

# SITNO ŽENSKO HORO

## СИТНО Женско Хоро

(Bulgaria - Severnjaško)

As described by Boris Conev and performed in the mid-thirties in the *Bâlgarska Kitka* group of Sofia. The steps originate from Northwest Bulgaria. This version is similar to the one introduced in North America by Dennis Boxell in 1962. Originally a women's dance.

**Pronunciation:** SIHT-noh ZHEHN-skoh hoh-ROH  
**Music:** Yves Moreau CD  
**Meter:** 2/4  
**Formation:** Short lines with belt hold, L over R, Wt on L, face R of ctr (LOD)  
**Style:** Light and happy.

Measure 2/4	Description
1-8	Intro music. No action.
	<b>1. Travelling</b>
1	Facing and moving in LOD, 2 skipping steps (ah-R, ah-L) (1-2)
2	Continuing in LOD, do another skip, ah-R (1), close L to R (&), step fwd R in LOD (2)
3-4	Repeat movements of meas 1-2 in LOD with opp ftwrk
5-8	Repeat movements of meas 1-4, facing ctr at end
	<b>2. "Heel and toe"</b>
1	Facing slightly L, hop on L, touching R heel on floor at L toe (1), hop on L, tapping R toe at L heel (2)
2	Still facing slightly L, hop again on L, touching R heel on floor at L toe (1) turning to face ctr, slight hop on L and step on R behind L heel (reel step) (2)
3	Still facing ctr, slight hop on R and step on L directly behind R (reel step) (1) another reel step onto R behind L heel (2)
4-6	Repeat movements of meas 1-3, with opp ftwrk
7	Step fwd towards ctr with flat R ft (1), step flat L ft fwd (&), step R ft fwd (2)
8	Same as in meas 7 with opp ftwrk
9-16	Repeat movements of meas 1-8
	<b>3. «Sevens»</b>
1	Facing left of ctr and bending fwd from waist, step on R across L keeping R knee straight and R ft flat (1), step on L sideways L with L knee slightly bent, L ft flat (&), repeat the movements of cts 1& of this measure (2&)
2	Repeat movements of cts 1 & 2 of the preceding meas (Rft across, Lft to L, Rft across) (1&2), bring L ft around in front in preparation for next movement (&)
3-4	Repeat movements of meas 1-2, but moving R with opp ftwrk
5-8	Repeat movements of meas 1-4, ending facing ctr

**4. «Kick and twizzles»**

- 1-2 Move fwd twds ctr, R-L-R, L-R-L exactly as in Fig. 2, meas 7-8
- 3 Hop on L kicking R ft slightly across L, heel first (1) with vocal 'yu', reel step back on R as in Fig 2, meas 2, ct 2 (2)
- 4 Reel step back on L as in Fig 2, meas 3, ct 1 (1), bring ft together and chug bkwd with weight on both (2)
- 5-8 Repeat movements of meas 1-4

**Repeat dance from beginning**

**Presented by Yves Moreau**