

POMAŠKO ŠIRTO

(Bulgaria)

This dance is done by the "pomaks" (Bulgarian moslems) from the Western Rhodope region where it intersects with the Pirin Macedonian region. The dance is often referred to as a Širto because of its similarity to the Greek syrtó.

Music: *Yves Moreau workshop cassette*

Rhythm: 7/8, counted here as 1-2-3, 1-2, 1-2 or 1, 2,3 (S-Q-Q)

Formation: Mixed lines, "W" pos. Face slightly R of ctr, wt on L

Style: Somewhat heavy and proud

Meter 7/8

Pattern

Introduction - Slow gajda impro. Dance can begin with any musical phrase

Basic pattern

- 1 Step on R in LOD (1) step on L in LOD (2) step on R in LOD (3)
- 2 Repeat pattern of meas 1 in same direction but starting with L
- 3 Facing ctr, step on R to R (1) step on L in front of R (2) step on R in place (3)
- 4 Repeat pattern of meas 3 with opp direction and ftwrk
- 5 Facing ctr, step fwd on R (1) step fwd on L (2) pause (3)
- 6 Large step fwd on R with slight flexion (1) lift onto R, simultaneously bringing L behind R calf (2) pause (3)
- 7 Step back from ctr onto L (1) step back onto R (2) pause (3)
- 8 Step on L to L (1) turning to face LOD, step fwd on R (2) step fwd on L (3)

Dance repeats from beginning

Description by Yves Moreau