


KAMIŠICA

- TRANSLATION : The title, a girl's name, is taken from the first line of the accompanying folksong :
Oj mišice, lele, Kamišice
(Oh, you sweetheart, dear, Kamisice).
- ORIGIN : This is a very popular dancesong from
Zapad na Trakija (West Thrace)
- MUSIC : LP "Folk Dances from Bulgaria - 3"
by Jaap Leegwater JL 1985.01 Side 1, Band 7.
- SOURCE : Learned by Jaap Leegwater as a student at the State Choreographer's School in Plovdiv from Georgi Sismanov in 1972 and 1975.
The dance belongs to the basic repertoire of many dancecourses in Bulgaria and is also described in *Terminologia na Bâlgarski narodni hora*.
- METER : 7/8 
- STYLE : Fairly light and sharp movements
- FORMATION : Half circle, hands joined at the sides (V position).
- INTRODUCTION : 8 measures
The dance consist of two parts; the melody of the original song (Part 1-3) which is slow and the instrumental interlude (Part 1-4) which is faster.

<u>MEAS</u>	<u>PATTERN</u>	<u>SLOW PART "SONG"</u>
		<u>Part 1 Sviivka</u>
1	facing ctr, moving sdwd R, step on R ft (ct 1), bounce on R ft, moving L leg with L knee straight close along the floor in front (ct 2), step on L ft in front of R ft (ct 3)	
2	repeat action of meas 1	
3	step on R ft with slight knee bending (ct 1), bounce on R ft, lifting L knee in front (ct 2), hold (ct 3)	
4	repeat action of meas 3 with opp tfwk & directions	
5-16	repeat action of meas 1-4 three more times	

(OVER)

MEAS PATTERN Part 2 na peta (heel)

- 1-2 repeat action of meas 1-2 of Part 1
- 3 step on R ft with slight knee bending (ct 1),
 strike L heel on the floor diag R fwd (ct 2),
 strike L heek on the floor straight fwd (ct 3)
- 4 repeat action of meas 3 with opp ftwk and directions
- 5-16 repeat action of meas 1-4 three more times

Part 3 na prâsti - peta (toe - heel)

- 1-3 repeat action of meas 1-3 of Part 2
- 4 tap L toes, with L heel turned out, diag R bkwd,
 looking acroos R shoulder (ct 1)
 move R leg diag R fwd (ct 2),
 strike R heel on the floor diag R fwd (ct 3)
- 5-16 repeat action of meas 1-4 three more times

FAST PART "INSTRUMENTAL INTERLUDE"

Part 1

- 1 facing diag R, moving sdwd R,
 step on R ft (ct 1), hop on R ft, swinging L leg with
 L knee bend up (ct 2),
 step on L ft across in front of R ft (ct 3)
- 2 turning face ctr, dancing in place,
 low leap onto R ft, extending L ft along
 the floor fwd (ct 1),
 shift wt on L ft in place, extending R ft
 along the floor fwd (ct 2),
 shift wt on R ft in place, extending L ft
 along the floor fwd (ct 3)
- 3 step on L ft sdwd L (ct 1),
 step on R ft in front of L ft (ct 2),
 step back on L ft in place (ct 3)
- 4-18 repeat action of meas 1-3 five more times

Nošica RLR
("Sciccors")

(CONT'D)

MEAS PATTERN

Part 2

- 1 repeat action of meas 1 of Part 1
- 2-3 facing ctr, dancing in place :
Nošica RLR, LRL
- 4 fall onto R ft, swinging L heel behind (ct 1),
low hop (or čukče) on R ft, swinging L knee
sharply in front (ct 2),
stamp with L heel, without wt, next to R toes (ct 3)
- 5 repeat action of meas 4 with opp ftwk
- 6-7 repeat action of meas 2-3 of Part 1
- 8-14 repeat action of meas 1-7

Part 3

- 1 facing ctr., moving sdwd R,
step on R ft followed by a step on L ft across
in front of R ft (ct 1), step on R ft (ct 2),
step on L ft across behind R ft (ct 3)
- 2-3 repeat ction of meas 2-3 of Part 1
- 4-18 repeat action of meas 1-3 five more times

Part 4

- 1-3 repeat action of meas 1-3 of Part 2
 - 4 facing ctr, moving sdwd R with ft in 4th position
(L ft in front),
low leap onto R ft followed by a step on L ft
in front of R ft (ct 1),
fall onto R ft, swinging L heel up, diag L turned
out (ct 2), step on L ft in front of R ft (ct 3) } Pričukvane
 - 5 repeat action of meas 4
 - 6-7 repeat action of meas 2-3 of Part 1
 - 8-13 repeat action of meas 1-6
 - 14 low leap onto L ft (ct 1), low hop on L ft, lifting
R knee in front (ct 2),
stamp R ft, without wt, next to L toes (ct 3)
- N.B. Repeat the whole dance one more time from the beginning

K A M I Š I C A

Oj, mišice, lele, Kamišice,
pomete le, lele, ravni dvori,
nameri li, lele, krivo pero,
krivo pero, lele, paunovo.

Pomela sâm, lele, ravni dvori,
pomela sâm, lele, ravni dvori,
ne namirih, lele, krivo pero,
krivo pero, lele, paunovo.

Hodi li, mišice, da go târsiš
hodi li, mišice, da go târsiš
ot dvorite, lele, do megdane,
ot megdana, lele, do bunara?

Hodila sâm, lele, da go târsja
hodila sâm, lele, da go târsja
ne namirih, lele, krivo pero,
naj namirih, ludo mlado.