

Sitno Vlaško

(Bulgaria)

Sitno Vlaško translates as "small-stepped Vlach dance." It is a dance of the Vlach population in N.W. Bulgaria in the district around the town of Vidin. It was researched and learned by Jaap Leegwater in cooperation with Nina Kavardžikova, folklorist, from Cenislav Dokov, dancer from Vidin, Bulgaria during a study trip in November 1992.

Pronunciation:

Music: Cassette "Folk Dances from Bulgaria" JL1992.01 Side A/6
Recorded by Jaap Leegwater on November 22, 1991 in Vidin, Bulgaria. The musicians are of the "Vidin Ensemble for Folk Songs and Dances." The performances were arranged and conducted by Genčo Genčev.

Meter: $2/4$  or 




Formation: Open or half circle. Hands joined at the sides in V-position.

Style: Vlach/Severnjaški:


Small and energetic steps

Light and bouncy


Shoulders are relaxed and gently bounce naturally on the rhythm of the steps.

<u>Direction</u>	<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
	16 meas		<u>Introduction</u> . No action.
			<u>PART 1</u>
	1	1	Small step on R ft, tilting head and upper body slightly sdwd R.
		2	Small step on L ft next to R ft, tilting head and upper body slightly sdwd L.
	2	1	Small step on R ft, straightening body.
		2	Small step and close L ft, without wt, next to R ft, tilting head and upper body slightly sdwd R.
	3-4		Repeat meas 1-2 with opp ftwk and direction.
	5		Repeat meas 1.
	6	1	Small step on R ft, straightening body.
		2	Fall onto L ft, slightly lifting L knee in front.
		&	Strike R heel next to L toes.
	7	1	Step on R ft.
		&	Step on L ft in front of R ft.
		2	Step on R ft in place.
		&	Step on L ft next to R ft.






Sitno Vlaško—continued

- 8 1 Step on R ft in front of L ft.
& Step on L ft in place.
2 Step on R ft next to L ft.
& Step on L ft in front of R ft.
- 9 1 Step on R ft in place.
& Step on L ft next to R ft.
2 Fall onto R ft, holding L knee up in front.
& Hold.
- 10 1,& Hold.
2 Step on L ft in place.
& Step on R ft in front of L ft.
- 11 1 Step on L ft in place.
& Step on R ft next to L ft.
2 Step on L ft in front of R ft.
& Step on R ft in place.
- 12 1 Step on L ft next to R ft.
& Step on R ft in front of L ft.
2 Step on L ft in place.
& Strike R heel next to L toes, slightly bending both knees.
- 13 1 Step on R ft.
2 Hop on R ft, lifting L knee in front.
& Strike L heel next to R toes.
- 14 1 Step on L ft.
& Strike R heel next to L toes.
2 Fall onto R ft, holding L ft next to R ankle.
& Extend L leg fwd down.
- 15 1 Hop on R ft, bending and lifting L leg bkwd.
2 Step on L ft in front of R ft.
-  16 1 Step on R ft sdwd R.
2 Step on L ft behind R ft.
- 17-32 Repeat meas 1-16.

PART 2

-  1 1-2 Two light running steps: R, L.
& Small lift on L ft followed by
- 2 1 A light jump on both ft.
2 Hop on R ft, lifting L knee in front.
- 3 1 Step on L ft.
& Step on R ft. light three-step
2 Step on L ft.

Sitno Vlaško—continued

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 4 1 Step on R ft.
 & Step on L ft.
 2 Fall onto R ft, pointing L ft down twd ctr.
- 5 1 Step and balance on L ft twd ctr, keeping R ft on the floor.
 &,2 Bounce on L ft.
 & Bounce on L ft, turning body to face R.
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 6 1 Step and balance on R ft sdwd R, keeping L ft on the floor and turning body slightly out.
 &,2 Bounce on R ft.
 & Bounce on R ft, turning body to face ctr.
- 7-8 Repeat meas 5-6, lifting L knee in front on the last ct &.
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 9 1 Hop on R ft, lifting L knee in front.
 & Step on L ft.
 2 Step on R ft next to L ft.
- 10 Repeat meas 9.
 & Small lift on R ft followed by
- 
 11 1 A light jump on both ft together.
 2 Hop on L ft, flicking R ft in front of L leg.
- 12 1 Step on R ft.
 & Step on L ft.
 2 Step on R ft, lifting R knee in front.
- 13-14 Repeat meas 15-16 of Part 1.
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 15 1 Light jump on both ft together.
 2 Hop on R ft, lifting L knee in front.
- 16 1 Step on L ft.
 & Step on R ft. light three-step
 2 Step on L ft.
- 17-32 Repeat meas 1-16.

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