

SITNATA

(Bulgaria)

This dance comes from the Northern part of Bulgaria. The name of the dance Sitnata means small. When you do small, fast steps, people call this Sitnata. The men and women hold hands in one big open circle moving to the right at a quick tempo.

PRONUNCIATION: EET-na-ta

MUSIC: Petur Iliev presents Bulgarski Narodni Tanci

METER: 2/4

PATTERN

Meas Count

PART I 8 measures

- | | | |
|---|---|--|
| 1 | 1 | Two quick steps R-L moving to the right |
| | 2 | Quick step with R. Touch L heel and L up |
| 2 | 1 | Two quick steps: L-R moving to the right |
| | 2 | Quick step with L. Touch R heel and R up |
| 3 | 1 | Two quick steps R-L turning to the left |
| | 2 | Two quick steps R-L. R up in place |
| 4 | 1 | Accented step with R in place |
| | 2 | Accented step with L in place |
| 5 | 1 | Step with R to the right. L up |
| | 2 | Hop with R, swing L in front |
| 6 | 1 | Step with L to the right in front. R up |
| | 2 | Hop with L |
| 7 | 1 | Quick step: R-L |
| | 2 | Step R, touch L |
| 8 | 1 | Quick step: L-R |
| | 2 | Accented step on L in front. R up |

PART II 16 Measures

- | | | |
|------|---|--|
| 1 | 1 | Big step on R to the right |
| | 2 | Hop with R, swing L in front |
| 2 | 1 | Step with L |
| | 2 | Hop with L, R up |
| 3 | 1 | Two quick steps: R-L |
| | 2 | Two quick steps: R-L |
| 4 | 1 | Two quick steps: R-L |
| | 2 | Accented step on R, kicking L up and back |
| 5 | 1 | Touch L heel, crossing in front of R |
| | 2 | Hop on R, kicking L up and back |
| 6 | 1 | Step with L heel in front of R, step R behind |
| | 2 | Step with L heel to left. R in place |
| 7 | 1 | Step with L foot crossing R. Step R behind |
| | 2 | Step with L to the left. Step R crossing in front of L |
| 8 | 1 | Step with L in place. Step R to the right |
| | 2 | Step with L crossing in front of R. Step R in place, L up |
| 9-16 | | Repeat the above 8 measures. starting with the L foot, going to the left |

REPEAT PART II

Presented by Petur Iliev at the Laguna Folkdancers Festival 2001