

## Sej Sej Bop

(Bulgaria)

Sej Sej Bop (SAY SAY BOHP), a line dance, was learned by Yves Moreau from Liliana Zafirova and Stefan Vaglarov in Sofia, Bulgaria, and presented by him at the 1981 University of Pacific Folk Dance Camp. Its' quick, quick, slow rhythmic pattern is typical of the racenica type dances found throughout Dobrudja under various names, i.e., Kucata, Brasni Carvul, etc.

RECORD: Dances of Bulgaria DB 8101 (EP 7"). Side A/1. 7/16 meter

METER: 7/16 (1-2,1-2,1-2-3) (Q,Q,S), counted here as 1,2,3.

FORMATION: Short, mixed lines; belt hold (or front basket) L over R. L hand grasp L neighbor belt almost at the buckle, R neighbor belt twd the back. End dancers hold own belt. Face ctr, wt on R ft.

STEPS and STYLING: Čukče: Raise heel of supporting ft (upbeat), lower heel taking wt (ct 1). Ftwk is rather heavy and solid with marked knee bends; body erect unless otherwise indicated.

MUSIC 7/16

PATTERN

Measures

- 16 INTRODUCTION. No action
- 1 Facing ctr, step on L across in front of R (ct 1); hold (ct 2); with marked flexion of R knee step on R to R, toes pointed to R (ct 3).
- 2-4 Repeat meas 1 three times (4 in all).
- 5 Turn sharply to face L of ctr and step on L (ct 1); stamp R beside L, no wt, bending fwd from waist (ct 2); face ctr, straightening body and step on R to R, toes pointed to R (ct 3).
- 6 Face slightly R of ctr, Čukče on R, raising L leg, knee bent (ct 1); step fwd twd ctr on L (ct 2); sharp stamp on R just behind L heel, toes pointed to R, heels close together, no wt (ct 3).
- 7 Small, but heavy, step away from ctr on R (ct 1); hold (ct 2); Čukče on R simultaneously raising L leg, knee straight (ct 3).
- 8-10 Repeat meas 5-7.
- 11 Face ctr, move in RLOD, step on L to L (ct 1); scuff R heel across L, bending L knee (ct 2); step on R across L (ct 3). Dancers may shout "sej sej bop" during this meas.
- 12 Step on L to L (ct 1); hold (ct 2); close R to L with heavy stamp, no wt (ct 3).
- 13 Repeat meas 12 with opp ftwk and direction, but do not stamp.
- 14-15 Repeat meas 11-12.
- 16 Stamp on R to R (ct 1); bring raised L leg, knee bent, across in front of R (ct 2); Čukče on R (ct 3).

Repeat dance from beginning.