



- TRANSLATION & ORIGIN : Line dance from the region of Sever na Bulgaria, also called Severnjaško, Northern Bulgaria.
- Severnjaško is the largest ethnographic region of Bulgaria. Roughly it can be divided in three subregions: the Dunabe river stream area in the North, the Northern Bulgarian Plain in the middle and the slopes of Balkana, the Balkan Mountain Range in the South. Each region has its own distinct styling characteristics in the dance and music performance. The dance described here is a typical example of the Plain area, reflecting its space and wide stretch. Similar dances are known under different names, such as: Sitno Horo, Sitnata, Sitno Severnjaško Horo and Sitno Kradunavsko Horo.
- SOURCE : Severnjaško Horo consists of original variations learned by Jaap Leegwater in several villages in the Veliko Târnovo district during a field study with the assistance of Ivan Donkov in the fall of 1979. The pattern described under Part 2 is known as Jadžijskata and is danced by the inhabitants of the village of Pavel.
- METER : 2/4  or 
- MUSIC : LP/Cassette "FOLK DANCES FROM BULGARIA - volume 4" JL1988.02 by Jaap Leegwater Side B, Band 2.
- STYLE : Severnjaški
- small energetic steps
- jumpy and bouncy character
- FORMATION : Half or open circle.
Hand joined in W-position.
- INTRODUCTION : 16 measures

<u>MEAS</u>	<u>CTS</u>	<u>PATTERN</u>	<u>Part 1</u>
1		facing ctr, moving diag R fwd, step on R ft (ct 1), step on L ft behind R ft (ct &), step on R ft (ct 2)	
2		repeat action of meas 1 with opp ftwk & directions	
3		facing ctr, moving bkwd, step on R ft (ct 1), step on L ft (ct 2)	
4		step on R ft (ct 1), leap onto L ft, kicking R heel behind (ct 2)	
5-16		repeat action of meas 1-4 three more times	

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<u>MEAS</u>	<u>CTS</u>	<u>PATTERN</u>	<u>Part 2</u>
1		facing ctr, dancing in place, both knees slightly bent, fall onto R ft (ct 1), step on L ft next to R toes, wt equally on both ft (ct &), fall back unto R ft (ct 2), tap L ft next to R toes (ct &)	
2		repeat action of meas 1 with opp ftwk	
3		repeat action of meas 1	
4		facing ctr, moving sdwd L, leap onto L ft (ct 1), leap onto R ft across in front of L ft (ct &), leap onto L ft (ct 2), leap onto L ft behind R ft (ct &)	
5		step on L ft (ct 1), bring R leg with the knee bent in front (ct &), hop on L ft, lifting R knee (ct 2), strike R heel next to L toes on the floor (ct &)	
6		repeat action of meas 4 with opp ftwk & directions	
7-8		repeat action of meas 1-2	
9-16		repeat action of meas 1-8	

Part 3

1	1	step on R ft slightly sdwd R (ct 1),
	2	step on L ft in front of R ft (ct &),
	3	step back on R ft in place (ct 2),
	4	step on L ft next to R ft (ct &)
2	5	step on R ft in front of L ft (ct 1),
	6	step back on L ft in place (ct &),
	7	fall onto R ft, lifting L knee slightly across in front of R leg (ct 2)
3		fall onto L ft, extending R leg across in front of L leg (ct 1), repeat action of ct 1 with opp ftwk (ct 2)
4		repeat action of ct 1 of meas 3 (ct 1), fall onto R ft, extending L ft fwd low slightly across in front of R ft (ct 2)
5		small hop on R ft, swinging L ft around (ct 1), step on L ft bkwd (ct &), step on R ft next to L ft (ct 2), slightly turning body face diag R, step on L ft fwd (ct &)
6		turning body face diag L, hop on L ft, sharply lifting R knee in front (ct 1), step on R ft diag L fwd (ct &), turning body face diag R, hop on R ft, sharply lifting L knee in front (ct 2), turning body face diag L, fall onto L ft, turning R ft sdwd out (ct &)

MEAS CTS PATTERN Part 3 (continued)

- 7 still facing diag L, slightly moving sdwd L bkwd,
close R ft with a sharp click agains L ft (ct 1)
fall onto L ft, turning R ft sdwd out (ct &),
repeat action of ct 1-& (ct 2-&)
- 8 repeat action of meas 1-& of meas 7 (ct 1-&),
turning face ctr,
stamp R heel, without wt, next to L toes (ct 2)
- 9-16 repeat action of meas 1-8

Repeat the entire dance two more times

