

SITE MOMI

СИТЕ МОМИ
(Pirin-Bulgaria)

A dance belonging to the *Povrnato* and *Džangurica* family of Macedonian dances. Steps are from the region of Blagoevgrad.

Music: Yves Moreau CD

Meter: 9/8: QQQS or 1-2, 1-2, 1-2, 1-2-3

Formation: Mixed lines or open circle; hands joined down at sides (V pos); wt on L, face R of ctr.

Meter: 9/8

Pattern

Introduction: 8 meas (instrumental). Start dance with song.

Fig. 1: Basic step - Melody A&B - song

- 1 Facing LOD, step on R (1) step on L (2) step on R (3) small hop on R (&) step on L (4)
- 2 Repeat pattern of meas 1
- 3 Facing ctr, step on R to R (1) step on L behind R (2) step on R to R (3) light leap on L to L (&) tep on R in front of L (4)
- 4 Step on L to L (1) step on R behind L (2) step on L to L (3) feet together, bounce twice in place (& 4)
- 5-16 Repeat pattern of meas 1-4, three more times

Fig. 2: Fwd & back - melody C - instrumental

- 1 Facing ctr, two small steps fwd R-L (1,2) light hop on L, at same time bringing R ft up across in front of R shin in a «hook-like» manner (3) two small steps fwd, R-L (& 4)
- 2 Repeat pattern of meas 1
- 3 Still facing ctr, wt on L, lift R knee (&) «push-kick» R ft downward (1) light lift onto L, retracting R knee upwards and back (2) step back onto R (3) two quick steps moving bkwd L-R (& 4)
- 4 Same action as in meas 3 still moving bkwd but with reverse footwrk
- 5-8 Repeat pattern of meas 1-4

Repeat dance from beginning

Presented by Yves Moreau

Description © Yves Moreau

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// Site momi, Done, na oroto, a ti, Done, mome, doma sediš. //

// Hajde, Done, na oroto, premenena, nagizdena. Da razkažeš kleta dušo, pogorela. //

// Site momi, Done, na češmata, a ti, Done, mome, doma sediš. //

// Hajde, Done, na češmata, premenena, nagizdena. Da razkažeš kleta dušo, pogorela. //

// Site momi, Done, na sedenka, a ti, Done, mome, doma sediš. //

// Hajde Done, na sedenka, premenena, nagizdena. Da razkažeš kleta dušo, pogorela. //

Rough translation :

All the young women are at the dance, or at the well or at the *sedenka* but you Dona, you sit at home. Come on down and stop tormenting yourself.