

# Sitna Baluca

(Northwest Bulgaria, Vlach)

One of the many Baluca type of dances found in Northwest Bulgaria which show certain influences from nearby Romanian and Serbian cultures. Learned in Novo Selo by Yves Moreau, February 1970.

Pronunciation: SEET-nah bah-LOOH-tсах

Music: Yves Moreau CD YM-UOP-07, track 8

2/4 meter

Formation: Short lines, hands in W-pos. Face slightly R of ctr, wt on L.

Styling: Light steps.

## Meas

## Pattern

2 meas INTRODUCTION No action. Start with beg of music.

### I. BASIC TRAVEL RIGHT AND LEFT

- 1 Step on R to R, arms swing bkwd (ct 1); step on L across R, arms swing fwd (ct 2).
- 2 Step on R to R, arms start swing bkwd (ct 1); step on L crossing in front of R, arms swing bkwd (ct &); step on R in place, arms swing fwd (ct 2).
- 3 Facing ctr, step on L to L, arms start swing bkwd (ct 1); slide onto R closing to L, arms swing bkwd (ct &); step on L to L, arms start swing fwd (ct 2); slide onto R closing to L, arms swing fwd (ct &).
- 4 Repeat meas 3 but on last & ct, quick sharp stamp onto R,
- 5 Sharp strong step on R fwd, arms continue swinging fwd (ct 1); lift L knee up, arms are in W-pos (ct 2).
- 6 Step onto L slightly fwd and in front of R, leaning upper body slightly fwd (ct 1); with wt still on L, bend knee again, drawing R behind L knee (ct 2).
- 7 Facing ctr and straightening body, step back onto R, twisting L ft out, straight knee (ct 1); step back onto L, twisting R ft, straight knee (ct 2).
- 8 Repeat meas 7. NOTE: Arms are in W-pos. for meas 7-8.
- 9-16 Repeat meas 1-8.

### II. SIDE BOUNCE AND STAMP

- 1 Facing ctr, step on R to R in a "bouncy" style (ct 1); step on L closing to R in a "bouncy" style (ct 2).
- 2 Repeat meas 1.
- 3 Repeat meas. 1, with opp ftwk and direction.
- 4 Step on L to L, (ct 1); quick sharp stamp, no wt, with R next to L (ct 2).
- 5 Quick sharp stamp again with R next to L (ct 1); pause (ct 2).
- 6 Small leap fwd onto R, bending knee and bringing L ft behind R calf (ct 1) quick small leap bkwd onto L (ct 2).
- 7 Facing ctr, step on R to R (ct 1); slide onto L, closing to R (ct &) step on R to R (ct 2); slide onto L, closing to R (ct &).
- 8 Repeat meas 7.
- 9-16 Repeat meas 1-8, with opp ftwk and direction.

NOTE: Arms remain in W-pos, throughout Fig II. Leader can call change of figures at will.

Presented by Yves Moreau