

TRANSLATION : "Small stepped line-dance from the Danube river area in North Bulgaria, als called the ethnographical region of *Severnjaško*.

BACKGROUND : The Danube river forms the natural border between Romania and Bulgaria. The influence of the *Vlach* minorities is very present in both the musical- and the dance folklore of North Bulgaria.

MUSIC : Cassette "BULGARIAN FOLK DANCES" - JL1987.01 by Jaap Leegwater

METER : 2/4  also counted as 

SOURCE : Learned during a fieldresearch trip with Ivan Donkov, danceresearcher and specialist in North Bulgarian village dances, from Veliko Târnovo in 1979.

FORMATION : Half or open circle.
Hand joined in W-position.

INTRODUCTION : 16 measures.

MEAS PATTERN Part 1 *Napred - Nazad* ("Fwd - Bkwd")

- 1 hands held in W-position, facing & moving twd ctr, step on R ft (ct 1), step on L ft (ct 2)
- 2 step on R ft (ct 1), lift L knee in front (ct 2)
- 3 facing ctr and moving bkwd, step on L ft (ct 1), step on R ft (ct 2)
- 4 step on L ft (ct 1), swing R heel behind (ct 2)
- 5-7 repeat action of meas 1-3
- 8 jump on both ft together in place (ct 1), come up with a hop on L ft, swinging R ft in an arc from behind through sdwd fwd

Part 2 *Sitno* ("Small")

- 1 facing ctr and dancing in place, small step on R ft fwd (ct 1), step back on L ft (ct &), small step on R ft sdwd in front (ct 2), step back on L ft (ct &)
- 2 small step on R ft fwd (ct 1), step back on L ft (ct &), hop on L ft, lifting R knee in front (ct 2), step on R ft next to L ft, taking L ft off the floor (ct &)
- 3-4 repeat action of meas 1-2 with opp ftwk & directions
- 5-8 repeat action of meas 1-4

SITNO KRAJDUNAVSKO HORO

MEAS

PATTERN

Part 3 "Hej"

- 1 facing ctr, strong step on R ft fwd (ct 1),
hop on R ft, turning body face diag R and swing L heel
sdwd up (ct 2),
step back on L ft across behind R ft (ct &)
- 2 repeat action of meas 1
- 3 facing ctr, step on R ft sdwd R (ct 1),
step on L ft behind R ft (ct &),
step on R ft in place (ct 2),
step on L ft sdwd L (ct &)
- 4 step on R ft behind L ft (ct 1),
step on L ft in place (ct &),
step on R ft sdwd R (ct 2),
step on L ft behind R ft (ct &)
- 5-16 repeat action of meas 1-4 three more times

Part 4

- 1 facing ctr, hop on L ft, quickly swinging R ft
in an arc through sdwd behind (ct 1),
step on R ft behind L ft (ct &)
step on L ft sdwd L (ct 2) } "Reel-Step"
- 2 step on R ft across in front of L ft (ct 1),
step back on L ft in place (ct 2),
- 3 facing ctr and moving sdwd R, step on R ft (ct 1),
step on L ft across behind R ft (ct &),
step on R ft (ct 2)
- 4 step on L ft across in front of R ft (ct 1),
step back on R ft in place (ct 2)
- 5 hop on R ft, quickly swinging L ft in an arc
through sdwd behind (ct 1),
step on L ft behind R ft (ct &),
leap onto R ft in place, sharply lifting L knee
in front (ct 2) } "Reel-Step"
- 6 facing ctr and moving sdwd L, step on L heel (ct 1),
step on R ft behind L ft, slightly bending L knee and
lifting R knee in front (ct &),
repeat action of ct 1-& (ct 2-&)
- 7 facing and moving twd ctr,
low leap onto R ft, swinging L heel behind (ct 1),
low leap onto L ft, swinging R heel behind (ct 2)
- 8 step on L ft (ct 1), step on R ft (ct &), step on R ft (ct 2)
Note: this three-step fwd has the character of stamps.
- 9-16 repeat action of meas 1-8

Repeat the whole dance from the beginning two more times,
finishing with a stamp on L ft next to R ft.