



¡FIESTA 200!

STATEWIDE '69 INSTITUTE
COMMUNITY CONCOURSE
SAN DIEGO, CALIF.
MAY 30, 7:30 - 10:00 PM

DANCE

VIRA DO SITIO
NAO VAS AO MAR TONHO

Portugal

NOVOZAGORSKO HORO
RACENICA "NA LEVO"

Bulgaria

TEACHER

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MAN -

THE WHITE SERGE BREECHES ARE BRAIDED IN BLACK, AND THE HOMESPUN BLACK CLOTH, DÉCOLLETÉ JACKET OR ABA IS EMBROIDERED IN RED AND WHITE. THE VEST OF THE WHITE LINEN SHIRT IS ALSO DONE IN RED AND WHITE. A WIDE, BRAID BORDERED CUMMERBUND IN RED AND BLACK ADDS A BIT MORE COLOR. HIS SHEEPSKIN TARBOASH AND LEATHER SHOES ARE BLACK.

WOMAN -

THE WHITE BRAIDED AND EMBROIDERED DARK CLOTH OVERDRESS PERMITS THE DISPLAY OF A FINELY HAND-WORKED WHITE CHEMISE. THE CLOTH BELT IS FASTENED BY A HEAVY SILVER BUCKLE CALLED A PAFI. A SHAMIYA OR HEADCLOTH OF WHITE, RED OR GREEN TIED OVER THE CROWN DENOTES A MAIDEN AND WHEN TIED UNDER THE CHIN, A MARRIED WOMAN. CARBATINES OR LEATHER BOTTINES ARE LACED OVER WHITE WOOLEN STOCKINGS.

BULGARIA



PORTUGAL (NAZARÉ)

WOMAN - THERE ARE AS MANY COLOR COMBINATIONS AS THERE ARE WOMEN. THE

APRON CAN BE BLACK, RED, DARK BLUE, CREAM OR WHITE. THE BLOUSE CAN BE A SOLID, A PRINT OR A STRIPE. THE SKIRT IS USUALLY A PLAID. THE HAT IS WORN OVER A THREE-CORNERED SCARF. GOLD CHAINS ARE OFTEN WORN AROUND THE NECK.

MAN - THE MEN ARE A BIT MORE CONSERVATIVE IN THEIR COLORS. THE SHIRT IS MUTE BROWN, GREY OR DARK BLUE. THE PANTS CAN BE ALMOST ANY MUTE COLOR, EVEN RED.

NOVOZAGORSKO HORO
(Bulgarian)

A one figure "military" dance from Novo Zagora in Central Bulgaria. It is danced "na lesa", the Bulgarian term for a dance where dancers grasp one another's belts and execute their steps in a straight line.

SOURCE: Described by Boris Tsonev in "Bulgarian Horos and Râčeni", Science and Art Edition, Sofia. First presented by Jim Schlesinger at the San Francisco Kolo Festival.

MUSIC: Record: Danssa 001, "Bulgarian Folklore Songs and Horos", Side 1, Band 3, "Novozagorsko Horo". Also - Slavjani Folklore Society Records, SLA 1000, "Folklore Dances of Bulgaria", Side 1, Band 5, "Mushko Na Lesa".

RHYTHM: 4/4 $\bullet \bullet$ (1 2 3 4 [one]) $\bullet \bullet$ (1 2 3 4 [and])

FORMATION: Men and women in a mixed line grasping each other's belt at the side. Right arm is in back of the adjacent dancer's left arm. Elbows relaxed.

MUSIC: 4/4 PATTERN

Meas.

- 1 Step fwd with L ft (1).
- 2 Step fwd with R ft (1).
- 3 Jump (in place) onto both ft, ft apart (1)
Jump (in place) onto both ft, ft together (3).
- 4 Step bwd with the R ft (1).
- 5 Step bwd with the L ft (1).
- 6 Repeat meas 3.
- 7 Leap slightly R onto the R ft (1). Without "pointing" ft, touch toe of L ft to ground in front of R ft (3).
- 8 Repeat meas 7 using opp ftwrk and moving slightly to L.
- 9 Leap to R onto R ft swinging L leg up into high fwd flexion (1).
Leap to L onto L ft swinging R leg up into high fwd flexion (3).
- 10 Leap to R onto R ft swinging L leg up into high fwd flexion (1).
Leap to L onto L ft raising R ft to the side and slightly back (3).

