

Sadi Moma - Bulgaria

Introduced by Yves Moreau

Line dance, arms in W-position. Meter 7/8, counted SQQ

Measure	Count	Step
1	SQQ	Facing slightly R of center, step on R foot to R (S), step on L foot across R foot (Q), hold (Q).
2	SQQ	Step on R foot to R (S), step on L foot across R foot (Q), step on R foot to R, and face center (Q).
3	SQQ	Step slightly back on L foot (S), step slightly back on R foot (Q), hold (Q). During the first two beats the arms go forward and down.
4	SQQ	Face slightly L of center and step on L foot to L (S), step on R foot across L foot (Q), hold (Q). During the first two beats, the arms go back into W-position.
5	SQQ	Step on L foot to L (S), step on R foot behind L foot (Q), hold (Q). During the first two beats the arms go forward and down.
6	SQQ	Facing slightly to the R of center, step on L foot slightly backwards and to the L, while bringing arms back up to W-position (S), step on R foot slightly to the R (Q), hold (Q).

The following measure is only done during the instrumental portion of the music.

7 Repeat measure 1.

A video of Yves Moreau demonstrating this dance and a cassette of the music are available from Bourque-Moreau Productions (Bulgarian Folk Dances - Volume 1)

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