

SITNO MALIŠEVSKO

Ситно Малишевско

(Bulgaria - Pirin)

A dance from the border region of Bulgaria and Macedonia. It is related to other dances such as Berovka, Malisevsko and Delčevsko.

Pronunciation: SEET-noh Mah-lee-SHEFF-skoh Hoh-ROH
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Mixed lines, hands down at sides. Face LOD wt on L.
Style: Small, earthy steps, slight knee bend.

Meter: 2/4

Pattern

- 1-16 Introduction (tambura music): No action.
- 1. Basic pattern**
- 1 Travelling in LOD, step on R (1) step on L (2)
2 Repeat pattern of meas 1
3 Facing ctr, do three small steps R-L-R, slightly to R side (1&2)
4 Same as in meas 3 with opp ftwrk
5-8 Repeat pattern of meas 1-4
9 Repeat pattern of meas 1
10 Travelling and facing LOD, three small running steps (R-L-R)
11 Still travelling LOD, three small running steps (L-R-L)
12 Facing ctr heavy step onto R (1) swing L leg across R, with slight lift onto R (2)
13 Facing ctr, step on L to L (1) step on R behind L (2)
14 Facing RLOD, heavy step onto L (1) small hop or lift onto L, extending R leg fwd (2)
15 Strong flat step onto R, upper body leaning slightly fwd (1) sharp step onto ball of L (and) sharp stamp on R with wt (2)
16 Hop onto R ft, extending L leg fwd straight and straightening body (1) pivot onto R ft swinging L leg around to end up facing LOD and step onto L (2)
17-24 Repeat pattern of meas 9-16

Repeat dance from beginning

Presented by Yves Moreau