NOVOZAGORSKO HORO - Cont'd

Meas.

- 11 Close R ft to the side of the L (1).
Change wt and raise L ft to the side and slightly back (4)
preparing to close.
- 12 Repeat meas 11 using opp ftwrk.
- 13 Repeat meas 11.
- 14 Close L ft to the side of the R (1).
Change wt and raise R leg in low fwd flexion (4).
- 15 Stamp R ft beside and slightly fwd of L ft (1). Take a
small step bwd onto R ft turning body and ft to the R (3)
and lifting L leg slightly.
- 16 Step on L ft in place (1). Turn body fwd and bring R ft
to the side of the L by describing a small arc along the
ground (3, 4).
- 17 Stamp R ft next to L (1), taking wt.
Stamp L ft next to R (3), taking wt.
- 18 Stamp R ft next to L (1), taking wt. Hold (3, 4).
- 19 Step swd with the L ft (1). Step on R ft across and behind
L ft (3).
- 20 Repeat meas 19.
- 21 Step swd with the L ft (1). Swing R leg into high fwd
flexion (3).
- 22-23 Repeat meas 19-20 using opp ftwrk and moving to the R.
- 24 Step swd with the R ft (1). Hold with wt on R ft, "flair-
ing" L ft slightly to the side and back preparing to start
dance over (3, 4).

NAO VAS AO MAR TONHO
(Portugal)

This dance is composed of two parts, one in march rhythm, the other in vira rhythm.

MUSIC: Record: Unidisc EX 45222M, "Danses du Portugal", Side 1, Band 1.

FORMATION: The dancers are in couples, and there is an even number of couples in the circle. M holds partner's L hand in his R hand. Hands are held with the elbows at about shoulder height.

PATTERN

Meas.

I. PART A (March rhythm)




- 1-4 Take 8 marching steps, starting L.
- 5-8 Take 8 marching steps, W in front of their partners.
- 9-12 Take 8 marching steps CCW in a circle of 4. M are in front of their partners in the circles.
- 13-16 Make a half-turn outward and reverse direction in the circle of 4, again with 8 marching steps. End in a double circle, M on the inside.

II. PART B (Vira rhythm)

- 17-32 Do the balance-croisé in groups of 2 cpls.
- Repeat dance from beginning. After the third repeat of the dance, finish with 16 marching steps in the circle.

RACENICA "NA LEVO"
(Bulgarian)

Although no information is presented with the original notation as to the geographic area from which this particular racenica comes, its steps contain characteristics of those from the Danubian Plain. It probably originated in the area west of Lukovit and the Isker River. In the Danubian Plain dances are mainly mixed. The difference between the man's and women's dancing is not as striking as in the Šope and Thracian dances. Dances of the Danubian region are based on simpler steps. They are danced lightly at a fast pace, are more free and have a definite feeling for humor and gaiety.

- SOURCE:** Described in "Danses de Bulgarie" - Livret Réalisé Parle Groupe D'Expression Populaire".
- MUSIC:** Record: Danssa 001, "Bulgarian Folklore Songs and Horos", Side 1, Band 4, "Mihajlovgradiska Ruchenitza."
- RHYTHM:** 7/16  (one),  (two),  (three)
- FORMATION:** Men and women in a mixed line grasping each other's belt at the side. Right arm is in back of the adjacent dancer's left arm. Elbows relaxed.

MUSIC 7/16

PATTERN

Meas

STEP I.

- 1 Turning very slightly L, step on R ft in front of L (cts 1-2). Hep on R ft (ct 3).
 - 2 Turning slightly to the R, step on L ft in front of R (cts 1-2). Hep on L ft (ct 3).
 - 3 Moving bwd step on R ft (ct 1), step back on L ft (ct 2), step back on R ft with slight accent (ct 3).
 - 4 Repeat meas 3 using opp ftwk.
- 5-16 Repeat meas 1-4 three additional times.

STEP II.

- 1 Hop lightly on the L ft - raising the R ft near the L ankle while turning the R heel very slightly outward (ct 1). Step on R ft behind L (ct 2). Step on L ft behind the R with a slight accent (ct 3).
- 2 Repeat meas 1.

RĂCENICA "NA LEVO" - Cont'd

Meas.

- 3 Turning L, run lightly on R (ct 1), on L (ct 2) and on R with a slight accent (ct 3).
- 4 Turning fwd, lightly run on L (ct 1), on R (ct 2) and on L with a slight accent (ct 3).
- 5-16 Repeat meas 1-4 three additional times.

