

Sadil be Stajko - Bulgaria

This basic and popular Rodopsko Horo is traditionally performed to the accompaniment of a capella singing by the dancers themselves or to a kaba gajda (a low pitched bagpipe).

The dance can be performed to different songs. Two of the most popular are:

1. Mitro, Mitro Kadon Mitro (Mitro, Mitro dear Mitro), and
2. Sadil be Stajko (Stajko was sitting down).

These are the first words of the Horovodna Pesni (dance accompanying songs) to which the dance is performed.

STYLE: Rodopski:

Characteristic of the Rodopa dancing style is the step-hop basic pattern by which the step is stressed and the hop performed as subtle "chuck", in Bulgarian called čukče.

MEASURE: 2/4. Counted here as (1 2) or (1 & 2 &)

SOURCE: I learned and notated the dance in December 1974 from Tanja Djankova, at that time researcher and choreographer with the State Ensemble "Rodopa in Smoljan, Bulgaria

MUSIC: JL2019.01 CD "Folk Dances from Bulgaria" with Jaap Leegwater & Mea Nordenfelt

FORMATION: Open circle. Hands joined down at the sides, in V-pos or hooked up Tea-cup position.

INTRO: Musical introduction 11 bars

Meas

Facing & moving LOD

- 1 Step on R ft (ct 1), čukče (low hop) on R ft (ct 2)
- 2 Step on L ft (ct 1), čukče (low hop) on L ft (c 2)
- 3 Walking step on R ft (ct 1), walking step on L ft (ct 2)
- 4-6 Repeat action of meas 1-3
- 7 Turning to face ctr, step on R ft sdwd R (ct 1), balance on R ft (ct 2)
- 8 Step on L ft fwd twds ctr (ct 1), balance on L ft (ct 2)
- 9 Step on R ft bkwd (ct 1), balance on R ft (ct 2)
- 10 Step on L ft sdwd L (ct 1), close R ft next to L ft (ct 2)
- 11 Step on L ft sdwd L (ct 1), hold (ct 2)

Short pattern ends with meas 11. Repeat from beginning.

- 12 Stamp R ft next to L ft without wt (ct 1), hold (ct 2)

Long pattern ends with meas 12. Repeat from beginning.

Suggested Dance Sequence is one Short, two Longs, repeated.

Dance Sequence shown in the Lyrids 2019 video:

S, L, L , S, S, L, S, L, L, S closing R to L on last count (Meas 10, ct 2)

Dance description by Jaap Leegwater

Presented by Jaap Leegwater at the Canada/ USA 2019 Spring teaching tour

<http://www.jaappleegwater.com>