

SADILA MOMA

BULGARIAN Circle Dance

Choreographer: **Ira Weisburd** (2010)

Song: Sadila Moma by Rayna Terzijska

Formation: Face Center. Hands– W Position.

Introduction: Starts at 29 seconds on “Sadila”.



Rayna Terzijska

Video: <http://www.youtube.com/watch?v=iymcpAHUDxY>

PART I. (CROSS, RECOVER, SIDE; WALK 3 STEPS TO R; LIFT, BACK, SIDE; CROSS, RECOVER, SIDE; GRAPEVINE 3 STEPS WITH L OVER R; STEP R TO R, LIFT L, HOLD; L SCOCI STEP; GRAPEVINE 3 STEPS TO L)

&1-3 Slight lift L heel off ground, Step R across L, Recover back on L, Step R to R
 &4-6 Slight lift R heel off ground, Step L across R, Step R to R, Step L across R
 7-9 Lift R behind L ankle, Step R behind L, Step L to L
 &10-12 Slight lift L heel off ground, Step R across L, Recover back on L, Step R to R
 &13-15 Slight lift R heel off ground, Step L across R, Step R to R, Step L behind R
 16-18 Step R to R, Lift L, hold
 19-21 Step L to L, Circle R from front to back, Step R behind L
 22-24 Step L to L, Step R behind L, Step L to L

PART II. (CROSS, RECOVER, SIDE; CROSS, RECOVER, SIDE; WALK FOWARD 3 STEPS; STEP FORWARD, STEP FORWARD, RECOVER;WALK BACK 3 STEPS; WALK BACK 3 STEPS; CROSS, RECOVER, SIDE; CROSS, RECOVER, SIDE)

&1-3 Slight lift L heel off ground, Step R across L, Recover back on L, Step R to R
 &4-6 Slight lift R heel off ground, Step L across R, Recover back on R, Step L to L
 &7-9 Slight lift L heel off ground, Step R forward, Step L forward, Step R forward
 &10-12 Slight lift R heel off ground, Step L forward, Step R forward, Recover back on L
 &13-15 Slight Lift L heel off ground, Step R back, Step L back, Step R back
 &16-18 Slight Lift R heel off ground, Step L back, Step R back, Step L back
 &19-21 Slight lift L heel off ground, Step R across L, Recover back on L, Step R to R
 &22-24 Slight Lift R heel off ground, Step L across r, Recover back on R, Step L to L

BEGIN DANCE.

Note: 6th time repeat Part II. (counts &1-11) End Dance stepping forward on R and raising arms up.