

SITNO VLASHKO HORO (Bulgaria)

Sitno Vlashko Horo (“Small-stepped Vlach Dance”) is popular in the Bulgarian folk dance club movement throughout Bulgaria. The steps are based on Vlach dances from North-western Bulgaria.

Pronunciation: SEET-noh VLAHSH-koh hoh-roh

Recording: Workshop CD

Formation: Open circle with a “V” handhold, or a belt-hold.

Music: 4/4

Meas:

- 1 Facing R of center and traveling to R, step Rft fwd (ct 1); step Lft fwd behind and to R of Rft (ct &); Step Rft fwd (ct 2); Step Lft fwd (ct 3); step Rft fwd behind and to L of Lft (ct &); Step Lft fwd (ct 4);
- 2 Continuing to move fwd to R (CCW), repeat action of meas 1 *Note: One can replace “cross behind” during this travel with a simple “two-step”.
- 3 Turning to face center, step Rft to R side (ct 1); Step Lft across and behind Rft (ct &); Jump on to both feet apart slightly or step Rft to R (ct 2); Hop on Rft lifting Lft up slightly (ct 3); Step Lft to L (ct &); Step Rft across and in front of Lft with slight knee bend (ct 4);
- 4 Hop on Rft and lift Lft slightly (ct 1); step Lft to L (ct &); step Rft across and behind Lft (ct 2); Jump onto both feet slightly apart (ct 3); Hop on Lft in place and swing/cut Rft across and in front of L shin (ct 4);
- 5 Facing center, step Rft in front of Lft (ct 1); Step Lft in place (ct &); Step Rft out to R side (ct 2); Step Lft in place again (ct &); Step Rft in front of Lft (ct 3); Step Lft in place (ct &); Step Rft out to R side (ct 4); Step Lft in place (ct &); *Note: This is a *Braul*-like fast crossing step in place. The Lft can also be lifted sharply up and behind.
- 6 Moving fwd twd center, Step Rft fwd (ct 1); Step Lft fwd and behind Rft (ct &); Step Rft fwd (ct 2); Step Lft fwd (ct 3); Step Rft fwd and behind Lft (ct &); Step Lft fwd (ct 4);
- 7 Repeat action of meas 6 cts 1, &, 2 (cts 1, &, 2); Step Lft back and extend Rft (knee straight) fwd (ct 3); Step Rft backwards (ct 4);
- 8 Step Lft backwards and extend Rft fwd (ct 1); Step Rft backwards (ct 2); Jump back onto both feet together (ct 3); Hop on Lft and raise Rft up slightly ready to repeat fast crossing of meas 5 (ct 4);
- 9-10 Repeat action of meas 5-6
- 11 Stamp Rft with wt in place (ct 1); Stamp Lft beside Rft (ct &); Stamp Rft in place (ct 2); Jump back onto both feet in place (ct 3); Hop back on Lft and kick/lift Rft fwd low (ct 4);
- 12 Jump back onto both feet (ct 1); Hop back on Rft and kick/lift Lft fwd low (ct 2); Jump back onto both feet (shoulder width apart) (ct 3); Hop on Lft in place and raise Rft sharply up in front of Lft shin (ct 4);

Presented by Stephen Kotansky