

## SILISTRENSKA TROPANKA

(BULGARIA)

THIS TYPE OF DANCE IS WIDESPREAD THROUGHOUT DOBRUDŽA, IN NORTHEAST BULGARIA. THIS PARTICULAR VERSION IS ESPECIALLY POPULAR IN AND AROUND THE SMALL TOWN OF SILISTRA SITUATED ON THE DANUBE RIVER.

PRONUNCIATION: SIIH-LIHS-TREHN-SKAH TROH-PAHN-KAH

MUSIC: REQUEST SRLP 8142, SIDE 1, BD. 5, METER 2/4.

FORMATION: MIXED OR SEGREGATED LINES OF M AND W. HANDS JOINED AT SHOULDER HEIGHT ("W" POS) FACE SLIGHTLY R OF CTR, WT ON LFT.

STYLE: RATHER HEAVY. DEFINITE KNEE BEND. MOVEMENTS PROUD AND STRONG. ARM MOVEMENTS ARE RATHER STRONG AS WELL AS STAMPS.

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MEAS

PATTERN

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NO INTRODUCTION. DANCE MAY BEGIN AT BEGINNING OF ANY MUSICAL PHRASE.

### L. BASIC STEP

- 1 STEP ON R (CT 1). LOW, HEAVY BRUSH-LIKE STAMP WITH LFT, NO WT (CT 2).
- 2 SAME PATTERN AS MEASURE 1 BUT WITH OPPOSITE FOOTWORK.
- 3 TURN TO FACE CTR, SMALL STEP BACK ONTO RFT (CT 1), SMALL STEP BACK ON LFT (CT 2).
- 4 SMALL STEP FWD ONTO RFT (CT 1). SMALL STAMP WITH LFT NEXT TO R, NO WT (CT 2).
- 5 STEP IN PLACE ONTO LFT (CT 1). STAMP SHARPLY AND HEAVILY WITH R NEXT TO L, NO WT (CT 2).
- 6 STAMP AGAIN SHARPLY WITH RFT 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 BKWD STRAIGHT ELBOWS.
- 5 ARMS SWING FWD AND COME BACK UP TO "W" POSITION (CT 1). PULL HANDS STRONGLY DOWNWARD IN "W" POSITION ON FIRST STAMP (CT 2).

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SILISTRENSKA TROPANKA (BULGARIA) . . . CONTINUED

6 PULL HANDS AGAIN IN SAME FASHION ON SECOND STAMP.

II. VARIATION

1 - 5 REPEAT PATTERN OF MEASURES 1-5, FIG. I, (FT AND ARMS).

6 TAKE FAIRLY LARGE AND HEAVY STEP BWD AND SLIGHTLY TO R ONTO RT (CT 1). HOLD (CT 2) LFT. REMAINS ON GROUND, KNEE SLIGHTLY BENT.

7 REPEAT PATTERN OF MEASURE 5, FIG. I.

8 REPEAT PATTERN OF MEASURE 6, FIG. II.

9 - 10 REPEAT PATTERN OF MEASURES 5-6, FIG. I.

ARM MOVEMENTS

1 - 5 SAME AS IN MEASURES 1-5, FIG. I.

6 EXTEND ARMS SMOOTHLY UP AND FWD TO A PARALLEL POSITION WITH FLOOR.

7 HANDS COME BACK TO "W" POSITION.

8 SAME AS MEASURE 6, FIG. II.

9 - 10 SAME AS MEASURES 5-6, FIG. I.

PRESENTED BY YVES MOREAU