

SITNO BISTRISKA

Bulgarian folk dance from the village of BISTRICA in the Shope region near Sofia.

Source: Jaap Leegwater. Formation mixed line with belt-hold. Taught in Gainesville, FL 3/28/98.
If you set fonts to medium or below you should get the whole table width without scrolling.

Step One

Moving CCW		down	down
R L	R L	R	L
1 2	2 2	3 2	4 2
.....
facing center			
<u>flick- step</u>	flick- step	R, L behind	hop L, step R behind
5 2	6 2	7 2	8 2
.....
Moving CW		backing out of center	
L, cross R in frt	L, cross R in ft	L, hop (L)	R, hop (R)
9 2	10 2	11 2	12 2
.....
Moving CW			moving L
<u>change change</u>	L step R behind	hop R, step L behind	R, step L behind
13 2	14 2	15 2	16 2

Flick-Step: while facing center take a step or low leap onto R foot while flicking L leg out slightly to L from the knee (Ct 1). Then take a step or low leap onto L, placing it just in front of where R foot was.

change change: leap onto L foot placing R heel in front (Ct 1), leap onto R foot placing L heel in front (Ct 2).

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