

Sej Sej Bob

(Bulgaria)

A type of line-račenica found throughout Dobrudža under various names: Kucata, Brasni Carvul, etc.
Source: Liliana Zafirova and Stefan Vaglarov, Sofia.

Pronunciation: say say boh-p

Music: Yves Moreau cassette YM-UOP-97, Side A/1

Rhythm: 7/8 counted here as 2-2-3 or 1,2,3 or Q, Q, S.

Formation: Mixed lines. Belt hold, L over R, or hands joined in V-pos. Wt on R. Face slightly R of ctr.

Steps and Styling: Čukče: Raise and lower heel of supporting ft, coming down on the beat.

Fairly heavy and proud. Marked knee bend. Straight upper body.

Meas

Pattern

16 meas INTRODUCTION (instrumental). No action.

BASIC STEP

- 1 Step onto L across R (ct 1); hold (ct 2); step on R next to L with marked knee flexion (ct 3).
- 2-4 Repeat meas 1, three more times
- 5 Step on L, turning sharply to face L (ct 1); small sharp stamp with R, no wt, and with slight bend fwd of upper body (ct 2); step on R slightly R and bkwd, body straight (ct 3).
- 6 Sharp "čukče" on R ft simultaneously facing slightly R and bringing L leg up and fwd (ct 1); step fwd on L (ct 2); sharp stamp with R behind L, R ft is turned out (ct 3).
- 7 Step slightly back on R (ct 1); pause (ct 2); sharp "čukče" on R ft simultaneously bringing L ft off ground (ct 3).
- 8-10 Repeat meas 5-7.
- 11 Facing ctr, step sideways on L to L (ct 1); sharp brush-step (scuff) with R heel across L (ct 2); step on R across L (ct 3).
- 12 Step on L to L (ct 1); pause (ct 2); touch R ft next to L (ct 3).
- 13 Repeat meas 12 with opp ftwk and direction.
- 14-15 Repeat meas 11-12.
- 16 Stamp on R to R, taking wt (ct 1); pause (ct 2); "chug" on R, simultaneously raising L leg across in front, in preparation for repeat of dance (ct 3).

Repeat dance from beginning.

Presented by Yves Moreau