

Sitna Zborenka

(Bulgaria)

Yves Moreau learned Sitna Zborenka (SEET-nah ZBOH-reng-kah) in the village of Senokos, Tolboukhin, District of Dobrudja, Bulgaria, in 1966 while on a study tour. He presented the dance at the 1981 University of the Pacific Folk Dance Camp.

RECORD: Dances of Bulgaria, DB 8101 (EP 7"). Side A/2. 2/4 meter

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FORMATION: Short (no more than 8 dancers), straight lines; belt hold, L over R (grasp L neighbor belt almost at the buckle, R neighbor belt twd the back). If not using belt hold, join hands in "V" pos. Face ctr, wt on R ft.

STEPS: Chug: A sharp movement fwd on the supporting ft without raising the ft from the floor.

Čukče: Raise heel of supporting ft (upbeat); lower heel, taking wt (ct 1).

STYLING: Body is erect, ftwk heavy and solid; sharp knee bends when called for; occasional shldr shake (shimmy fashion).

NOTES: The music is in 8 meas phrases, but only Fig I is an 8 meas pattern. Therefore, the beginning of a figure will seldom coincide with the beginning of a musical phrase.

The leader of each line determines number of repetitions of each pattern. Rest Step (Fig III) can be used at will.

MUSIC 2/4 PATTERN

Measures

16 INTRODUCTION. No action

I. BASIC

1 Step on L to L, toes pointed to L (ct 1); sharp stamp with R parallel to L, bending knees, no wt (ct &); leaving L in place, step on R to R, straightening knees with tension (ct 2); slight bounce on both ft (ct &).

2 Repeat meas 1.

3 Repeat meas 1, cts 1,&; repeat with opp ftwk (cts 2,&).

4 Step on L to L, toes pointed to L (ct 1); stamp R beyond L, toes pointed to L, no wt (ct &); strong step fwd twd ctr on R (ct 2); straightening L knee sharply by kicking ft fwd and low, Chug fwd on R ft (ct &).

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5-6 Repeat meas 4 two more times.

NOTE: Shldr shake may be done on the Chug.

7-8 Four large steps bkwd L,R,L,R (cts 1,2;1,2). Body may move slightly side to side with each step - L,R,L,R.

II. BASIC; LEAP-STAMP

1-6 Repeat Fig I, meas 1-6.

7 Leap onto L raising R leg, knee bent, in front of L, R ft slightly crossed in front of L leg (ct 1); repeat with opp ftwk (ct 2).

8 Repeat meas 7 (cts 1,2); sharp stamp with L beside R, no wt (ct &).

9-10 Repeat meas 7-8.

11-12 Four large steps bkwd L,R,L,R.

III. REST STEP

1-2 Repeat Fig I, meas 1-2.

3-6 Beg L, move fwd twd ctr with 8 heavy walking steps, knees well apart.

7-10 Beg L, move bkwd away from ctr with 8 heavy walking steps, knees well apart.

IV. BRUSH-STEP

1-2 Repeat Fig I, meas 1-2.

3-4 Beg L, move twd ctr with 4 heavy walking steps.

5 Facing slightly L of ctr, small leap onto L ft, raising R leg up in back, knee bent (ct 1); brush ball of R ft across L leg diag to L (ct &); face ctr, Čukče on L swinging R leg in an arc twd ctr, knee straight (ct 2); bruch R ft bkwd (ct &).

6 Čukče on L (ct 1); brush ball of R ft fwd, extending leg twd ctr (ct &); Čukče on L while R leg, with knee bent, describe a bkwd circular motion (ct 2); step on R beside L, raising bent L knee (ct &).

7 Four prancing steps (lift knees high) in place L,R,L,R (cts 1,&,2,&).

8 With L ft pointed slightly to L, two heavy stamps with L, no wt (cts 1,2). Shldr shake is appropriate during this meas.

9-12 Repeat meas 5-8.

13-14 Four steps bkwd L,R,L,R.



SITNA ZBORENKA

(Bulgaria)

SEET-nah ZBOH-ring-kah

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

Music: Dances of Bulgaria DB-8101 , Side 1, band 2

Meter: 2/4

Formation: Short straight lines, (no more than 8 dancers) face ctr. Belt hold or front basket hold (L over R). Wt on R ft.

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

MEASURE

PATTERN

Introduction: 16 meas

FIGURE I (Basic)

1 Turn to face L and step onto L, simultaneously tilting upper body fwd (1) sharp stamp with R next to L (&) facing ctr again, step on R (2)

2 Repeat action of meas 1

3 Turn to face L and step onto L, simultaneously tilting upper body fwd (1) sharp stamp with R next to L (&) repeat action of cts 1, & in reverse direction and with opp ftwork (cts 2, &)

4 Step to L on L (1) stamp R next to L, no wt (&) heavy step fwd onto R (2); sharp "chug" (hop) fwd on R (&)

5-6 Repeat action of meas 4, two more times

7-8 Four large steps bkwd, L,R,L,R

FIGURE II (Leap-stamp)

1-6 Repeat action of meas 1-6, Figure I

7 Leap onto L bringing R knee up sharply and close to L (1) small type of leap onto R (2)

8 Repeat meas. 7 (1-2) sharp stamp with L to R, no wt, (&)

9-10 Repeat pattern of meas 7-8

11-12 Repeat pattern of meas 7-8, Fig. I

FIGURE III (Rest step)

1-2 Repeat action of Fig. I, meas 1-2

3-6 Moving directly fwd, 8 heavy large steps starting L

7-10 Moving directly bkwd, 8 heavy large steps starting L

FIGURE IV (Brush-step)

1-2 Repeat action of meas 1-2, Fig. 1

3-4 Move fwd with 4 large walking steps, L,R,L,R

5 Small step on L to L, bring R ft up in back (1) "Scuff" R heel across L ft, extending R straight & up (&) "čukče" or hop on L facing ctr & sending R leg straight and fwd (2) "brush" R ft bkwd (&)

SITNA ZBORENKA (continued)

MEASURE	PATTERN
6	"Čukče" on L ft (1) scuff R ft fwd and extend R leg (& "čukče" on L ft (2) step onto R ft in place lifting L knee (&)
7	Four prancing steps in place, L,R,L,R (1,&,2,&)
8	Two heavy stamps, no wt with L, pointing slightly L and simult. slightly shaking shldrs
9-12	Repeat action of meas. 5-8
13-14	Four large steps bkwd, L,R,L,R.

* "čukče": to raise and lower heel of supporting ft,
coming down on the beat.

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

Presented by Yves Moreau

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