

Presented by Frantisek Bonus

MISTRINSKA
Czechoslovakia

This dance is a Moravian Čardáš

RECORD: Moravian Folk Songs, DV 10236, Side 1, Band 1.

FORMATION: A closed circle, hands joined and down.

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 48 meas (begin dance with slow music)SLOW MUSICFIG. I: DOUBLE ČARDÁŠ, TOUCH, CLAP

- 1-2 Double Čardas to L: Step L to L (ct 1), close R to L with dip (ct 2). Repeat cts 1-2, (cts 1-2).
 3-4 Double Čardas to R.
 5-6 Step L to L, leave R in place (ct 1), touch full R ft in place (ct 2). Close R to L with dip (ct 1), hold (ct 2).
 7-8 Clap hands 3 times (cts 1,2,1).
 9-16 Repeat repeat meas 1-8.

FIG. II: WALKING RIDA + KEY

- 1-6 Move to L (Step R across L, step L to L - walking rida), with 6 walking rida steps.
 7-8 Key: Stamp R across L (ct 1), step L to L (ct 2). Close R to L (ct 1), hold (ct 2).

Repeat Fig. I (meas 1-8), II (meas 1-8), Fig. I (meas 1-8)/

PASTER MUSICFIG. III: PDB & TWIG

- 1-2 Pas de Basque L and R (cts 1&2 1&2)
 3-4 Twig: Step on L, R kicks across L (ct 1), reverse ct 1 (ct 2).
 Jump onto both ft in place (ct 1), hold (ct 2).
 5-8 Repeat meas 1-4.

FIG. IV: WALKING RIDA + KEY

- 1-16 Repeat Fig. II, twice.

Repeat Fig. III, IV.

FAST MUSIC

- 1-8 Repeat Fig. III (PDB + Twig).
 1-8 Repeat Fig. IV, except do 4 walking rida, 2 step-hops + key.
 9-16 Repeat meas 1-8.