

SBORINKA  
(Bulgaria)

From Dobrudža (N.E. Bulgaria). The name of the dance is derived from  
1. the verb "sboričkam se" (to shuffle) and  
2. the noun "sborište" (gathering, or meeting place - usually the local danceground in the village).

Pronunciation:

Record: Balkanton BHA 10441 Side A, Band 4 2/4 meter

Formation: Medium length lines. Front basket hold, L over. The dance can be done with 4 lines in a big square. In this case each line moves to the next side in Part I.

Style: Dobrudžansko, demi-plié position with slight dipping on every ct &.

Meas

Pattern

1-8 Introduction - no action but stand with ft apart in second pos, knees slightly bent.

9 Shift wt onto L ft (ct 1); bend L knee (ct &); shift wt onto R ft (ct 2); bend R knee (ct &).

10-16 Repeat meas 9 seven more times.

PART 1

1 Step fwd on L ft with L shldr twd ctr, bending fwd at waist (ct 1); bend L knee (ct &); step bkwd on R ft with R toe pointed twd R and straightening back (ct 2); bend R knee (ct &).

2 Step on L ft diag L fwd (ct 1); stamp R ft, no wt, next to L ft, bending fwd at waist (ct &); step on R ft diag R fwd, straightening back (ct 2); bounce on R, raising L knee fwd with L heel pointing out (ct &).

3 Facing ctr and moving sdwd R, step on L ft crossing in front of R (ct 1); bend L knee (ct &); step on R ft sdwd R (ct 2); bend R knee (ct &).

4 Step on L ft crossing behind R (ct 1); bend L knee (ct &); step on R ft sdwd R (ct 2); bend R knee (ct &).

5-16 Repeat meas 1-4 three more times.

PART 2

1 Facing ctr and moving straight fwd, step on L (ct 1); stamp R ft, no wt, next to L, bending both knees (ct &); step on R (ct 2); stamp L ft, no wt, next to R, bending both knees (ct &).

2-3 Repeat meas 1 two more times.

4 Step on L ft diag R fwd with L shldr twd ctr, bending fwd at waist (ct 1); stamp R ft behind L with arch of R ft by L heel, no wt (ct &); repeat stamp, taking wt (ct 2); hold (ct &).

5 Facing ctr and moving bkwd, keep ft wide apart and straighten up, step back on L ft, leaning body to L (ct 1); bend L knee (ct &); repeat with opp ftwk for cts 2,&).

SBORINKA (Continued)

- 6-7 Repeat meas 5 two more times.  
 8 Step on L ft diag L bkwd (ct 1); stamp R ft, no wt, next to L, bending fwd at waist with R shldr twd ctr (ct &); leap onto R ft diag bkwd R, straightening body, facing diag R and keep L toe on floor with L heel turned out (ct 2); hold (ct &).  
 9-16 Repeat meas 1-8.

PART 3

- 1 Facing ctr and moving fwd, step on L ft diag L fwd (ct 1); stamp R ft, no wt, next to L, bending fwd at waist with R shldr twd ctr (ct &); step on R ft diag R fwd, straightening to face diag R (ct 2); chukche on R ft, kicking L ft straight fwd and twisting body to face ctr (ct &).  
 2-3 Repeat meas 1 two more times.  
 4-8 Repeat meas 4-8 of Part 2.  
 9-16 Repeat meas 1-8.

PART 4

- 1 Facing ctr and moving fwd step on L ft fwd, turning L shldr twd ctr and bending at waist (ct 1); stamp R ft behind L ft with arch of R ft by the L heel, no wt, bending both knees (ct &); step on R ft bkwd, toes still pointing R and leaning body bkwd, L shldr still twd ctr (ct 2); stamp L ft with heel at the arch of the R ft, no wt, bending both knees (ct &).  
 2 Repeat meas 1.  
 3 Big step fwd on L, bending L knee and keeping R toe on floor (ct 1); hold (ct &); raise R knee sharply across L leg, while rising on L toe (ct 2); hold (ct &).  
 4 Small leap onto R ft diag bkwd to R, turning body to face diag R, keep L toe on floor with heel turned out (ct 1); small leap onto L ft diag bkwd to L, turning body to face diag L, keep R toe on floor with heel turned out (ct &); repeat ct 1 (ct 2); hold (ct &).  
 5-16 Repeat meas 1-4 three more times.

Repeat dance from Part 1.

Description by Jaap Leegwater © 1983

Presented by Jaap Leegwater