

**SOBRALI MI SE NABRALI**  
**Rhythm 7/8 b + 9/8 b – SQQ + QSQQ**  
**From Rhodopimnts.**

This mixed rhythm is very unusual for Rhodopi folk area. You can't find authentic folk dance with this rhythm. That's way, I have created this one. It is a female style from Rhodopi. The dance is done in an open circle, to the right side – LOD. Hands held down. The dance has one figure, what we dance to the right side in the circle with the song and forward and backward-toward the center – during the instrumental part of the melody.

**Figure 1 – 2 meas. - facing LOD – R side in the circle. Arms:** Hold down in V pos.

Meas.1

- 7/8 b** 1.Step on R ftfwd to LOD  
2.Lift on R ft, while L ft is drawing a vertical circle fwd  
3.Step on R ftfwd

- 9/8 b** 1.Touch R toes across L ft, while slightly bending the body fwd  
2.Leap onto R ftfwd  
+ Leap onto L ftfwd

- 3.Step on R ftfwd  
4.Step on L ftfwd

Meas.2

- 7/8 b** 1.Step on R ftfwd to LOD  
2.Touch L toes fwd with open knee  
3.Hold

- 9/8 b** 1.Step on L ftbkwd – to L side in the circle, but keep facing fwd to LOD  
2.Big step on R ftbkwd– to L side in the circle, but keep facing fwd to LOD  
3.Step on L ftbkwd – next to R ft  
4.Hold

**Figure 2 – 2 meas. – facing center**

Meas.1 **Arms:** V pos. - down

- 7/8 b** 1.Step on R ft in place, while **turning to facing center**  
2.Lift on R ft  
3.Step on R ft in place

- 9/8 b** 1.Touch R toes across L ft, while slightly bending the body fwd  
2.Leap onto R ftfwd – **toward center**  
+ Leap onto L ftfwd

- 3.Step on R ftfwd  
4.Step on L ftfwd

Meas.2

- 7/8 b** 1.Step on R ftfwd toward center  
2.Touch L toes fwd with open knee  
3.Hold

**Arms:** Go up to W pos.

- 9/8 b** 1.Step on L ftbkwd **Arms:** Go down to V pos.  
2.Big step on R ftbkwd  
3.Step on L ftbkwd– next to R ft  
4.Hold

**Sequence:** Introduction – 4 meas.

Figure 1 – 2 meas. – 2 times – during the song;

Figure 2 – 2 meas. – 2 times – during the instrumental part of the melody. Alternate them in this order.

*Produced and Presented by IlianaBozhanova&TodorYankov - 2016*