

# SABRALI SA SE, SABRALI

*Pronunciation:* Suh-BRAH-lee sah say, suh-BRAH-lee (Sâbrali Sa Se, Sâbrali)      *Presented by:* Autumn Leaves 18, Sue Williard, 2011

*Origin:* Dance from the Western Rhodopes where there are strong concentrations of Pomaks (Bulgarian Muslims).

Women's singing dance (horovodna) often danced in the small courtyards or balconies (na cardak).

*Neda Voda Nalivala* is another dance of this category. Originally presented by Yves Moreau.

*Meter/Rhythm:* 7/8 + 9/8 counted here as SQQ + QSqq (qq=S) S (last slow count is "stretched").

1-2-3, 1-2, 1-2+1-2, 1-2-3, 1-2, 1-2 or 1, 2, 3 4-5-6

*Formation:* Open circle or line, hands joined in W position. Face center with weight on L foot. Styling is light and proud.

Introduction 2 measures. No action.

<u>Count</u>	<u>Measure</u>	<u>1. Travel in LOD</u> <u>Pattern</u>
1	1	Step on R to R
	2	Step on L behind R
	3	Step on R to R
	4	Large step on L in front of R with slight knee flexion
	5	Bring R foot in front of L leg slowly in a circular motion
	6	Hold
2	1	Step on R to R
	2	Step on L in front of R
	3	Step on R in place
	4	Step on L in place
	5	Step on R next to L, simultaneously coming up onto balls of the foot
	6	Settle down onto both feet with equal weight
3-4	1-12	Repeat pattern of measures 1-2
		2. Forward and back
1	1	Facing center, with weight on L, do a "cutting" motion with R foot in front of L, at same time come up and down quickly onto L foot.
	2	Small lift onto L foot
	3	Step FWD on R
	4	Step FWD on L
	5	Step on R next to L, simultaneously coming up onto balls of the feet
	6	Settle down onto both feet with equal weight
2	1-6	Same pattern as in measure 1, but with reverse footwork and direction (moving away from center)
3-4	1-12	Repeat pattern of measures 1-2

REPEAT dance from the beginning

NOTE: Dance ends while doing FIG. 1 (to melody B). There is a slight "stop" in the music after count 3 when doing the repeat of FIG. 2. Counts 4-6 then continue to match slow tempo.

