

SILISTRENSKA TROPANKA
(Bulgaria)

This type of dance is widespread throughout Dobrudza, in North east Bulgaria. This particular version is especially popular in and around the small town of Silistra situated on the Danube River.

- Pronunciation: SIH-lihs-trehn-skah TROH-pahn-kah
- Music: REQUEST SRLP 8142, side 1, band 5. 2/4 metr.
- Formation: Mixed or segregated lines of M and W. Hands joined at shldr height ("W" pos), face slightly R of ctr, wt on L ft.
- Style: Rather heavy, definite knee bend. Movements are proud and strong. Arm movements are rather strong as well as stamps.

MeasPattern

No Introduction. Dance may begin at beginning of any musical phrase.

I. Basic Step.

- 1 Step on R (ct 1); low, heavy brush-like stamp with L ft, no wt (ct 2).
- 2 Repeat action of meas 1 but with opp ftwk.
3. Turn to face ctr, small step back onto R ft (ct 1); small step back on L ft (ct 2).
- 4 Small step fwd onto R ft (ct 1); small stamp with L ft next to R, no wt (ct 2).
- 5 Step in place onto L ft (ct 1); stamp sharply and heavily with R next to L, no wt (ct 2).
- 6 Stamp again sharply with R ft next to L, no wt (ct 1); hold (ct 2).

Arm Movements.

- 1 Arms extend up and fwd straight elbows and then down.
- 2 Arms swing bkwd straight elbows.
- 3 Arms swing fwd straight elbows.
- 4 Arms swing bkd straight elbows.
- 5 Arms swing fwd and come back up to "W" pos (ctl); pull hands strongly downward in "W" pos on first stamp (ct 2).
- 6 Pull hands again in same fashion on second stamp.

II. Variation.

- 1-5 Repeat action of meas 1-5 (Fig. I), (ft and arms).
- 6 Take fairly large and heavy step bkwd and slightly to R onto R ft (ct 1); hold (ct 2). L ft remains on ground, knee slightly bent.
- 7 Repeat action of meas 5 (Fig. I).
- 8 Repeat action of meas 6 (Fig. II).
- 9-10 Repeat action of meas 5-6 (Fig. I).

Arm Movements.

- 1-5 Same as in meas 1-5 (Fig. I).
- 6 Extend arms smoothly up and fwd to a parallel pos with floor.
- 7 Hands come back to "W" pos.
- 8 Same as meas 6 (Fig. II).
- 9-10 Same as meas 5-6 (Fig. I).