

# Sedi Donka

## Bulgaria (West Trakia)

**SOURCE:** Sedi Donka (SEH-dee DOHN-kah) comes from south central Bulgaria around the Thracian towns of Pazardzik and Plovdiv. The name of the dance comes from the first line of the song, “Sedi Donka na dyukyanche” (Donka is sitting in her shop). It is also called Sedi Dimka, Sedi Petko and Iztarsi Kalci. Some twenty variations of the dance exist in the region. Dick Crum introduced it in the USA as a two-figure dance in 1968. Another figure was added later and the second figure was repeated after that to create the dance as it came to be done in southern California. Yves Moreau taught a version of the dance at the 2001 San Francisco Kolo Festival and the 2002 Mendocino Folklore Camp. The steps described below are a compilation (and, in some cases, a derivation) of those versions in order that all variations are complementary to the basic step, i.e., they may be done at the same time without being called by the leader or conflicting with the basic step.

**RHYTHM:** The long syncopated meter combines two common Bulgarian rhythms: the Cetvorno 7/16 (slow-quick-quick or 3/16 + 2/16 + 2/16, counted 1, 2, 3) done twice and the Kopanica 11/16 (quick-quick-slow-quick-quick or 2/16 + 2/16 + 3/16 + 2/16 + 2/16, counted 1, 2, 3, 4, 5), producing a 25/16 rhythm [(3 + 2 + 2) + (3 + 2 + 2) + (2 + 2 + 3 + 2 + 2)].

**MUSIC:** (45rpm record) Duquesne Tamburitzaans, DuTam 1001B; (CD) Yves Moreau, *Bulgarian Folk Dances #2*; (CD) Yves Moreau, *Bulgarian Folk Dances, Vol. 5*; (CD) Yves Moreau, *Bulgarian Folk Dances, Texas Camp 2002*; ([www.youtube.com/watch?v=33NmYtVF3S4](http://www.youtube.com/watch?v=33NmYtVF3S4)) Arany Zoltan, *Folk Music from Macedonia (Dvajspetorka)*; (mp3 download) Panacea; (DVD) Yves Moreau, *Bulgarian Folk Dances, V015*.

**FORMATION:** Short mixed lines, facing slightly R of center, belt hold (L over R).

**STYLING:** Moderately heavy with the upper body straight and erect and sharp, slightly bouncy steps.

### DANCE DESCRIPTION

Meas. Ct.

#### BASIC STEP – RIGHT AND LEFT WITH DOUBLE BOUNCES

- |      |   |                                                        |
|------|---|--------------------------------------------------------|
| 1    | 1 | Step to R to R.                                        |
|      | 2 | Lift on R, bringing L across in front of R.            |
|      | 3 | Step on L across in front of R.                        |
| 2    |   | Repeat Meas. 1.                                        |
| 3    | 1 | Step to R to R.                                        |
|      | 2 | Step on L across in back of R.                         |
|      | 3 | Step to R on R, closing L to R.                        |
| 4-5  |   | Bounce twice on heels with weight predominantly on R.  |
| 4-6  |   | Repeat Meas. 1-3 with opposite footwork and direction. |
| 7-12 |   | Repeat Meas. 1-6.                                      |

#### BASIC STEP – FORWARD AND BACK WITH DOUBLE HEEL TAPS

- |   |   |                                                                        |
|---|---|------------------------------------------------------------------------|
| 1 | 1 | Step forward on R. Note: L knee may be crossed slightly in front of R. |
|   | 2 | Lift on R, bringing L forward ahead of R.                              |
|   | 3 | Step on L ahead of R.                                                  |
| 2 |   | Repeat Meas. 1.                                                        |
| 3 | 1 | Step on R beside L.                                                    |

- 2 Step on L beside R, raising R heel slightly in front.
- 3 Tap R heel slightly forward.
- 4 Leap onto R in place, raising L heel slightly in front.
- 5 Tap L heel slightly forward.
- 4-6 Repeat Meas. 1-3 with opposite footwork and direction.
- 7-12 Repeat Meas. 1-6.

#### RIGHT AND LEFT WITH SINGLE HEEL TAPS

- 1-2 Repeat Meas. 1-2 of Basic Step – Right and Left.
- 3 1 Step to R to R.
- 2 Step on L across in back of R.
- 3 Step to R on R.
- 4 Lift on R, raising L heel slightly in front.
- 5 Tap L heel slightly forward.
- 4-6 Repeat Meas. 1-3 with opposite footwork and direction.
- 7-12 Repeat Meas. 1-6.

#### RIGHT AND LEFT WITH DOUBLE HEEL TAPS

- 1-2 Repeat Meas. 1-2 of Basic Step – Right and Left.
- 3 1 Step to R to R.
- 2 Step on L across in back of R, raising R heel slightly in front.
- 3 Tap R heel slightly forward.
- 4 Leap onto R in place, raising L heel slightly in front.
- 5 Tap L heel slightly forward.
- 4-6 Repeat Meas. 1-3 with opposite footwork and direction.
- 7-12 Repeat Meas. 1-6.

#### RIGHT AND LEFT WITH SCISSORS

- 1-2 Repeat Meas. 1-2 of Basic Step – Right and Left.
- 3 1 Step to R to R.
- 2 Step on L across in back of R.
- 3 Step to R on R, extending L toe forward and low.
- 4 Step on L beside R, extending R toe forward and low.
- 5 Step on R beside L, extending L toe forward and low.
- 4-6 Repeat Meas. 1-3 with opposite footwork and direction.
- 7-12 Repeat Meas. 1-6.

#### FORWARD AND BACK WITH DOUBLE HEEL TOUCHES

- 1-2 Repeat Meas. 1-2 of Basic Step – Forward and Back.
- 3 1 Step on R beside L.
- 2 Step on L beside R, raising R heel slightly in front.
- 3 Touch R heel diagonally forward to R.
- 4 Touch R heel straight forward.
- 5 Step on R in place.
- 4-6 Repeat Meas. 1-3 with opposite footwork and direction.
- 7-12 Repeat Meas. 1-6.