

KOSTADINE MILI SIN

(Pirin, Bulgaria)

Kostadin, Dear Son is a song from Pirin and Macedonia about Kostadin Nunkov, a Macedonian revolutionary at the turn of the 20th Century. There are versions of this song in 3/4, 5/8, 6/8, and 7/8 meters. The dance described below will be the 3/4-time version, but could just as easily be danced in 5/8 time. Source: Maria Karaleeva Eftimova



Pronunciation: Kohs-tah-DEE-neh MEE-lee SEEN
 Formation: Open circle with arms up in “W” position
 Music: 3/4 danced as 1- 2 quick - slow

Meas

- 1 Facing and moving twd center, lift on L raising R slightly up and fwd (ct 1); step R fwd (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Repeat meas 1.
- 4 Touch L fwd with knee extended (ct 1); hold (ct 2)
- 5 Backing away from center, lift on R (ct 1); step L back (ct 2).
- 6 Repeat meas 5 with opp ftwk, continuing to back away from center.
- 7 Repeat action of meas 4 (Touch-Hold)
- 8 Repeat action of meas 5.
- 9 Touch R diag out to R side (ct 1); hold (ct 2).
- 10 Draw R (heel) to front of R shin (ct 1); hold (ct 2).
- 11 Touch R diag out to R side (ct 1); hold (ct 2).
- 12 Leap onto R to beside L displacing L (ct 1); step L in place beside R (ct 2).
- 13-14 Repeat action of meas 12 with slightly larger movements to the L and accented steps.
- 15 Step R in front of L and begin to bring arms fwd and down (ct 1); step L back to place, arms continue fwd and down (ct 2).
- 16 Lift/hop on L raising R slightly up and in front, hands/arms reach “V” position low and back (ct 1); step R slightly to R while arms return to “W” position (ct 2).
- 17-18 Reverse action of meas 15-16 and arms remain in “W” position.
- 19-36 Repeat action of meas 1-18.
- 37-52 Repeat action of meas 3-18 (16 cts with only 1 Lift – step fwd at beginning).

Syling: During “Touch-Hold” (meas 4 & 7), Maria sometimes touches closer to ct 2 than directly on ct 1, and bends her upper body slightly fwd during all touches.

Presented by Stephen Kotansky
 Statewide 2012