

Sitnata

Origin: Northern Bulgaria

Record: Petur Iliev presents Bulgarski Narodni Tanci

Formation: Open circle, hands joined in 'V' pos.

Source: Petur Iliev

Note: This dance comes from the Northern part of Bulgaria. The name of the dance "Sitnata" means small. When you do small, fast steps, people call this Sitnata: The men and women hold hands in one big open circle moving to the right at a quick tempo.

Meter: 2/4

Style:

No introduction

PART I: 8 measures

Meas.	Ct.	
1	1	Two quick steps: R-L moving to the right
	2	Quick step with R, Touch L heel and L up
2	1	Two quick steps: L-R moving to the right
	2	Quick step with L, Touch R heel and R up
3	1	Two quick steps: R-L turning to the left
	2	Two quick steps: R-L R up in place
4	1	Accented step with R in place
	2	Accented step with L in place
5	1	Step with R to the right. L up
	2	Hop with R, swing L in front
6	1	Step with L to the right in front. R up
	2	Hop with L
7	1	Quick step: R-L
	2	Step R. touch L
8	1	Quick step: L-R
	2	Accented Step on L in front, R up

PART II: 16 Measures

1	1	Big step on R to the right
	2	Hop with R, swing L in front
2	1	Step with L
	2	Hop with L, R up -
3	1	Two quick steps: R-L
	2	Two quick steps: R-L
4	1	Two quick steps: R-L
	2	Accented Step on R, kicking L up and back
5	1	Touch L heel, crossing in front of R
	2	Hop on R, kicking L up and back
6	1	Step with L heel in front of R, Step R behind
	2	Step with L heel to left, R in place
7	1	Step with L foot crossing R, Step R behind
	2	Step with L to the left, Step R crossing in front of L
8	1	Step with L in place, step R to the right
	2	Step with L crossing in front of R. step R in place, L up
9-16		Repeat Part II, starting with the L foot, going to the left.
17-32		PART II REPEATS AGAIN.