

Kardamska Zborenka

(Bulgaria)

Zborenka is a common type of dance throughout Dobrudža in North-East Bulgaria. This version is from the region of Kardam near the Romanian border. Learned from Živko Petrov.

Pronunciation: Kahr-DAHM-skah ZBOH-rehn-kah

Music: 2/4 meter CD: *Yves Moreau Stockton Folk Dance Camp 2009*, Band 8.

Formation: Mixed open circle or line. Face ctr, wt on L. Hands joined down at sides, V-pos, or short lines in front basket hold.

Styling: Earthy (bent knees) and proud; bouncy high stepping with kneeds brought sharply up.

Meas Music: 2/4 meter Pattern

1-16 INTRODUCTION Instrumental music, no action.

I. TRAVELING

1 Step on R to R (ct 1); pause (ct 2).

2 Step on L in front of R (ct 1); pause (ct 2).

3 Step on R to R (ct 1); pause (ct 2).

4 Step on L behind R (ct 1); pause (ct 2).

5-16 Repeat meas 1-4 three times (4 total).

II. TRAVELING WITH STAMPS

1-4 Repeat Fig I, meas 1-4.

5 Strong step slightly fwd on R (ct 1); small hop on R, simultaneously extending L leg and turning body to face slightly R (ct 2).

6 With body still facing R of ctr, step onto L slightly in twd ctr (ct 1); low sharp stamp (no wt) with R next to L (ct 2).

7 With body still facing R of ctr, step onto R to R (ct 1); low sharp stamp (no wt) with L (ct 2).

8 Turning body to face left of ctr, sharp low stamp (with wt) on L, simultaneously bringing R knee up with slight tilt of the upper body to the L (ct 2).

9-32 Repeat meas 1-8 three more times (4 total).

III. FORWARD AND BACK

1 Facing ctr, step fwd and slightly R on R (ct 1); sharp low stamp, no wt, on L ft next to R (ct 2).

2 Sharp low leap fwd onto L, simultaneously lifting R leg in back, knee bent (ct 1); pause (ct 2).

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- 3-4 Repeat meas 1-2.
- 5-6 Do four light running steps in place R, L, R, L (cts 1,2,1,2).
- 7 Step on R to R, turning body sharply to R (ct 1); sharp low stamp (no wt) with L next to R (ct 2).
- 8 Repeat Fig II, meas 8.
- 9 Moving bkwd (away from ctr) take large step back on R (ct 1); pause (ct 2).
- 10 Still moving away from ctr, large step back on L (ct 1); pause (ct 2).
- 11-12 Repeat meas 9-10.
- 13-16 Repeat meas 5-8.
- 17-32 Repeat meas 1-16.

Dance repeats from beginning.

Presented by Yves Moreau