## 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.



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 1 & 2 &

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

Style: <u>Vlach/Severnjaški</u>:

Small and energetic steps

Light and bouncy

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

| Direction         | Meas    | <u>Ct</u>        | Pattern Pattern   |
|-------------------|---------|------------------|---|
|                   | 16 meas |                  | Introduction. No action.  |
|                   |         |                  | PART 1  |
| $\longrightarrow$ | 1       | .1               | Small step on R ft, tilting head and upper body slightly sdwd R.  Small step on L ft next to R ft, tilting head and upper body slightly sdwd L. |
| 亡                 | 2       | 1 2              | Small step on R ft, straightening body.  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<br>2<br>&      | Small step on R ft, straightening body.  Fall onto L ft, slightly lifting L knee in front.  Strike R heel next to L toes.                       |
|                   | 7       | 1<br>&<br>2<br>& | Step on R ft.  Step on L ft in front of R ft.  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.
- 1.& Hold. 10
  - Step on L ft in place. 2
  - & 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.

2

16

- & Strike R heel next to L toes.
- 2 Fall onto R ft, holding L ft next to R ankle.
- & Extend L leg fwd down.
- 1 15 Hop on R ft, bending and lifting L leg bkwd.



- Step on L ft in front of R ft. 1
  - 2 Step on L ft behind R ft.

Step on R ft sdwd R.

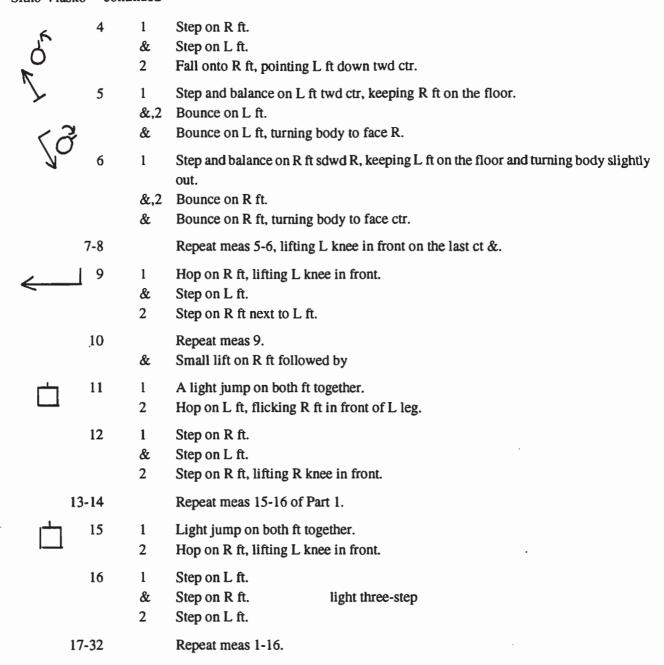
17-32 Repeat meas 1-16.

## PART 2



- 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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