

# 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*