

Sbòrenka

From Silistra area, Dobrudzha

There are different variations in many villages, but the basic Figure 1 is the same. Sbòrenka is primarily a men's dance, but there are some mixed variations. Here, the first two figures are mixed and the third figure is for men only. The women continue with the first figure. The steps are bouncy and very low.

Pronunciation: SBOR-en-kah

Formation: Open mixed circle facing centre

Position: Hands in front basket hold with L over

Meter: 2/4

Meas **Introduction**

1-4 No action, begin with wt on L ft

Meas **Figure 1** (moving in LOD – to right)

1 Step on R ft to R (1), step on L ft in front of R (2)

2 Step on R ft to R (1), step on L ft behind R (2)

3-8 Repeat meas 1-2 three more times

Meas **Figure 2** (face centre, moving fwd and bkwd)

1 Step on R ft fwd with toe oriented R(1), stamp on L ft beside R without wt (&), step on L ft fwd (2), make arc to R with R foot (&)

2 Repeat meas 1

3 Repeat meas 1, cts 1&2, finish with stamp on R ft beside L ft (&)

4 Step on R ft in place (1), step on L ft in place (&), step on R ft in place with emphasis (2)

5 With bouncy steps, step on R ft bkwd (1), step on L ft bkwd (2)

6-8 Repeat meas 5 three more times

Meas **Figure 3** for men only (in place facing centre)

1 Lift L heel, while swinging R heel bkwd diag. right (1), brush with R ft next to L ft (&), lift L heel while swinging R heel fwd diag right (2), brush with R ft next to L ft (&)

2 Lift L heel, while pointing R ft to right with flexed foot and bent knee (1), stamp R ft beside L with R toes oriented right (&), stamp R ft beside L with R toes oriented fwd (2)

3 Step on R ft to R toes oriented right (1), stamp on L ft beside R (&), step on L ft to L (2), stamp on R ft beside L (&)

4 Step on R ft to R toes oriented right (1), stamp on L ft beside R (&), stamp on L ft beside R (2)

5 Step on L ft fwd twisting R knee to left (1), lift L heel twisting R ft to R (&), step on R ft fwd (2), stamp on L ft close to R heel (&)

6 Step on L ft bkwd straightening R knee leaving the R foot in contact with the floor and leaning back (1), step on R ft in place bending R knee (2), stamp on L ft close to R heel (&)

7 Step on L ft bkwd straightening R knee leaving the R foot in contact with the floor and leaning back (1), touch R toes oriented diag right (2)

8 Bend R knee bringing R ft behind L knee and look at R ft over L shoulder (1), stamp on R ft beside L ft keeping wt on L ft (2)

9-16 Repeat meas 1-8

Repeat Figures 1-3 until music ends