

SHAR PLANINA

MACEDONIA

SHAR PLANINA - SHAR MOUNTAIN

RHYTHM: 7/8 S,Q,Q.

FORMATION: OPEN CIRCLE "W" HAND HOLD

MEAS.

FIG.1

- 1 FACING & MOVING RLOD, STEP ON R FWD, BRING L KNEE UP NEXT TO R.
- 2 REPEAT MEAS. 1 WITH OPPOSITE FTWRK.
- 3 WALK, WALK (R,L)
- 4-6 FACE CENTRE, STEP ON R, LIFT L, STEP ON L, & LIFT R
STEP ON R & LIFT L
- 7 WALK, WALK TO LEFT (L,R)
- 8-10 FACE CENTRE, STEP ON L & LIFT R, STEP ON R & LIFT L
STEP ON L & LIFT R
REPEAT MEAS. 1-10

FIG.2

- 1 TRAVEL TO R - S,Q,Q. R,L,R
- 2 REPEAT MEAS.1 OPPOSITE FTWRK
- 3 WALK, WALK (R,L)
- 4-6 REPEAT MEAS.4-6, FIG.1
- 7 WALK, WALK TO LEFT (L,R)
- 8 FACE CENTRE, STEP ON L & LIFT R

REPEAT DANCE FROM BEGINNING

REMINDER NOTES ONLY BY OLGA

PRESENTED BY OLGA VELOFF SANDOLOWICH

SHAR PLANINA

avalanche down mountain
RASPUKALA, RASPUKALA SHAR PLANINA

AIDE RASPUKALA, RASPUKALA SHAR PLANINA

covered
MI POKLOPI, MI POKLOPI TRI OVCHARA *3 shepherds*

AIDE MI POKLOPI, MI POKLOPI TRI OVCHARA

1st shepherd
PRVI OVCHAR, PRVI OVCHAR I SE MOLI *beag*
come go
AIDE PUSHTI MENE, PUSHTI MENE SHAR PLANINO *mt.*

wife
IMAM ZHENA, IMAM ZHENA SHTO ME ZHALI *my wife will mourn me*

AIDE IMAM ZHENA, IMAM ZHENA SHTO ME ZHALI

2nd
FTORI OVCHAR, FTORI OVCHAR I SE MOLI

AIDE PUSHTI MENE, PUSHTI MENE SHAR PLANINO

2nd
IMAM SESTRA, IMAM SESTRA SHTO ME ZHALI *will mourn me*

AIDE IMAM SESTRA, IMAM SESTRA SHTO ME ZHALI

3rd
TRETI OVCHAR, TRETI OVCHAR I SE MOLI

AIDE PUSHTI MENE, PUSHTI MENE SHAR PLANINO

mother
IMAM MAIKA, IMAM MAIKA SHTO ME ZHALI

AIDE IMAM MAIKA, IMAM MAIKA SHTO ME ZHALI

your wife will mourn you until supper
ZHENA ZHALI, ZHENA ZHALI DEN DO PLADNE *in*

AIDE SESTRA ZHALI, SESTRA ZHALI DUR YE DOMA *sister*

MAIKA ZHALI, MATKA ZHALI DUR DO GROBA *until she leaves home*

AIDE MAIKA ZHALI, MAIKA ZHALI DUR DO GROBA *mother up to her grave*