

Pitat Me, Mamo

(Pirin, Bulgaria)

This is a “Sta Dya” (two-step type) dance from southwestern Bulgaria arranged by and learned from Belčo Stanev.

MUSIC: Seminar CD

RHYTHM: 9/8 Dancers counts: 1 2 3 4

FORMATION: Open circle, “W” hold.

METER: 9/8 Q S Q Q

PATTERN

Meas

INTRODUCTION (8 measures)

BASIC

- 1 Facing center, step R in front of L (ct 1); step L in place (ct 2); turning to face R of center, lift on L (ct 3); step R fwd (ct 4).
- 2 Step L fwd (ct 1); step R fwd (ct 2); lift on R (ct 3); step L fwd (ct 4).
- 3-4 Repeat meas 1-2.
- 5 Facing center, step R slightly fwd (ct 1); step L slightly fwd (ct 2); lift on L (ct 3); step R fwd (ct 4);
- 6 Touch L heel diag L (ct 1); touch L heel fwd (ct 2); lift on R (ct 3); step L fwd (ct 4).
- 7-8 Repeat meas 5-6.

TRANSITION (Instrumental interlude)

- 1 Facing R of center, lift on L (ct 1); step R fwd (ct 2); lift on R (ct 3); step L fwd (ct 4).
- 2 Step R fwd (ct 1); step L (ct 2); lift on L (ct 3); step R fwd (ct 4).
- 3-4 Reverse action of meas 1-2 still moving fwd to R.

Presented by Stephen Kotansky at the Laguna Folkdancers Festival 2003