

Pirinsko Shirto

(From Dobrinishte and Bansko, northern Pirin mountain region, SW Bulgaria).
Meter: 7/8, (3+2+2 = slow, quick, quick), arms in W hold. Bounces are quite small. This dance can be done to many different pieces of music, especially songs.

Figure 1

Measures:

1. Facing and moving R (LOD). Bounce on L and step R forward (1); step L forward (2); step R forward (3).
2. Repeat 1 with opposite footwork.
3. Repeat measure 1, but backing up: face LOD, move RLD (bounce, back, back, back) Swing arms down, beginning after the bounce, and back up to W position by end of measure.
4. Face center. Bounce on R, step L to L (1); step R to L in front of L (2); step back on L (3). Arms move very slightly to the right (2) and then the left (3).

Figure 2 - Same as Figure 1, except the footwork of measure 3.

Measures:

3. Bounce on L and pivot to face RLOD, step R to L (1); step L to L facing center (2), step R to L (3).

Figure 3 - Same as Figure 2, except measure 4.

Measures:

4. Close L to R bending knees and straighten again (1), do two shallower bounces with feet still together (2-3).

There are many variations and here are some of them:

Men's variation 1 for Figure 3.

Measure 4: Leap onto L, facing center, with knee bent (1), slowly rise, with R foot in

front of L knee (2-3), keep torso upright for this variation.

Men's variation 2 for Figure 3.

Measure 4: Leap onto L, facing center, while swinging R quickly to front, low, in front of

L foot (1); bounce on L while swinging R foot behind L calf (2); bounce on L (3).

Women's variation for Figure 3.

On measure 4, do a 3-step turn counter-clockwise, starting with L.

“STAR MERAK”

("OLD DESIRE")

Singer: Ivan Dyakov

Lyrics:

Na surtse mi na surtse mi
star merak lezhi
na surtse mi na surtse mi
star merak gori.
Dali ima dali ima
negde po sveta
dali ima dali ima
lek za meraka?

Refrain:

Eh lyubov, lyubov, lyubov
ot zvezdi oseyana
ot zvezdi oseyana
i ot sluntse galena.
Ya posloushay mili sine
stara si mayka
nigde neme nigde nema
lek za meraka.
Ot merak se boledouva
ne se umira
dousha ke izleze sine
merak ostava.

Translation:

There is a desire that burns my heart for a long
time.

Is there anywhere in the world a remedy for
desire?

Refrain:

Love, love, love
studded with stars
and caress by sunshine.

Listen to your old mother my son:

There is not anywhere a remedy for desire.
You only can suffer from desire, you won't die.
Your soul might leave you, but your desire
remains
forever.

Described, translated and presented by Yuliyana Yordanov, © 2003