

## KAMASHITSA

## KAMASHICA

Taught: March 7, 1964 Balken Coop  
 Source: Dick Monson, San Francisco  
 Music: Folklore dances of Bulgaria - LP-B-4000, Side 1, Band 2  
 Rhythm: sevens - slow, quick, quick  
 Formation: short lines, belt hold for men.  
 women in one line, hand hold up  
 at shoulder level for first half,  
 brought down to low hand hold for  
 fast part.

Men's dance -  
 Steps are changed by the leader calling  
 "Novo"

Basic - Slow

- 1 Step R to R - lift L in front of R - step L  
                     slow                      quick                      quick  
                     to R crossing in front of R.
- 2 Step R to R lifting L in front of R - Hold.  
                     slow                      quick-quick
- 3 Step L to L, lifting R in front of L - Hold  
                     slow                      quick-quick

## Variations -

Heel taps:

- 1 As above
- 2 Step R to R, tap L heel at R heel and R toe -  
                     slow                      quick                      quick  
                     (turning and bending body to look at feet  
                     as heel taps made)
- 3 Step L to L, tap R heel at L heel and L toe -  
                     slow                      quick                      quick  
                     (turning and bending body to look at feet  
                     as heel taps made)

Heel &amp; Toe taps:

- 1 As above
- 2 As above
- 3 Step L to L, tap R toe at L heel - looking over  
                     slow                      quick-quick  
                     Right shoulder to look at feet as toe tap made.

*Continued...*

KAMASHITSA - continued

Basic - Fast

- 1 Step R to R - Hop on R swinging L across - step L  
slow quick quick
- 2 Step R beside L extending L - scissors kick L-R  
slow quick-quick
- 3 Step L in place - step R across L - step back on  
slow quick quick  
L in place (pas de bas)

Variations:

Syncopated: (Lame-Duck step)

- 1 Putting little weight on R, step R toe to R,  
"and"  
step L across R, accenting by falling onto L -  
slow  
Step R to R, step L behind R

2-3 As above

In place:

- 1 Step R in place - hop on R swinging L in small  
slow quick  
circle up - step on L in place, extending R  
quick
- 2-3 As above