

Shvrlig

This is a male-female dance from the region of Pchinja, South-East Serbia. SHVRLIG dance has 3 figures, each comprising 11 measures.

Meter: 2/4

Starting position: The dancers stand in a semi-circle facing the center, V hold.

Figure 1 (11 measures)

First measure:

At "one" - squat step on R foot to R

At "and" – pause

At "two" - step on L foot to R

At "and" - step on R foot to R

Second measure:

At "one" - squat step on L foot to the R

At "and" – pause

At "two" - step on R foot to the right

At "and" - cross step on L foot backward on the L, facing the center

Third measure:

At "one" - step on R foot to the right, facing the center

At "two" - cross step on L foot forward the R

At "two" - step on R foot to the right

At "and" - cross step on L foot backward on the L, facing the center

Fourth measure:

At "one" - squat step on R foot facing the center

At "and" – pause

At "two" - step on L foot on the spot (in place)

At "and" - step on R foot in place

Fifth measure:

At "one" - squat step on L foot facing the center

At "and" – pause

At "two" - step on R foot on the spot (in place)

At "and" - step on L foot in place

Sixth measure:

At "one" - squat step on R foot on the spot

At "and" – pause

At "two" - step on L foot to the left facing the center
At "and" - cross step on R foot behind the L-

Seventh measure:

At "one" - step on L foot to the left
At "and" - cross-step on R- foot in front of L-
At "two" - step on L-foot to the left
At "and" - cross-step on R- foot behind L-

Eight measure:

At "one" - squat step on L-foot to the left
At "and" - pause
At "and" - step on R-foot on the spot
At "two" - step on L-foot on the spot

Ninth measure:

At "one" - squat step on R-foot on the spot
At "and" - pause
At "two" - step on L-foot to the left,
At "and" - cross step on R- foot behind the L-

Tenth measure:

At "one" - step on L-foot to the left
At "and" - cross-step on L- foot in front of the the R-
At "two" - step on L-foot to the left
At "and" - cross-step on R- foot behind the L-

Eleventh measure:

At "one" - squat step on L-foot in place (the body turns to the right)
At "and" - pause
At "two" - step on R-foot on the spot
At "and" - step on L-foot in place

Second figure:

1-4 measure as 1-4 measure of First figure

Fifth measure:

At "one" - squat step on L-foot backward facing the center
At "and" - pause
At "two" - step on R-foot in place
At "two" - step on L-foot in place

Sixth measure:

At "one" - step on R-foot backward facing the center
At "and" - pause
At "two" - step on L- foot to the left facing the center
At "two" - cross step on R- foot behind the L-

7-11 as 7-11 measure of First figure

Third figure:

1-8 measure as 1-8 measure of First figure

Ninth measure:

At "one" - squat step on R-foot on the spot
At "and" - pause
At "two" - L-foot touch the ground on the left
At "and" - pause

Tenth measure:

At "one" - L-foot touch the ground forward
At "and" - pause
At "two" - L-foot touch the ground on the left
At "and" - pause

Eleventh measure:

At "one" - squat step on L-foot in place (the body turns to the right)
At "and" - pause
At "two" - step on R-foot on the spot
At "and" - step on L-foot in place