

SITNO VLASHKO HORO

This dance, presented by Marcus Moskoff, is a combination of two village dances from the Vlach region of Bulgaria.

Record: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
Vol. 1 "SITNO VLASHKO HORO"

Music: 2/4 (ONE and TWO and).

Formation: Lines with hands joined in upper "W" position. Dance begins after 8 measures introduction. Both patterns are repeated twice each.

<u>MEASURE</u>	<u>PATTERN "BASIC"</u>
1	Facing and moving LOD, step fwd. on R ft. (ct. 1); step fwd. on L ft. (ct. 2).
2	Step fwd. on R ft. (ct. 1); step fwd. on L ft. next to R ft. (ct. "and"); step fwd. on R ft. (ct. 2).
3	Pivoting to face R LOD, hop on R ft. (ct. 1); swing L ft. in an arc around to step behind R ft. (ct. "and"); turning to face center, step on R ft. in place (ct. 2).
4	Pivoting to face LOD, hop on R ft. (ct. 1); swing L ft. in an arc around to step in front of R ft. (ct. "and"); turning to face center, step on R ft. in place (ct. 2).
5	Repeat Measure 1, but with opposite footwork and direction.
6	Facing center, jump on both feet together (ct. 1); hop on L ft. while kicking R ft. (leg straight) across in front of L ft. (ct. 2).
7	Reel R ft. to step behind L ft., while simultaneously hopping on L ft. (ct. 1); reel L ft. and step behind R ft., while simultaneously hopping on R ft. (ct. 2).
8	Repeat Measure 3, but with opposite footwork and direction (cts. 1, 2).

<u>MEASURE</u>	<u>PATTERN "FORWARD"</u>
1	Facing center, step fwd on R ft. (ct. 1); step directly behind R ft. on L ft. (ct. "and"); step fwd. on R ft. (ct. 2).
2	Facing center, step fwd. on L ft. (ct. 1); step directly behind L ft. on R ft. (ct. "and"); step fwd. on L ft. (ct. 2).
3	Repeat action of Measure 1.
4	Jump with both feet together in place (ct. 1); kick R ft. fwd. (leg straight) hopping on L ft. (ct. 2); hands are swung down to a straight elbow position bkwd.
5	Repeat action of Measure 7, Pattern "Basic" while hands are swung fwd (ct. 1) and back to previous position (ct. 2).
6	Jump with both feet together in place (ct. 1); hop on R ft. while lifting L knee up (ct. 2); hands are swung upward to original position.
7	Step sdwd. L on L ft. (ct. 1); step in front of L ft. on R ft. (ct. "and"); step on L ft. in place (ct. 2); step sdwd. R on R ft. (ct. "and").
8	Step in front of R ft. on L ft. (ct. 1); step on R ft. in place (ct. "and"); step sdwd L on L ft. (ct. 2); scuff heel fwd (ct. "and").