

- SITNO MALIŠEVSKO
Sitno Malishevsko
Bulgarian

History

A dance from the Bulgarian/Macedonian border region. I learnt this dance from Yves Moreau in 2000.

Rhythm

The dance has an even rhythm, fast steps are half the length of slow steps.

Steps

Start in a line in a V hold, facing to the right.

First Part

Take four steps forward, starting with the right.

Turn to face centre take a quick step to the side with the right foot, then step in place with the left and the right (1&2). Repeat this to the left side, with opposite feet.

Do the first part twice.

Second Part

Turn to face right and take two steps forward, starting with the right.

Take three quick steps forward, starting with the right (1&2). Repeat starting with the left.

Turning to face centre step to the side with the right, then lift the left across in front.

Step to the side with the left, cross behind with the right, then turn to face left and step forward with the left.

Hop on the left while extending the right forward.

Stamp on the right, replace the left, then replace the right. This is fast (1&2).

Hop on the right foot while turning to face right, then step forward with the left.

Do the second part twice.

There is a different melody for each part, and the second part lasts twice as long as the first. Once you can hear the sequence in the music, start with the first part.

Music

From **Bulgarian Folk Dances presented by Yves Moreau**, a workshop tape.

I've also used **Maleshevsko** from **Dances of Macedonia and the Balkans** by **Adam Good**.

Dance description by Andy Bettis 5/2003
 Based on Yves Moreau's notes.