

Sitna Zborenka

(Bulgaria)

Yves Moreau learned Sitna Zborenka (SEET-nah ZBOH-reng-kah) in the village of Senokos, Tolboukhin, District of Dobrudja, Bulgaria, in 1966 while on a study tour. He presented the dance at the 1981 University of the Pacific Folk Dance Camp.

RECORD: Dances of Bulgaria, DB 8101 (EP 7"). Side A/2. 2/4 meter

FORMATION: Short (no more than 8 dancers), straight lines; belt hold, L over R (grasp L neighbor belt almost at the buckle, R neighbor belt twd the back). If not using belt hold, join hands in "V" pos. Face ctr, wt on R ft.

STEPS: Chug: A sharp movement fwd on the supporting ft without raising the ft from the floor.

Čukče: Raise heel of supporting ft (upbeat); lower heel, taking wt (ct 1).

STYLING: Body is erect, ftwk heavy and solid; sharp knee bends when called for; occasional shldr shake (shimmy fashion).

NOTES: The music is in 8 meas phrases, but only Fig I is an 8 meas pattern. Therefore, the beginning of a figure will seldom coincide with the beginning of a musical phrase.

The leader of each line determines number of repetitions of each pattern. Rest Step (Fig III) can be used at will.

MUSIC 2/4

PATTERN

Measures

16 INTRODUCTION. No action

I. BASIC

1 Step on L to L, toes pointed to L (ct 1); sharp stamp with R parallel to L, bending knees, no wt (ct &); leaving L in place, step on R to R, straightening knees with tension (ct 2); slight bounce on both ft (ct &).

2 Repeat meas 1.

3 Repeat meas 1, cts 1,&; repeat with opp ftwk (cts 2,&).

4 Step on L to L, toes pointed to L (ct 1); stamp R beyond L, toes pointed to L, no wt (ct &); strong step fwd twd ctr on R (ct 2); straightening L knee sharply by kicking ft fwd and low, Chug fwd on R ft (ct &).

5-6 Repeat meas 4 two more times.

NOTE: Shldr shake may be done on the Chug.

7-8 Four large steps bkwd L,R,L,R (cts 1,2;1,2). Body may move slightly side to side with each step - L,R,L,R.

II. BASIC; LEAP-STAMP

1-6 Repeat Fig I, meas 1-6.

7 Leap onto L raising R leg, knee bent, in front of L, R ft slightly crossed in front of L leg (ct 1); repeat with opp ftwk (ct 2).

8 Repeat meas 7 (cts 1,2); sharp stamp with L beside R, no wt (ct &).

9-10 Repeat meas 7-8.

11-12 Four large steps bkwd L,R,L,R.

III. REST STEP

1-2 Repeat Fig I, meas 1-2.

3-6 Beg L, move fwd twd ctr with 8 heavy walking steps, knees well apart.

7-10 Beg L, move bkwd away from ctr with 8 heavy walking steps, knees well apart.

IV. BRUSH-STEP

1-2 Repeat Fig I, meas 1-2.

3-4 Beg L, move twd ctr with 4 heavy walking steps.

5 Facing slightly L of ctr, small leap onto L ft, raising R leg up in back, knee bent (ct 1); brush ball of R ft across L leg diag to L (ct &); face ctr, Čukče on L swinging R leg in an arc twd ctr, knee straight (ct 2); bruch R ft bkwd (ct &).

6 Čukče on L (ct 1); brush ball of R ft fwd, extending leg twd ctr (ct &); Čukče on L while R leg, with knee bent, describe a bkwd circular motion (ct 2); step on R beside L, raising bent L knee (ct &).

7 Four prancing steps (lift knees high) in place L,R,L,R (cts 1,&,2,&).

8 With L ft pointed slightly to L, two heavy stamps with L, no wt (cts 1,2). Shldr shake is appropriate during this meas.

9-12 Repeat meas 5-8.

13-14 Four steps bkwd L,R,L,R.