

SBORENKA

Source: IHB#12—Fire Type: Bulgarian dance from Silistra area, Dobrudzha Rhythm: 2/4
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This is a popular dance from the Silistra area. Of course in many villages you can see different variations, but the basic Figure 1 is the same. This is a male dance but there are some mixed variations also. Sborenka is “Horo na lesa”—the hands are in front basket hold. The shape is an open circle with LOD to the right side. The steps are bouncy and very low.

Figure 1—8 measures, facing centre and dancing to LOD

Measure

- 1 Step on R foot to R side
Step on L foot across R foot
- 2 Step on R foot to R side
Step on L foot behind R foot
- 3-8 Same as measures 1 and 2

Figure 2—8 measures, facing centre and dancing toward and backward from centre

- 1 Step on R foot FWD & stamp on L foot next to R foot
Step on L foot FWD & lift on L foot
- 2 Same as measure 1
- 3 Step on R foot FWD and stamp on L foot to R foot
Step on L foot FWD and stamp on R foot to L foot
- 4 Step on R foot in place & step on L foot in place
Emphasized step on R foot in place
- 5 Bouncy step on R foot BKWD
Bouncy step on L foot BKWD
- 6-8 Same as measure 5

Sequence:

Introduction—4 measures

Figure 1—1 time

Figure 2—1 time

Figure 3—2 times

Alternate the figures to the end

Figure 3—8 measures—in place, facing centre

- 1 Lift on L foot, while R heel is moving BKWD—diagonally R
and brush with R foot next to L foot and R heel is continuing FWD
Lift on L foot and brush with R foot next to L foot
- 2 Lift on L foot, while R foot is bending the knee to the right side
and stamp on R foot—heel next to heel, but R toes point R side
Stamp on R foot—R toes point FWD
- 3 Step on R foot to R side and stamp on L foot next to R foot
Step on L foot to L side and stamp on R foot next to L foot
- 4 Facing diagonally R, step on R foot to R side and stamp on L foot next to R foot
Stamp on L foot next to R foot
- 5 Facing centre, step on L foot in place and lift L foot
Step on R foot across L foot and stamp on L foot behind and very close to R foot
- 6 Step on L foot BKWD, while straightening the R knee and foot and hold
Step on R foot in place and stamp on L foot behind and very close to R ft.
- 7 Step on L foot BKWD, while straightening the R knee and foot and hold
Touch R toes diagonally R
- 8 Bend R foot behind L foot with R heel pointing L side.
Look at it over left shoulder
Stamp on R foot next to L foot, keep the weight on L foot

