

SITNO ŽENSKO HORO

SITNO ZHENSKO HORO (Bulgaria)

Source: Learned by Dennis Boxell from Bulgarian Dance Group in London, England, 1961. Performed by girls only.
 Record: Folklore Dances of Bulgaria, 13-4000-A, Band 1
 Formation: Dancers use belt hold in short lines.
 Rhythm: 2/4

SLAVJANI
SCA 1000

FIGURE I: ("Step-Hops")

<u>Meas.</u>	<u>Ct.</u>	<u>Pattern</u>
1	1	Facing diag. R, step R ft and hop on R ft
	2	Same as ct. 1, only on L ft
2	1	Step R ft R, continuing R
	&	Draw L ft up to R ft-taking wt.
	2	Step R ft R
	&	Hop on R ft
3-4		Same as Meas. 1-2, only begin with L ft
5-8		Same as Meas. 1-4, only do not hop on Meas. 8 ct. 2&

FIGURE II: ("Heel-toe step")

1	1	Facing diag. L, hop on L ft thrusting R ft fwd, touching R heel on ground, slightly fwd and to R of L toe
	2	Hop again on L ft, touching R toe slightly to R of L arch
2	1	Repeat Meas. 1 ct. 1
	2	Hop on L ft, step R ft behind L ft
3	1	Hop on R ft, step L ft behind R ft
	2	Hop on L ft, step R ft behind L ft
4	1	Hop on R ft, facing diag. R, and thrust L ft fwd, touching L heel on ground, slightly fwd and to L of R toe
	2	Hop again on R ft, touching L toe slightly to L of R arch
5	1	Repeat Meas. 4 ct. 1
	2	Hop R ft, step L ft behind
6	1	Hop on L ft, step R ft behind
	2	Hop on R ft, step L ft behind
7-8		2 two-steps fwd, beginning with R ft
9-16		Repeat Meas. 1-8

continued

SITNO ZHENSKO HORO (continued)

FIGURE III:

<u>Meas.</u>	<u>Ct.</u>	<u>Pattern</u>
1	1	Facing fwd and moving to L, cross R ft in front of L ft, putting wt. on R ft briefly
	&	Step on L ft, moving L
	2	Repeat ct. 1
	&	Repeat ct. 1&
2		Same as Meas. 1, only on ct. 2& hold
3-4		Same as Meas. 1-2, only with opposite footwork
5-8		4 two-steps fwd, bending slightly fwd
9	1	Hop on L ft, thrusting R ft in front of L ft low in the air
	2	Step back on R ft, keeping both feet on ground
10	1	Step back on L ft
	2	Step back on R ft
11-12		Same as Meas. 10
13	1	Step back on L ft
	2	Chug back on both feet

Repeat Meas. 5-13. Repeat from the beginning.

NOTE: Meas. 9-13 are actually "Twisle" steps, i.e., both feet are always on the ground so that when you step back on the R ft, shove L ft fwd--twisting it slightly out. Weight is always on the ball of the foot.