

SABRALI SA SE, SABRALI

(Bulgaria - Rhodopes)

Dance from the Western Rhodopes where there are strong concentrations of Pomaks (Bulgarian moslems). Women's singing dance (*horovodna*) often danced in the small courtyards or balconies (na cardak). *Neda Voda Nalivala* is another dance of this category.

Pronunciation: Suh-BRAH-lee say, suh-BRAH-lee
Music: Yves Moreau cassette
Rhythm: 7/8 + 9/8 counted here as SQQ + QSqq (qq=S)S (last slow count is "stretched"). 1-2-3, 1-2, 1-2 + 1-2, 1-2-3, 1-2, 1-2 or 1,2,3 4-5-6
Formation: Open circle or line, hands joined in "W" pos. Face ctr, wt on L.
Style: Light and proud.

Meter:7+9

Pattern

Introduction, 2 meas. No action.

1. Travel in LOD

- 1 Step on R to R (1) step on L behind R (2) step on R to R (3) step on L in front of R (4) bring R ft in front of L leg slowly (5) hold (6)
2 Step on Step on R to R (1) step on L in front of R (2) step on R in place (3) step on L in place (4) step on R next to L (5) step on L next to R (6)
3-4 Repeat pattern of meas 1-2

2. Forward and back

- 1 Facing ctr, with wt on L, do a "cutting" motion with R ft in front of L (1) small lift onto L ft (2) step fwd on R (3) step fwd on L (4) step fwd on R (5) slowly close L next to R (6)
2 Same pattern as in meas 1 but with reverse ftwrk and direction (moving away from ctr)
3-4 Repeat pattern of meas 1-2

Repeat dance from beginning.

Note: Dance ends while doing Fig. 1. Music slows down noticeably. Cts 4,5,6 should therefore be done to match slow tempo.

Presented by Yves Moreau