sharply beside L, no wt (ct 2).
5		Repeat sharp stamp on R (ct 1); pause (ct 2).
6		Make a small leap fwd onto R, bending knee and bringing L ft behind R calf (ct 1); make a quick small leap bkwd onto L (ct 2).
7		Step R to R (ct 1); slide onto L, closing to R (ct &); repeat cts 1,& (cts 2,&).
8		Repeat meas 7, but keep wt on R on last ct &.
9-16		Repeat meas 1-8 with opp ftwk and direction.