STEP III.

- 1 Place the R ft flat on the floor beside, and slightly fwd of L in an easy motion (ct 1). Hold (ct 2). Leap lightly sdwd onto the R ft bringing the L leg up into a low fwd flexion (ct 3).
- 2-3 Hop R ft (ct 1). Step slightly to L with L ft (ct 2). Step on R ft across and in front of L with a slight accent (ct 3). Hop on R ft (ct 1). Step slightly to L with L ft (ct 2). Step on R ft across and behind L (ct 3).
- 4 Repeat meas 1 using opp ftwk.
- 5-16 Repeat meas 1-4 three additional times.

STEP IV.

- 1 Take a small step to the R with R ft - stepping very slightly fwd (ct 1). Step on L ft across and in front of R (ct 2). Step back onto R ft with a slight accent (ct 3).
- 2 Repeat meas 1 using opp ftwk.
- 3 Moving fwd, step on R ft fwd and across L (ct 1). Close L ft to the R (ct 2). Step on R ft fwd and across L with a pronounced accent (ct 3).
- 4 Repeat meas 3 using opp ftwk.
- 5-8 Repeat meas 1-4.

DANCE PATTERN

Dance steps one, two, three and four.
Repeat sequence of steps two, three and four.
Repeat dance from beginning.
Dance step one.
Dance 8 meas of step two.
Dance 8 meas of step three

RÂČENICA "NA LEVO" - Cont'd

*The original notes title this dance simply "Rutschenitza (Dance Nationale)". For ease of identification these notes utilize the name "Râčenica Na Levo" (Râčenica to the Left) referring to the characteristic leftward motion of the dance.

VIRA DO SITLO (Nazare)
(Portugal)

Le Sitlo is the hamlet of Nazare situated on a cliff dominating the village. This dance is divided into five parts:

A. 15 measures	D. 15 measures
B. 9 measures	E. 16 measures
C. 15 measures	E. 16 measures
B. 9 measures	plus 1 measure

MUSIC: Record: Unidisc EX 45222M, "Danses du Portugal", Side 2, Band 1.

FORMATION: An even number of cpls in a double circle, ptrs face to face with M on the inside. Count off in cpls 1-2, 1-2, etc.

PATTERN

Meas.

I. PART A

- 1-8 Beginning with R, waltz to own R in the big circle, revolving CW.
- 9-15 Revolving CCW waltz back to original pos in the big circle.

II. PART B

- 1-2 Do 2 waltzes in place, swaying and snapping fingers on 1st beat of each meas.
- 3-4 With 2 waltzes change places with ptr passing R shoulders. End facing ptr.
- 5-8 Repeat meas 1-4 to return home.
- 9 Clap hands twice.

III. PART C

- 1-15 In a circle of 4 (cpls 1 & 2) circle CCW with 15 waltzes beginning with R. Return home to face own ptr.

IV. PART B

- 1-9 Repeat PART B as above.

V. PART D

- 1-15 In a circle of 4 (cpls 1 & 2) circle CW with 15 waltzes beginning with L. Return home to face own ptr.

VIRA DO SITLO - Cont'd

Meas.

VI. PART E - Balance'-croise'

- 1 Beginning with R, M 1 and L 2 do 1 waltz twd ctr of square.
- 2 Do another waltz step twd ptr ending with L shoulder to ptr (almost touching). During these two meas, M 2 and L 1 do 2 waltzes in place.
- 3-4 M 1 and L 2 return to place with 2 waltz steps. At the same time M 2 and L 1 do 2 waltz steps twd ctr as in meas 1-2.
- 5-6 M 1 and L 2, taking slightly longer steps, waltz twd ctr and come face to face. At the same time, M 2 and L 1 waltz bwd, which ends their balance.
- 7-8 M 1 and L 2 waltz bwd to exchange places.
- 9-16 Instead of doing the repeat of the balance'-croise' as usual do it with new neighbors. For M 1 and L 2 it is the neighbor on the L; for M 2 and L 1 it is the neighbor on the R.

VII. PART E - Balance'-croise'

- 1-8 Repeat with same neighbor to get back to original square.
- 9-16 Repeat with original diagonal person to get back home.
- 17 Clap twice.
- Repeat dance A through E, including the claps.
- End dance with another repeat of A and B, with music slightly faster.