

# KAMIŠICA

BOLG

Description: A dance from the Pazardžik area.

Rhythm: 7/16

Starting Position: Men at the head and end of the line (belt hold), women in the center (hand hold "W" position).

## Measure Pattern 1 (Slow)

- 1 Facing ctr, step sdwd R on R ft (ct 1) A slight "lift" on R ft while L ft crosses in front of R ft, knee bent (ct 2) Cross & step on L ft in front of R ft (ct 3).
- 2 Step sdwd R on R ft (ct 1) Raise L knee high while rising slightly on R heel (ct 2) Lower R heel (ct 3).
- 3 Rpt meas 2 only with opp ftwk & direction.

## Pattern 2 (Slow)

- 1 Same as Pattern 1, meas 1.
- 2 Step sdwd R on R ft (ct 1) Tap L heel diag fwd L (ct 2) Tap L heel diag fwd parallel to R ft (ct 3).
- 3 Same as meas 2 only with opp ftwk & direction.

## Pattern 3 (Slow) "Toe-heel"

- 1 Same as meas 1, Pattern 1.
- 2 Step sdwd R on R ft (ct 1) Touch L toe slightly in front of R ft, L knee turned in (ct 2) Touch L heel in same place, L knee turned out (ct 3).
- 3 Reverse ftwk & direction of meas 2.

## Pattern 1 (Fast) Basic Moving

- 1 Facing slightly & moving R, step on R ft (ct 1) Hop on R ft (ct 2) Cross & step on L ft in front of R ft (ct 3).
- 2 Facing ctr three scissors steps in place (R,L,R).
- 3 Facing ctr, small step sdwd L on L ft (ct 1) Cross & step on R ft in front of L ft (ct 2) Step on L ft in place (ct 3).

## Pattern 2 "Stamps"

- 1 - 2 Facing ctr, same as meas 1-2, Pattern 1 only in place.
- 3 Chug slightly bkwd on both ft (ct 1) Hop on L ft, raising R knee (ct 2) Stamp R heel slightly fwd (ct 3).
- 4 Same as meas 3 only opp ftwk.
- 5 Rpt meas 3.
- 6 Three scissors steps (R,L,R) in place.
- 7 Same as Pattern 1, meas 3.

## Pattern 3 Women's Step

- 1 - 2 Same as Pattern 2
- 3 Three scissors steps in place (L,R,L).
- 4 Two quick steps (R,L) in place or moving slightly fwd (ct 1) Step on R ft in place (ct 2) Step on L ft in place (ct 3).
- 5 Rpt meas 4 in place or moving slightly bkwd.
- 6 - 7 Same as Pattern 2, meas 6-7.

## Pattern 4 Variation of Pattern 1

- 1 Facing ctr & moving sdwd R, two quick steps (R,L) L ft behind R ft (ct 1) Step sdwd R on R ft (ct 2) Step on L ft in front of R ft (ct 3).
- 2 - 3 Same as meas 2-3, Pattern 1.

## Suggested Sequence:

- 3 X Pattern 1 moving R
- 1 X Pattern 2 (Pattern 3 for women)
- 3 X Pattern 1 in place
- 1 X Pattern 2 (Pattern 3 for women)
- Rpt above sequence until end of record. Use Pattern 4 to finish.