

DONA

Pirin folk area

Dona is a variation of *Shirto* dance from Pirin folk area. It is a mixed, led dance, basically LOD is to the right side in the circle. The hands are held in W position.

METER: 7/8 SQQ PATTERN

Meas Count

Introduction – 14 meas.

Figure 1 – 8 meas.

- | | | |
|----------|--|-----------------------------|
| 1 | Facing center | Arms: In W position |
| 1 | Lift on L ft | |
| + | Step on R ft to R side | |
| 2 | Step on L ft behind R ft | |
| 3 | Step on R ft to R side | |
| 2 | Facing LOD | |
| 1 | Lift on R ft | |
| + | Step on L ft across R ft | |
| 2 | Step on R ft fwd to LOD | |
| 3 | Step on L ft across R ft | |
| 3 | Facing center | Arms: Go down to V position |
| 1 | Lift on L ft | |
| + | Step on R ft across L ft | |
| 2 | Step on L ft to L side | |
| 3 | Step on R ft behind L ft | |
| 4 | Facing center | Arms: Go back to W position |
| 1 | Lift on R ft | |
| + | Step on L ft next to R ft | |
| 2 | Step on R ft across L ft | |
| 3 | Step on L ft behind R ft | |
| 5 | Facing center | |
| <u>1</u> | Kick very softly with R ft fwd, toward center, while lifting with L ft | |
| 2 | Lift on L ft and keep R ft in the air | |
| 3 | Step on R ft fwd | |
| 6 | Facing center | |
| <u>1</u> | Kick very softly with L ft fwd toward center, while lifting with R ft | |
| 2 | Lift on R ft , while moving L ft bkwd | |
| 3 | Step on L ft bkwd | |
| 7 | Facing center | |
| <u>1</u> | Step on R ft bkwd | |

- 2 Touch L toes next to R ft
- 3 Hold (Pause)
- 8 Facing center
- 1 Soft kick with L ft fwd -drawing a low horizontal circle from front to left and behind
- 2 Lift on R ft, L ft continues drawing the circle
- 3 Step on L ft behind R ft

Figure 2 – 4 meas.

- 1 Facing diagonally right Arms: In W position
- 1 Lift on L ft
- + Step on R ft fwd diagonally right
- 2 Step on L ft fwd diagonally right
- 3 Step on R ft fwd diagonally right
- 2 Facing diagonally right
- 1 Lift on R ft
- + Step on L ft fwd diagonally right
- 2 Step on R ft fwd diagonally right
- 3 Step on L ft fwd diagonally right
- 3 Facing center Arms: Go down to V position
- 1 Lift on L ft
- + Step on R ft bkwd
- 2 Step on L ft bkwd
- 3 Step on R ft bkwd
- 4 Facing center Arms: Go back to W position
- 1 Lift on R ft
- + Step on L ft next to R ft
- 2 Step on R ft across L ft
- 3 Step on L ft behind R ft

Sequence: Introduction – 14 meas.

Figure 1 – 8 meas. x 3 times – with the song;

Figure 2 – 4 meas. x 3 times – with the instrumental part of the melody.

Alternate the figures in this way to the end of the melody.