

Presented by Marcus Moskoff

SITNO VIDINSKO HORO

Bulgaria

The dance is an arranged version of a village dance from the Vlach region (town of Vidin) in Bulgaria. Marcus Moskoff learned the dance in 1972. Translation: Small stepped dance from Vidin.

PRONUNCIATION: Seet-noh Vee-deen-skoh Hoh-roh

RECORD: Marcus Moskoff Introduces Songs and Dances of Bulgaria,  
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FORMATION: Short lines with hands joined in "W" pos.

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METER: 2/4 PATTERN

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Meas.

No introduction, begin with music.

FIG. I:

- 1 Facing diag R, step R,L.
- 2 Step R fwd (ct 1); step L next to R (ct &); step R slightly fwd (ct 2).
- 3 Turning to face diag L, but moving diag bkwd R, step L,R.
- 4 Step L bkwd (ct 1); step R next to L (ct &); step L slightly bkwd (ct 2).
- 5 Turning to face ctr and swinging arms down, step slightly R on R (ct 1); stamp L slightly fwd of R, without wt (ct &); swing arms bkwd and step slightly L on L (ct 2); stamp R slightly fwd on L, without wt (ct 2).
- 6 Swinging arms fwd, step R to R (ct 1); step L in front of R (ct &); swing arms bkwd, step R to R (ct 2); stamp L slightly fwd of R, without wt (ct &).
- 7 Swinging arms up to orig pos, leap L on L while kicking R leg (knee straight) fwd (ct 1); step R in front of L while lifting L behind R (ct 2).
- 8 Step bkwd on L (ct 1); step R next to L (ct &); step slightly bkwd on L (ct 2).
- 9-32 Repeat meas 1-8, 3 more times (4 in all).

FIG. II:

- 1 Facing ctr and bringing arms down to continuously swing fwd on ct 1 and bkwd on ct 2, step slightly R on R (ct 1); stamp L slightly fwd of R, without wt (ct &); step L slightly bkwd (ct 2); stamp R next to L, without wt (ct &).

*Cont*

- 3-16 Facing ctr, repeat meas 1-2, alternating ftwk and direction 7 more times (8 in all).

FIG. III:

- 1 Facing ctr and continuing arm movement of Fig. II, step slightly R on R (ct 1); step L in front of R (ct &); step R bk in place (ct 2); step L next to R (ct &).
- 2 Step R in front of L (ct 1); step L bk in place (ct &); step slightly R on R (ct 2); step L in front of R (ct &).
- 3-4 Facing ctr, repeat meas 1-2, Fig. II (R to R; stamp L; L bkwd; stamp R; R to R; L across R; R to R; stamp L).
- 5-6 Facing ctr, repeat meas 1-2, with opp ftwk and direction (2 cross-over steps, beg L)
- 7-8 Repeat meas 1-2, Fig. II with opp ftwk (L to L, stamp R; R bkwd; stamp L; L to L; R across L; L to L, stamp R).
- 9-16 Repeat meas 1-8, once more (2 in all). Omit last stamp if desired.

ENDING SEQUENCE:

- 1-7 After entire dance is performed twice through, omit meas 8 on the repeat of Fig. III, but dance meas 1-7, Fig. II the same as before.
- 8 Leap L to L while kicking R leg (knee straight) fwd (ct 1); slap R fwd to signal completion of dance (ct 2).