

SITNO ZHENSKO HORO
(Bulgaria)

Learned by Dennis Boxell from Bulgarian Dance group in London, England, 1961.
Performed by girls only.

Music: Record: Folklore Dances of Bulgaria, B 4000-A, Band 1.

Formation: Dancers use belt hold in short lines.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
<u>2/4</u>		
I. STEP HOPS		
1	1	Facing diag R, step-hop on R.
	2	Step-hop on L.
2	1	Step R, continuing R.
	&	Close L to R, taking wt.
	2	Step R
	&	Hop on R.
3-4		Repeat action of meas 1-2, but beg L.
5-8		Repeat action of meas 1-4, but omit hop on meas 8 (ct <u>2&</u>).
II. HEEL TOE		
1	1	Facing diag L, hop on L ft thrusting R ft fwd, touching R heel on floor, slightly fwd and to R of L toe.
	2	Hop again on L, touching R toe slightly to R of L arch.
2	1	Repeat action of meas 1, ct 1 (Fig II).
	2	Hop on L, step R behind L.
3	1	Hop on R, step L behind R.
	2	Hop on L, step R behind L.
4	1	Hop on R, facing diag R, and thrust L ft fwd, touching L heel on floor, slightly fwd and to L of R toe.
	2	Hop again on R, touching L toe slightly to L of R arch
5	1	Repeat action of meas 4, ct 1 (Fig II).
	2	Hop on R, step L behind R.
6	1	Hop on L, step R behind L.
	2	Hop on R, step L behind R.
7-8		2 two-steps fwd, beginning R ft.
9-16		Repeat action of meas 1-8 (Fig II).
III.		
1	1	Facing ctr and moving to L, cross R ft in front of L, taking wt on R briefly.
	&	Step on L, moving L.
	2&	Repeat action of meas 1, cts 1& (Fig III).
2		Repeat action of meas 1 (Fig III), omitting last step on L.
3-4		Repeat action of meas 1-2 (Fig III) with opp ftwork (moving R).
5-8		4 two-steps fwd, bending slightly fwd.
9	1	Hop on L, thrusting R in front of L low in air.
	2	Step back on R, keeping both ft on floor.
10	1	Step back on L.
	2	Step back on R.
11-12		Repeat action of meas 10 (Fig III).

74 SITNO ZHENSKO HORO (cont)

- 13 1 Step back on L.
 2 Chug back on both ft.

14-22 Repeat action of meas 5-13 (Fig III).

NOTE: Meas 9-13 are actually "Twisle" steps, i. e., both ft are always on the floor so that when you step back on the R, shove L ft fwd--twisting it slightly out. Wt is always on the ball of the ft.

Repeat dance from the beginning.

Presented by: Dennis Boxell