

SITNO ŽENSKO HORO

*Bulgarian dance presented by Barry Glass.*

Among the "classic" stage-performance dances in the repertoire of amateur folk dance groups in Bulgaria is a women's dance called *Sitno žensko horo* (SIT-noo ZHEN-skoo ho-RO, 'tiny-stepped women's dance'). It dates from at least the mid-1930's, at which time it was included in the programs of the "Bulgarian Bouquet" (Българска китка), a pre-World-War-II performance group directed by Boris Conev. Its village origins are not known, and Bulgarian sources are contradictory on the subject, variously ascribing the dance to Stara Zagora (Thrace) and Northern (Danubian) Bulgaria. Its light, breezy style and certain features of its footwork would seem to support the Northern Bulgarian theory.

The version given here is essentially that learned by Dennis Boxell from the Bulgarian Folk Dance Group in London, England, in 1961, and shortly thereafter introduced by him in the U.S. and Canada.

Recordings: (a) Folklore Dances of Bulgaria, B-4000, *Sitno žensko horo*; (b) Folk Dances of Bulgaria, Vol. 1, Vitosha Folk Orchestra, VIT 001, *Sitno žensko horo*; (c) Folklore Dances of Bulgaria, Slavjani Society, *Shopska lesa*.

Meter: 2/4

Formation: Originally women only, in short lines with belt hold.

MEASURE	ACTION
<u>Figure 1 - Traveling steps</u>	
1	Facing slightly R and moving in LOD, 2 skipping steps (uh-R, uh-L)(uh-1, uh-2).
2	Continuing in LOD, another skip (uh-R)(uh-1); close Lft to Rft (&); step Rft fwd in LOD (2).
3-4	Continuing in LOD, repeat movements of meas 1-2 with opposite footwork.
5-8	Repeat movements of meas 1-4.
<u>Figure 2 - Heel &amp; toe</u>	
1	Turning to face slightly L, hop on Lft, striking R heel on floor at L toe (1); hop on Lft, tapping R toe at L heel (2).
2	Still facing slightly L, hop again on Lft, striking R heel on floor at L toe (1); turning to face center, slight hop on Lft (uh-) and step Rft directly behind L heel (reel step)(2).
3	Still facing center, slight hop on Rft (uh-) and step Lft directly behind R heel (reel step)(1); another reel step onto Rft behind L heel (uh-2).
4-6	Repeat movements of meas 1-3 with opposite footwork.
7	Step straight fwd (toward center) with flat Rft (1); step flat Lft fwd (&); step flat Rft fwd (2).
8	Step straight fwd with flat Lft (1); step flat Rft fwd (&); step flat Lft fwd (2).
9-16	Repeat movements of meas 1-8 of this Figure.

*(continued)*

## SITNO ŽENSKO HORO (concluded)

MEASURE	ACTION
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Figure 3 - Sevens

- 1 Facing center and bending fwd from waist, step Rft across in front of Lft, keeping R knee straight and Rft flat (1); step Lft sideward L with L knee slightly bent, Lft flat (&); repeat the movements of counts 1,& of this meas (2,&).
- 2 Repeat movements of counts 1,&,2 of the preceding meas (Rft across, Lft to L, Rft across)(1,&,2); bring Lft around in front in preparation for next movement (&).
- 3-4 Repeat movements of meas 1-2, but moving R with opposite footwork.
- 5-8 Repeat movements of meas 1-4.

Figure 4 - Kick and "twizzles"

- 1-2 Move fwd (toward center), R-L-R, L-R-L, exactly as in Figure 2, meas 7-8.
- 3 Hopping on Lft, kick Rft fwd in front of Lft, leading with R heel and with R knee slightly bent (1); "twizzle" step as follows: step back on full Rft taking full weight, as L heel twists to R in front with Lft on floor "as if sharing weight" (2).
- 4 "Twizzle" step back onto Lft with Rft in front, etc., with same technique as described in the preceding meas (1); bring feet together and chug backward with weight on both (2).
- 5-8 Repeat movements of meas 1-4.