

# Sitnica

(Mizia, Bulgaria)

Sitnica means “consisted of tiny things,” resembling the small fast steps of the dance. It is done in the village of Gradec near the town of Vidin in Mizia. Mizia (Moesia in English) exists under that name yet from thousands of years B.C. Nowadays Bulgarian Mizia is the land between the Balkan Mountains and the Danube river. On the west it borders Serbia, on the east, Dobruđa. It is also known as Severnjaška Oblast. Mizia is named after the local people, the tribe of Mizi, who have lived since neolithic times. After the Slavs and Proto-Bulgarians have come to their land in 5th-7th century A.D., the culture of the Mizi has been absorbed by the newcomers and now it is part of the regional Bulgarian culture, which is a homogeneous mix of Slavic, Bulgarian, and Mizian traditions. Source: a group for village dances from the village of Gradec, Vidin region.

Pronunciation: SIHT-nih-tsah.

Cassette: Folk Dances from Bulgaria - NK 1995.03.

Rhythm: 2/4 meter counted 1, 2 or 1 &, 2 &.

Formation: Short lines of dancers, belt-hold pos L over R.

Styling; Light, jumpy steps, relaxed upper part of the body so that shoulders and elbows can bounce finely in accordance with steps.

## Meas

## Pattern

1-4 INTRODUCTION. No action.

### FIGURE I

- 1 Facing ctr, step on R in front of L (ct 1); step on L in place (ct 2).
- 2 Step sdwd R on R (ct 1); step in place on L (ct 2).
- 3 Step on R in front of L (ct 1); step on L in place (ct 2).
- 4 Hop in place on L (ct 1); step in place on R (ct 2).
- 5 Step on L in front of R (ct 1); step on R in place (ct 2).
- 6 Step sdwd L on L (ct 1); step in place on R (ct 2).
- 7 Step on L in front of R (ct 1); step on R in place (ct 2).
- 8 Lift L knee and take an accented step on whole L ft in front of R, straightening L knee, simultaneously lifting R heel bkwd (ct 1, 2).
- 9 Step on R behind L (ct 1, 2).
- 10 Step on L next to R (ct 1, 2).

### FIGURE II

- & Preparation: lift R knee.
- 1 Facing ctr, hop fwd on L, pumping R ft downward (ct 1, 2).
  - 2 Leap fwd onto R, lifting L knee (ct 1, 2).
  - 3 Hop fwd on R, pumping L ft downward (ct 1, 2).
  - 4 Leap fwd onto L, lifting R knee (ct 1, 2).
  - 5-8 Repeat meas 1-4.

## Sitnica—continued

- 9 Hop in place on L, lifting R knee (ct 1, 2).
- 10 Leap sdwd R onto R (ct 1, 2).
- 11 Leap onto L in front of R (ct 1, 2).
- 12 Leap onto R behind L (ct 1, 2).
- 13 Leap sdwd L onto L, bending L knee (ct 1, 2)
- 14 Leap onto R next to L (ct 1); leap onto L next to R (ct 2).
- 15-16 Repeat meas 13-14 with opp ftwk and direction.
- 17-18 Repeat meas 13-14.
- 19 Facing LOD, accented step on R next to L, lifting L knee (ct 1, 2).
- 20 Hop in place on R, keeping L knee lifted (ct 1); step fwd on L (ct 2).
- 21-22 Repeat meas 19-20.
- 23 Facing ctr, leap bkwd on R (ct 1, 2).
- 24 Leap bkwd on L (ct 1, 2).
- 25 Leap bkwd on R (ct 1, 2).
- 26 Leap bkwd on L (ct 1, 2).

FIGURE III

- 1-12 Repeat Fig II meas 1-12.
- 13 Accented leap sdwd L onto L, bending L knee, simultaneously jerky lifting R knee (ct 1, 2).
- 14-33 Repeat Fig I two times.
- 34-41 Repeat Fig II meas 19-26.

FINALE

- 1 Facing ctr, leap onto R next to L (ct 1, 2).
- 2 Stamp L heel no wt in front of R (ct 1, 2).
- 3 Leap onto L next to R (ct 1, 2).
- 4 Stamp R heel in front of l (ct 1, 2).

Suggested sequence:

Fig I three times. Fig II two times. Fig III two times.  
 Repeat the above sequence.  
 Fig I three times. Fig II once. Finale.

Presented by Nina Kavardjikova  
 Description © 1995 Nina Kavardjikova