

KAMIŠICA

(Bulgaria - Thrace)

Kah-meeh-SHEEH-tсах

Source: Michel Cartier as learned in Bulgaria 1957. Dance originates from villages around Pazardzik, Western Thrace.

Music: Folklore Dances of Bulgaria LP-B-4000, side 1, band 2 or Folk Dancer MH LP-104

Meter: 7/8 or 7/16 1-2-3, 1-2, 1-2 or 1-2-3, or SLOW-quick-quick

Formation: Mixed lines M & W. Belt hold (L over R). Wt on L ft, face center.

Styling: Slight knee-bend. Small and sharp movements. Proud. Not as heavy as East Thracian dancing.

Measure

PATTERN

FIGURE I (Basic "Lesnoto")

- 1 Facing mostly ctr & moving R step on R (1) small lift onto R ft (2) step onto L across R (3)
- 2 Facing ctr, step onto R (1) Raise L leg up, bent knee (2) Hold (3)
- 3 Repeat pattern of meas. 2 reversing direction and footwork
- 4-15 Repeat pattern of meas 1-3

FIGURE II (Heel-touch)

- 1 Repeat pattern of meas. 1 FIG. I
- 2 Facing ctr, step onto R in place at the same time extending L leg diag. to L (1) touch L heel twice on ground first at angle of about 60° then again at 30° angle. Upper body and head follow direction of foot during this action (2-3)
- 3 Repeat pattern of measure 2 reversing direction & ftwork
- 4-15 Repeat pattern of meas. 1-3

FIGURE III (Heel & Point)

- 1-2 Repeat pattern of measures 1-2 FIG. II
- 3 Turn to face R step onto L ft (1) point R toe towards back with bent knee (2) repeat action of ct 2 (3)
- 4-18 Repeat pattern of meas. 1-3

FIGURE IV (Faster music-basic)

- 1'-15 Repeat pattern of FIG. I meas 1-15 but at faster speed. The "lifts" now become sharper small hops. Instead of holding on ct 3, hop again.

Cont
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Measure

PATTERN

FIGURE V (Scissors)

- 1 Repeat pattern of Fig. IV meas. 1
- 2 Facing ctr, three scissor steps(R-L-R)
- 3 Small step on L to L (1) step onto R ft crossing in front of L (2) step onto L ft (3)
- 4-12 Repeat pattern of meas 1-3

FIGURE VI (In Place)

- 1 Facing ctr, step onto R in place (1) Hop on R ft, L leg starts to go fwd and up (2) L leg continues motion down, step onto L (this is commonly known as a "back bicycle step" (3)
- 2 Repeat pattern of Fig. V , meas. 2 (scissors)
- 3 Transfer sharply wt from R onto L with a "cutting" step of L in front of R (1) Hop on L ft bringing R leg forward straight (2) Hold (3)
- 4 Repeat pattern of meas 3 reversing ftwork
- 5 Repeat pattern of meas 3
- 6-7 Repeat pattern of Fig. V, meas. 2 & 3

Number of times for Figs. V & VI depend on leader. Usually when FIG. VI is started it goes on till end of music.

Description by Yves Moreau