

BOIMITSA

(Macedonia, Greece)

Boimitsa, along with similar dances such as Ti Kles Kaimeni Maria, Tou Katsamba, and Kale Maria, comes from Alexandria (formerly Gida), Imathia County, Macedonia. Boimitsa takes its name from a town near Alexandria. It is an interesting 6-measure dance starting in a slow, almost unidentifiable rhythm and graduates into a fast 11/16 which is danced like a Syrtos or Kalamantianos. As learned from Irini Loutzaki and Elefteris Drandakis.

FORMATION: Line or open circle. Arms can be anywhere from V-pos to W-pos, facing R of ctr.

RHYTHM: In the slow music (Part I), musicians usually follow the lead dancer with dancer's cts 1, 2, 3 (S, Q, S). The fast music is 11 / 16 meter counted 1-2-34 (S), 5-6-7 (Q), 8-9-10-11 (S) with dancer's cts 1, 2, 3.

METER: S,Q,S and 11/16

PATTERN

Meas Count

SLOW PART (Repeat until music speeds up.)

- | | |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1(S) Step fwd on R
2(Q) step fwd on L in front of R
3(S) touch R near L instep and hold. |
| 2 | all Repeat meas 1. |
| 3 | 1 Facing ctr, step on R to R side and lift L leg, straight, low, and in front of R ft
2 bend R knee
3 bend R knee again and bring L ft sharply around and in back of R. |
| 4 | 1 Step back onto L bending both knees
2 lift R ft, knee straight, low and in front of L ft bending L knee
3 bend L knee and draw R ft sharply around and in back of L ft. |
| 5 | all Repeat meas 4 with opposite footwork. |
| 6 | 1 Step on L to L
2 touch ball of R ft beside L ft
3 hold (or bounce on L). |

FAST PART (11/16)

- | | |
|---|---------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1(S) Facing ctr, step on R to R
2(Q) step on L across and behind R
3(S) turning to face slightly R of ctr, step fwd on R. |
| 2 | 1(S) Step fwd on L
2(Q) step fwd on R
3(S) step fwd on L. |
| 3 | 1(S) Step on R to R side
2(Q) touch ball of L near R instep
3(S) hold. |
| 4 | all Repeat meas 3 with opposite footwork and direction. |

NOTE: As music becomes faster, the "touches" on ct 2, measures 3 and 4 become 2 bounces on the supporting foot. Hold free foot close to supporting heel. Also, as the music speeds up, dancers begin to add hops and even turns.