

Sâbrali sa se, Sâbrali

(Rhodopes, Bulgaria)

Sâbrali sa se, Sâbrali (Suh-BRAH-lee sah seh, suh-BRAH-lee) is from the Western Rhodopes, where there are strong concentrations of Bulgarian Moslems. This is a women's singing dance often danced in the small courtyards or balconies. Neda Voda Nalivala is another dance in this category. This dance was presented by Yves Moreau at the 1999 Kolo Festival in San Francisco, California, as well as at a number of other locations in the following years.

Music: 7/8 + 9/8 Meter, (1-2-3, 1-2, 1-2) + (1-2, 1-2-3, 1-2, 1-2) S, Q, Q + Q, S, Q, Q (last slow count is "stretched"), counted as 1, 2, 3, 4, 5, 6.

Bulgarian Folk Dances, Volume 4, introduced by Yves Moreau

Video: Use the search function on YouTube for "Sabrali sa se dance."

Formation: Open circle or line, facing center with weight on L, hands joined in W-pos.

Steps & Styling: Light and proud.

Meas	7/8 + 9/8 meter	PATTERN
2		INTRODUCTION. No action.
	I.	MOVING RIGHT.
1		Moving R, step R to R (ct <u>1</u>); step L behind R (ct 2); step R to R (ct 3); step L in front of R (ct 4); slowly bring R in front of L, with a bent knee (ct <u>5</u>); hold (ct <u>6</u>).
2		Step R to R (ct <u>1</u>); step L in front of R (ct 2); step R in place (ct 3); step L next to R (ct 4); step R, toes first, next to L (ct <u>5</u>); step L, toes first, next to R while lowering heels (ct <u>6</u>).
3-4		Repeat meas 1-2.
	II.	MOVING TOWARD CENTER AND BACK.
1		Facing ctr and moving fwd, swing R up and in front of L (ct <u>1</u>); small lift on L and swing R fwd (ct 2); step R fwd (ct 3); step L fwd (ct 4); step R fwd L, rising onto the balls of the feet (ct <u>5</u>); slowly step L, toes first, next to R while lowering heels (ct <u>6</u>).
2		Repeat meas 1 with opp ftwk and moving bkwd on cts 3-5.
3-4		Repeat meas 1-2.

Sequence: Repeat as noted above until the end of the music. The dance ends while doing Fig I to a repeat of usual Fig II music. Music pauses and slows down noticeably, so cts 4-6 should be done to match the slowed tempo.

Lyrics

Sabrali sa se, sabrali, malkine momi srednine.
Popreli kolko, popreli, legnali da se zaspali.
Spali sa, kolko pospali, porvasa moma razbudi.
Porvasa moma razbudi i si na družki vikaše.
Stanite, družki, da vidim, mari, komu kakvo e lipsalo.

They gathered, gathered, the school-aged girls.
They lay down, lay down to sleep.
They were asleep, how sleepy they were.
The first girl woke up and called out to her friends.
Get up, friends, let's see who is missing what.

Mene e, družki, lipsalo na bela šijka gerdanče.
Vtora mominka vikaše, mari, mene e, družki, lipsalo,
mene e, družki, lipsalo, mari, na tjonko krošče kolanče.

Friends, I am missing, from my white neck, a necklace.
The second girl called out, my friends, I'm missing,
from my waist, a little belt.

Treta mominka vikaše, mene e, družki, lipsalo
Mene e, družki, lipsalo, mari, na tjonka snažka sukmanče.

The third girl called out, I'm missing, friends
From my slender body, my sukmanče (dress).