

ZAMFIROVSKA SIGNA

Rhythm 2/4

Music: CD IHB #12 - FIRE, Track 9

From the village of Zamfirovo, near Montana, North Bulgaria

This is one of the very interesting variations of SIGNA I have seen. I have recorded it in 2005 at Koprivishtitsa National Folk Festival. The shape of this mixed dance is a straight line with hands on the belts. The LOD is toward and backward of the circle. The features of the North Bulgarian style of dancing is shown very well here-very high movements and a combination of jumpy, big leaps with small steps on the ground. The most unique fact is, that the figure ends in the half of the measure. When you repeat it-the accent of the music measure comes in different beat of the dance measure. It is typical for some of the dances in this folk area.

Intro – figure – 4 meas. Dance it **only at the beginning** – like introduction!!!

Meas.1 – facing center

1. Step on L ft bkwd
2. Step on R ft bkwd

Meas.2

1. Step on L ft bkwd
2. Lift on L ft

Meas.3

1. Step on R ft fwd
2. Step on L ft fwd

Meas.4

1. Step on R ft fwd
2. Lift on R ft

Figure 1 – 12, 5 meas. – facing center only

Meas.1 – **in place**

1. Jump on both feet, next to each other
2. Kick with R ft fwd, while L ft hops

Meas.2,3,4,5 – same as Meas.1, but alternate the feet and the footwork

Meas.6 – **in place**

1. Leap onto R ft in place
+ Stamp on L ft in place, the weight is on R ft
2. Leap onto L ft in place
+ Stamp on R ft in place, the weight is on L ft

Meas.7 – **in place**

1. Leap onto R ft in place
+ Stamp on L ft in place
2. Leap onto L ft in place, while R heel kicks to right side and bending the body fwd
+ Hold

Meas.8 - **fwd**

1. Step on R heel fwd
+ Step on L ft behind R ft
2. Step on R ft fwd, while straighten the body
+ L ft is drawing a horizontal circle from back to left and fwd

Meas.9 - **fwd**

1. Step on L heel fwd
- + Step on R ft behind L ft
2. Step on L ft fwd
- + R ft is drawing a horizontal circle from back to right and fwd

Meas.10 – same as Meas.8

Meas.11 – **in place**

1. Jump on both feet – L ft is **across** R ft
2. Jump on both feet apart – **parallel** each other

Meas.12

1. Hop on L ft bkwd, while R toes touch **fwd**
2. Hop on L ft bkwd, while R toes touch **diagonally right**

Meas.13

1. Hop on L ft bkwd, while R toes touch **fwd** **Figure 1 starts here again**
- **2. Jump on both feet next to each other = First beat of Meas.1**

Continue dancing with Second beat of Meas.1 and follow the next measures. For 25 measures of the music-you repeat Figure 1 twice.

Dance backward with Meas.1 to 5.

Sequence:

Introduction – 4 meas.

Start SIGNA with Intro-figure and after that Figure 1-repeat it to the end of the melody.