

# Sitna Baluca

Northwest Bulgaria - Vlach

One of the many *Baluca* type of dances from Northwest Bulgaria which show influences of nearby Romanian and Serbian cultures. Learned in Novo Selo by Yves Moreau, February 1970.

**Pronunciation:** SEET-nah Bah-LOOH-tsah

**Rhythm:** 2/4

**Style:** Light

**Formation:** Short lines, hands in "W" position.  
Face slightly right of centre with weight on Left

**Introduction:** No action for 2 measures. Start with beginning of music.

## Figure 1: Basic - Travel Right and Left

- 1 Two walking steps to the right as follows: Step on Right, arms swing backward (ct 1). Step on Left, arms swing forward (ct 2)
- 2 Facing centre, quick RLR steps as follows: Step on Right bending knee in a sinking motion, while arms start to swing backward (ct 1). Cross Left in front of Right, weight on left toe and body lifting up, while arms finish swinging backward (ct &). Step Right in place with bent knee, while arms swing forward (ct 2).
- 3-4 Still facing centre do 4 galloping slides to the left as follows: Step L to left, arms start swing backward (ct 1), slide R to close beside L and arms finish swing backward(ct &). Step L to left, arms start swing forward (ct 2), and slide R to close beside L and arms finish swing forward (ct &). Repeat the slides, substituting the last (ct &) with a quick, sharp stamp on R (no weight)
- 5 Boldly step forward on Right, and arms continue swinging forward (ct 1). Lift Left knee, arms return to "W" position where they remain through to end of measure 8.
- 6 Swing Left around and forward and step on it in front of Right (ct 1). With weight still on Left, bend knee, leaning slightly forward, and draw Right foot behind Left knee (ct 2)
- 7 Facing centre and straightening body, step back Right, twisting Left foot outward with straight Left knee (ct 1). Step back Left and twist Right foot outward with straight Right knee (ct 2)
- 8 Repeat measure 7
- 9-16 Repeat measures 1-8

## Figure 2: Side bounce and stamp (arms in "W")

- 1 Facing centre, in a bouncy style, step Right to Right (ct 1) and close Left to Right (ct 2)
- 2 Repeat measure 1
- 3 Repeat measure 1 with opposite direction and footwork.
- 4 Step Left to Left (ct 1). With Right do a quick sharp stamp next to Left, no weight (ct 2). Elbows mimic the stamp.
- 5 Again, a quick sharp stamp with Right next to left (ct 1). Elbows mimic stamp. Pause (ct 2)
- 6 Small leap forward onto Right, bending knee and bringing Left foot behind Right calf (ct 1). Quick, small leap backward onto Left (ct 2).
- 7-8 Facing centre, do 4 galloping slides to the right as follows: Step R to right (ct 1). Slide L to close beside R (ct &). Repeat 3 more times.
- 9-16 Repeat measures 1-8 with opposite direction and footwork.

Repeat dance from beginning. Dance is done 5 times. Finish final 4 galloping slides to the left with a leap onto both feet and flinging both arms up into the air.