

ZBORENKA

(Bulgaria - Dobrudja)

Line dance for men only

SOURCE: Learned in the village of Senokos, Tolbuhine district, Dobrudja, summer 1966 by Yves Moreau.

RECORD: "Folklore Dances of Bulgaria" LP-B-4000, side 2, band 2

RHYTHM: 2/4

STARTING POSITION: Men in short lines holding belts ("na lesa)

STYLING: Dobrudjan styling is one of the most intricate and impressive of all Bulgaria. A strong Turkish influence is present in the various shoulder and head movements. Most of the Dobrudjan dances are divided into two distinct parts: One which is very fast and fiery, and another -- slow and calm. The dances for men are heavy and done in a semi-sitting position, somewhat like Thracian dances.

Measure

Figure 1 (basic)

- 1 With weight on right foot, step on left foot pointing it left, at the same turning body and head in same direction (1) remaining in same position, STAMP once on right foot beside left foot (and) SPRING BACK UP on toes of both feet facing forward and FREEZE in place (2)
- 2 REPEAT pattern of measure 1
- 3 LEAP on left foot pointing left (1) STAMP right foot once in front of left (and REPEAT same as (1) (and) reversing direction and footwork (2 and-)
- 4 LEAP onto left foot pointing left (1) and STAMP right foot beside left foot (and) LEAP slightly on right foot moving FORWARD (2), on same foot, one sharp CHUG, at the same time KICKING left leg sharply UP & FORWARD (and)
- 5-6 REPEAT pattern of measure 4
- 7-8 Moving directly BACKWARD, four steps starting with left foot (1,2,1,2)

Figure 2

- 1-6 REPEAT same as in figure 1, measures 1-6
- 7 With weight on right foot, LEAP onto left foot sideways left, bringing right leg up high, knee parallel to floor (1) do same as count (1) reversing directions and footwork (2)
- 8 SQUAT down on both feet turning body slightly left (1) SPRING BACK UP on right foot in place (and) STAMP once with left foot beside right foot (2)
- 9-10 REPEAT pattern of measures 7-8
- 11-12 REPEAT pattern of figure 1, measures 7-8

Figure 3

- 1-6 REPEAT same pattern as figure 1, measures 1-6
- 7 With weight on right foot, LEAP slightly onto left foot pointing left (1) STAMP once with right foot beside left (and), do same as (1) (and) reversing direction and footwork (2 and-)
- 8 REPEAT pattern of figure 2, measure 7

(continued)

ZBORENKA

(continued)

Measure

Figure 3 (continued)

- 9 SQUAT down on both feet facing FORWARD (1) SPRING BACK UP straight on left foot (2) sharp CHUG with right forward (and)
- 10 LIFT left leg up high in sharp motion (1) remaining IN PLACE with left leg up, THROW head and shoulders backward, Dobrudjan style (2)
- 11-12 REPEAT pattern of figure 1, measures 7-8

Figure 4 ("rest step")

- 1-2 REPEAT pattern of figure 1, measures 1-2
- 3-6 Moving directly FORWARD, eight heavy walking steps starting with left foot
- 7-10 Moving directly BACKWARD, eight heavy walking steps starting with LEFT foot also

Figure 5

- 1-2 REPEAT pattern of figure 1, measures 1-2
- 3-4 Moving directly FORWARD, four heavy walking steps starting with left
- 5 REPEAT pattern of figure 2, measure 7
- 6 With weight on right foot, LEAP onto left foot sideways left bringing right leg up high, knee parallel to floor (1) LEAP slightly onto right foot in place, pointing slightly right (and) STAMP left foot next to right (2)
- 7-8 REPEAT same as figure 1, measures 7-8

Figure 6

- 1-2 REPEAT pattern of figure 1, measures 1-2
- 3-4 REPEAT pattern of figure 5, measures 3-4
- 5 With weight on right foot, step on left foot IN PLACE (1) HOP on same foot (and) HOP again on same foot bringing right leg AROUND FORWARD (2) step on right foot (and)
- 6 Weight is on right foot, HOP on same three times bringing left leg AROUND FORWARD (1 and, 2-) STAMP once on left foot (and)
- 7 REPEAT pattern of figure 2, measure 7
- 8 SQUAT straight down on both feet (1) SPRING BACK UP on right foot (and) STAMP once with left foot beside right (2)
- 9-10 REPEAT pattern of figure 1, measures 7-8

* Traditionally, each figure is done twice but it can also be danced with a leader calling the figures or it could also be set to the order of your choice.

Description by Yves Moreau

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