

## Pomaško Širto<sup>✓</sup> (Bulgaria)

Dance of the Pomaks, who are Muslims. The first part of the dance is related to the Greek Syrtos.

7/8

Originally taught by Yves Moreau, Notes by Andrew Carnie Sept 3, 2003

Open circle with arms in W position

Bar 1 in LOD

S	Q	Q
R	L	R
→	→	→

Bar 2 in LOD

S	Q	Q
L	R	L
→	→	→

Bar 3 facing Center

S	Q	Q
R	Lift L	hold
→	•	•

Bar 4 facing Center

S	Q	Q
L	Lift R	hold
←	•	•

Bar 5 Traveling into the center

S	QQ
R	L
↑	↑

Bar 6 Traveling into the center

S	QQ
R	Bring Left leg up behind R knee
↑	•

Bar 5 Backing out of center

S	QQ
L	R
↓	↓

Bar 8, out of center turning to LOD

S	Q	Q
L	R	L
↙	↙	↗