

# Sborenka

## Dobrudja, Bulgaria

This dance is from the northeast Bulgaria bordering with Romania. Sborenka is commonly danced in many areas of Dobrudja (Dobruđa) with many variations.

TRANSLATION: Getting together

PRONUNCIATION: ZBOH-reen -kah

TAPE: Special Statewide 2001 by Mitko Manov

FORMATION: Lines with hands joined at shldr ht in W-pos, in belt (L over R) or in front basket (L over R).

STYLE: The body is straight while the ftwk is light, rhythmical, syncopated and contained energy. Women move slightly side-to-side so that the skirts move. The ftwk has lots of knee flexes throughout dance. The M dance in plié for a good part of the dance.

SEQUENCE: The figures below are not in any particular order. The seequence is as presented at Statewide 2001.

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METER: 2/4

PATTERN

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Meas.

**INTRODUCTION:** 4 meas.

**FIG. I: Step-scuffs to R**

- 1 Facing diag R and moving to R - step R fwd (ct 1); stamp L beside R - flex both knees (ct &); step L fwd (ct 2); stamp R beside L - flex both knees (ct &).
- 2 Step R fwd (ct 1); flex both knees (ct &); facing ctr - step L behind R (ct 2); flex both knees (ct &).
- 3-12 Repeat meas 1-2. (6 times in all)

Note: If you wish to begin with the music the step is done a total of 8 times (i.e., 16 meas.)

**FIG. II:**

- 1-2 Facing and moving twd ctr - repeat ftwk of Fig I, meas 1-2, only move fwd. (4 step-stamps fwd - RLRL)
- 3 Step R fwd (knees diag R) (ct 1); stamp L in front of R (knees diag R) (ct &); step L in place (turn knees diag L) (ct 2); stamp R in front of L (knees diag L) (ct &).
- 4 Step R fwd (ct 1); hop on R as L beg to circle fwd (ct &); step L fwd - lean fwd (ct 2); step R bkwd to place (ct &).

- 5-7 Facing ctr and straightening body - move bkwd with 6 step-bends, beg L.  
Note: Ft are in stride pos, approx shldr width, and full body wt is over stepping ft. This gives a slight tilting effect of the body.
- 8 With wt on R, lift L slightly off floor and turn toe twd R moving low across R (ah); step L in place (knees diag R) (ct 1); stamp R in front of L (knees diag L) (ct &); facing ctr - step R slightly R as L toe slides on floor sdwd L, to end with heel in air and pointed out (L knee diag R) (ct 2).

**FIG. III:**

- 1-2 Facing and moving twd ctr , repeat Fig. II, meas 1-2, step-stamps fwd, only beg L (LRLR), and on last step-stamp: Step R (knees face diag R) (ct 2); stamp L in front of R (knees diag R) (ct &).  
Note: Same styling as Fig. I, meas 1-2 (step-bend)
- 3 Step L in place (turn knees diag L ) (ct 1); stamp R in front of L (knees diag L) (ct &); step R fwd (ct 2); L beg to circle fwd (ct &).
- 4 Step L fwd - lean fwd (ct 1); stamp R bkwd where it was (ct &); step R where it stamped (ct 2).
- 5-7 Straightening body - repeat Fig. II, meas 5-7. (6 steps-bends bkwd in stride pos, beg L)
- 8 Repeat Fig. II, meas 8. (L in pl; stamp RxL; R to R w/L heel in air)

**FIG. IV:**

- 1 Step L fwd (turn knees diag L) (ct 1); stamp R in front of L (knees diag L) (ct &); step R fwd (turn knees diag R) (ct 2); facing ctr - hop on R as L lifts low and quickly across R (knees diag R), then moves sdwd L (knee diag L) - lead with toe of ft (ct &).
- 2-3 Repeat meas 1, twice more except on last hop, L circles fwd. (3 times in all)
- 4 Repeat Fig. III, meas 4. (L fwd; stamp R bk)
- 5-7 Repeat Fig. II, meas 5-7. (6 step-bends bkwd in stride pos, beg L)
- 8 Repeat Fig. II, meas 8. (L in pl; stamp RxL; R to R w/L heel in air)

**FIG. V:**

- 1-2 Facing and moving twd ctr - beg L, do 4 step-stamps.  
Note: Same styling as Fig II, meas 1-2 (step-bend).
- 3 Beg L, do 4 small steps fwd - lean slightly fwd.
- 4 Step L,R (small) fwd (cts 1-&); jump fwd onto both ft (ct 2).

- 5 Straightening body - leap on R in place (ct 1); tap L heel fwd (ct &); leap L in place (ct 2); tap R heel fwd (ct &). End straightening body.
- 6-7 Moving sdwd R - step R heel to R (ct 1); step L behind R (ct &). Repeat this for a total of 8 steps (4 side-behind steps).
- 8 Leap on R in place (knees diag R (ct 1); stamp L in front of R (knees diag R (ct &)); leap L in place - face ctr (ct 2); lift R across L (ct &).
- 9 Step R to R (ct 1); stamp L in place (ct &); step L to L (ct 2); stamp R in place (ct &).
- 10 Repeat meas 9.
- 11 Beg R, do 4 small steps fwd (RLRL).
- 12 Step R,L fwd (cts 1-&); jump fwd on both ft (ct 2).
- 13-16 Repeat meas 5-8.

**FIG. VI: Leg swing**

- 1-2 Run R in place (ct 1); leap on L in place as R leg is lifted up (thigh parallel to floor for M) and diag R fwd (ct 2).
- 2 Hop on L again as R knee swings across L leg (ct 1); hop on L again as R moves swings diag R fwd (ct 2).
- 3 Jump on both ft in place (ct 1); Hop on L as R lifts diag R bkwd (knee bent in) - lower body diag L (ct 2).
- 4 Hop on L as R swings fwd across L continues to circle in front of body (ct 1); R brushes bkwd (ct 2).
- 5 Hop on L (ct 1); tap R heel fwd (ct 2).
- 6-7 Repeat meas 1-2. (run R, swing R leg diag R,L,R)
- 8 Jump on both ft in place (ct 1); hold (ct 2).

Dance video provided by Mitko Manov, and transcribed by Dorothy Daw 4/01

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