

SITNA ZBORINKA
(Bulgaria - Dobrudža)

Source: Yves Moreau, village of Senokos, Tolboukhin District, 1966.

Pronunciation: SEEHT-nah ZBOH-ring-kah

Record: XOPO-X-333, 45 rpm 2/4 meter

Formation: Short lines; belt hold, L over R. Wt on R ft.
Face ctr.

Style: Marked knee-bend. Upper body straight and proud,
(somewhat like Thracian but heavier). Occasional
shldr "shimmy" motion.

MeasPatternFIGURE I. (Basic)

- 1 Turn to face L and step onto L, simultaneously tilt upper body fwd (ct 1); sharp stamp with R ft next to L (ct &); facing ctr again, step back onto R ft (ct 2).
- 2 Repeat action of meas 1.
- 3 Turn to face L and step onto L, simultaneously tilt upper body fwd (ct 1); sharp stamp with R ft next to L (ct &); repeat action of cts 1,& in reverse direction and with opp ftwk (cts 2,&).
- 4 Step to L onto L ft (ct 1); stamp R next to L, no wt (ct &); heavy step fwd onto R (ct 2); sharp "chug" (hop) fwd on R (ct &).
- 5-6 Repeat action of meas 4 two more times.
- 7-8 Four steps bkwd, L,R,L,R.

FIGURE II. (Leap-stamp)

- 1-6 Repeat action of meas 1-6, Figure I.
- 7 Leap onto L to L bringing R knee up sharply and close to L (ct 1); hold (ct 2).
- 8 Repeat action of meas 7 with reverse direction and ftwk.
- 9 Repeat action of meas 7.
- 10 Facing ctr, leap onto R (L knee is still up) (ct 1); sharp stamp with L next to R (ct 2).

FIGURE III. (Rest step)

- 1-2 Repeat action of Figure I, meas 1-2.
- 3-6 Moving directly fwd, eight heavy steps starting with L.
- 7-10 Moving directly bkwd, eight heavy steps starting with L.

FIGURE IV. (Brush-step)

- 1-4 Repeat action of Figure I, meas 1-4.
- 5 Small step on L to L, bring R ft up in back (ct 1); "scuff" R heel across L ft, extending L straight and up (ct &); "chukche" or hop on L facing ctr and sending R leg straight and fwd (ct 2); "brush" R ft bkwd (ct &).

SITNA ZBORINKA (continued)

- 6 "Chukche" on L ft (ct 1); scuff R ft fwd and extend R leg (ct &); "chukche" on L ft (ct 2); step onto R ft in place (ct &).
- 7 Four steps in place, L,R,L,R (cts 1,&2,&).
- 8 Two heavy stamps, no wt with L ft pointing slightly L and at the same time slight shaking of shldr.
- 9-12 Repeat action of meas 5-8.
- 13-16 Four steps bkwd L,R,L,R.

"Rest Step can be used at will. Number of times for each Figure depends on leaders.

Presented by Yves Moreau