

Sborenka

Region: Villages around the town of Silistra, Dobrudzha ethnographic area, Bulgaria.

Pronounced: SBOH-ren-kah

Audio/Video reference: CD NK 2017.2

Meter: 2/46 (Q Q) or 1, 2

Formation: Mixed line, hands in front-basket position, own left arm over the neighbor's right arm.

Style: Slightly bent knee position, bounces in ankles and knees, emphasizing bounce down. Keep arms slightly forward and away from neighbors' bodies.

Meas	Ct	Dir	Foot Work	Arm Work
			FIGURE I	
		CTR		Front-basket
1	1, 2		St on R to the right	
2	1, 2		St on L in front of R	
3	1, 2		St on R to the right	
4	1, 2		St on L behind R	
5	1, 2		St on R to the right	
6	1, 2		St on L in front of R	
7	1, 2		St on R to the right	
8	1, 2		St on L behind R	
9-16			Repeat meas 1-8	
			FIGURE II	
		CTR		Front-basket
1	1		Accented step on R fwd	
	2		Hop R in place, L knee slightly up	
2	1		St on L fwd, leaning body fwd.	
	2		Stamp on R behind L heel, so that the middle of the R foot touches L heel, keeping both knees bent	
3	1, 2		St on R bkwd, bending R knee deeper	
4	1		St on L bkwd	
	2		Stamp on R next to L, bending L knee	
5	1, 2		Repeat action of meas 4 with opp ftwk	
6	1, 2		Repeat action of meas 4	
7	1		Accented st on R in place	

	2		Accented st on L next to R	
8	1, 2		Accented st on R next to L, bending both knees deeper	
9	1		St on R next to L	
	2		Stamp on L in front of R, bending R knee	
10	1, 2		Repeat action of figure II meas 9 with opp ftwk	
11	1		Accented st on R next to L	
	2		Accented st on L next to R	
12	1		Stamp on R next to L	
	2		Stamp on R slightly fwd	
13	1		Accented st on R further fwd	
	2		Hop on R in place in bent knee pos, bringing L in bent-knee pos first sdw-left and then describing a CW circle close and parallel to the floor, ending fwd-low still in bent-knee poos	
14	1		St on L fwd, bending L knee, leaning body fwd	
	2		Stamp on R behind L heel, so that the middle of the R foot touches L heel, keeping both knees bent	
15	1, 2		Large st on R bkwd, bending R knee deeper, while L leg, with slightly bent knee turned inwards, drags on floor bkwd but remaining in front of R	
16	1	CLOD	St on L swd left	
	2		Stamp on R next to L, bending both knees	
			Repeat figure I, figure II, figure I, figure II until the end of the music piece.	

Abbreviations:

BKWD:	Backwards
CTR :	Center
CW :	Clockwise
CCW :	Counter clockwise
FWD :	Forward
L :	Left
LOD :	Line of Direction
Meas. :	Measures
On L :	On left foot
On R :	On right foot
Pos :	Position
R :	Right
RLOD :	Reversed line of direction
St :	Step
SWD :	Sideward