

# 1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Ron WiXman

## SITNO ŽENSKO HORO

A women's dance from Stara Zagora, Thrace.

MUSIC: Folk Dances of Bulgaria, Volume 1, Vitosha Side 2, band 1

FORMATION: Short lines, belt hold

Meter 2/4  
Meas

### PATTERN

#### PATTERN I: "Move to the Right"

- 1 Facing slightly and moving R, skip fwd on <sup>STEP R</sup> ft (ct 1) skip fwd on ~~R~~ ft (ct 2)
- 2 Three small steps moving fwd (cts 1, &, 2)
- 3-4 Continuing R, repeat meas 1-2 only with opp ftwk
- 5-8 Repeat meas 1-4

#### PATTERN II: "Heel-Toe"

- 1 Turning to face slightly L, hop on L ft at same time touching R heel slightly fwd (ct 1) hop on L ft, touching R toe slightly bwd (ct 2)
- 2 Hop on L ft again, touching R heel slightly fwd (ct 1) a quick hop on L ft, cross and step on R ft behind L ft (reel step) (ct 2)
- 3 Two "reel steps" bkwd (L, R)
- 4-6 Facing slightly R, repeat pattern of meas 1-3 only with opp ftwk and direction
- 7-8 Facing ctr, two "threes" fwd (R, L, R-L, R, L)

#### PATTERN III: "Sevens L & R"

- 1-2 Seven little steps moving sdwd L, R ft crossing in front of L ft (R, L, R, L, R, L, R).
- 3-4 Repeat meas 1-2 only with opp ftwk and direction
- 5-8 Repeat meas 1-4

#### PATTERN IV:

- 1-2 Facing ctr, two "threes" fwd (R-L-R, L-R-L).
- 3 Hop on L ft, flicking R ft low in front of R leg (ct 1) reel step R crossing behind L ft (ct 2)
- 4 Reel step L crossing behind R ft (ct 1) ~~ohug~~ <sup>RLR</sup> bkwd both ft together (ct 2)
- 5-8 Repeat pattern of meas 1-4