SEORENKA

Source: IHB#12—Fire Type: Bulgarian dance from Silistra area, Dobrudzha Rhythm: 2/4 Presented by: Iliana Hristova Bozhanova, 2008

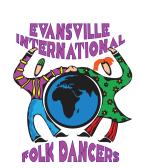
This is a popular dance from the Silistra area. Of course in many villages you can see different variations, but the basic Figure 1 is the same. This is a male dance but there are some mixed variations also. Sborenka is "Horo na lesa"—the hands are in front basket hold. The shape is an open circle with 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	
2	Step on L foot across R foot Step on R foot to R side Step on L foot behind R foot	
3-8	Same as measures 1 and 2	
1	Figure 2—8 measures, facing centre and dancing toward and Step on R foot FWD & stamp on L foot next to R foot	backward from centre
	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	Sequence: Introduction—4 measures
4	Step on R foot in place & step on L foot in place Emphasized step on R foot in place	Figure 1—1 time Figure 2—1 time
5	Bouncy step on R foot BKWD Bouncy step on L foot BKWD	Figure 3—2 times Alternate the figures to the end
6-8	Same as measure 5	

Figure 3—8 measures—in place, facing centre

- 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
 Lift on L foot, while R foot is bending the knee to the right side
- 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

 2 Step on R foot to R side and stamp on L foot poyt to R foot
- 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
- 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
- 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
- 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



DANCE NOTES - BULGARIA