

Name: **Sedi Donka**
Origin: **Bulgaria**

Source: **Dick Oakes' Folk Dance**
Descriptions

Pronunciation: SEH-dee DOHN-kah.

Source: Dick Crum originally taught Fig I and Fig II (Fig IV is a repeat of Fig II) of this dance to folk dancers in the United States. Fig III was added later and is as danced in southern California.

Background: Sedi Donka originates in the area of Thrace around the towns of Pazardzik and Plovdiv in south-central Bulgaria. Some twenty variations of the dance exist in this region. Three are described below.

Music: Xopo (LP) X-LP-4, side 1, band 3 Bruno (LP) BR 50163, side A, band 6 "Horo" Monitor (LP) MF 384, side 2, band 3 "Horo of Sofia" Bay Records (LP) 205, side 2, band 4 Du-Tam (45rpm) 1001 B.

Formation: Short lines (5-6 dancers) of mixed M and W holding belts ("na lesa") in "X" pos, R arm under.

Rhythm: 7/16 + 11/16. The music is written in a combination of two meas of 7/16 and one meas of 11/16 meter. The rhythm is Slow-quick-quick, Slow-quick-quick, quick-quick-Slow-quick-quick (3-2-2 = 7, 3-2-2 = 7, 2-2-3-2-2 = 11) for a total of 11 accented beats and will be counted below as 1-2-3, 1-2-3, 1-2-3-4-5.

Steps/Style: Chug: Sharp low scooting jump. The dance has a moderately heavy quality with the upper body straight and proud.

Introduction: None.

Description:

I. To side with bounces

1 Step swd R (ct 1); hop R (ct 2); step L across in front of R (ct 3);

1 Repeat action of meas 1;
 1 Step swd R (ct 1); step L across in back of R (ct 2); step swd R (ct 3); closing L to R, bounce twice on both with wt predominantly on R (cts 4,5).

1 Reverse action of meas 1-3 to L with opp ftwk.

1 Repeat action of meas 1-6.

II. To ctr with taps

1 Step fwd R (ct 1); hop R (ct 2); step fwd L (ct 3);

1 Repeat action of meas 1;

1 Step fwd R (ct 1); small step fwd L (ct 2); tap R heel lightly beside L (ct 3); small leap in place R (ct 4); tap L heel lightly beside R (ct 5);

1 Reverse action of meas 1-3 bwd with opp ftwk.

1 Repeat action of meas 1-6.

III. To r with taps and to l with scissors

1 With ft parallel and wt evenly distributed, Chug fwd with both ft (ct 1); hop R (ct 2); step L across in front of R (ct 3);

1 Step swd R (ct 1); hop R (ct 2); step L across in front of R (ct 3);

1 Step swd R (ct 1); step L in back of R (ct 2); tap R heel lightly beside L (ct 3); small leap in place R (ct 4); tap L heel lightly beside R (ct 5);

1 Repeat action of meas 4-5, Fig I;

1 Step swd L (ct 1); step R across in back of L (ct 2); step swd L extending R ft low fwd (ct 3); step R in place extending L ft low fwd (ct 4); step L in place extending R low fwd (ct 5).

1 Repeat action of meas 1-6.

IV. To ctr with taps

1 Repeat action of meas 1-12, Fig II.

Repeat entire dance from beginning.