SEJ SEJ BOP
Bulgaria

The dance was learned by Yves Moreau from Liliana Zâfirova and Stefan Vaglarov, of Sofia. This type of line-ŕăcenica is found throughout Dobrudža under various names: Kucata, Brâsni Cârvul, etc.

PRONUNCIATION: SAYH SAYH BOHP

RECORD: Dances of Bulgaria, DB-8101, Side 1, Band 1

FORMATION: Mixed lines in belt hold (L over R) or front basket hold. Wt on R, face slightly R of ctr.

RHYTHM: 7/16 counted: 1-2 3-4 5-6-7 (Q,Q,S)

STEPS: Cukce: To raise and lower heel of supporting ft, coming down on the beat.

STYLE: Marked knee-bend. Upper body straight and proud.

METER: 7/16 PATTERN

Meas

Introduction: 16 meas

DANCE:

1 Step L across R (ct 1); hold (ct 2); step R beside L with marked knee flex (ct 3).
2-4 Repeat meas 1, 3 more times (4 in all).
5 Step on L turning sharply to face L (ct 1); small sharp stamp on R, no wt, slight fwd bend of upper body (ct 2); step R slightly R and bkwd, body straightens (ct 3).
6 Sharp "Cukce" on R while turning slightly R as L leg lifts up and fwd (ct 1); step L fwd (ct 2); sharp stamp R behind L (ct 3).
7 Step slightly bk on R (ct 1); hold (ct 2); sharp "cukce" on R as L lifts off ground (ct 3).
8-10 Repeat meas 5-7.
11 Facing ctr, step L on L (ct 1); scuff R heel sharply across L (ct 2); step R across L (ct 3).
12 Step L to L (ct 1); hold (ct 2); touch R next to L (ct 3).
13 Repeat meas 12, with opp ftwk and direction.
14-15 Repeat meas 11-12. (L to L, scuff R, Rx; L to L, hold, touch R)
16 Stamp R to R with wt (ct 1); hold (ct 2); "chug" bkwd on R as L leg lifts across R in prep for repeat of dance (ct 3).

Repeat dance from beg.

Presented by Vicki Mahue
Laguna Institute, Feb. 14-15, 1986