

SNOSHTI MINAH, KATE

Rhythm 7/8 b – SQQ

Music: CD IHB #12 - FIRE, Track 4

From Pirin mountains

SHIRTO is a very popular dance all over Pirin mountains. It is a mixed, led dance with hands held basically in W position. The LOD is to the right side in the circle. **Snoshti minah, Kate** is the name of the song I have recorded for you. I present you 4 figures, which are variations from different places, where I have seen people dancing SHIRTO.

Figure 1 – 4 meas.

Meas.1 - facing center

1. Lift on L ft
+ Step on R ft to R side
2. Step on L ft behind R ft
3. Step on R ft to R side

Arms: In W position

Meas.2 – facing LOD

1. Lift on R ft
+ Step on L ft across R ft
2. Step on R ft fwd to LOD
3. Step on L ft fwd to LOD

Meas.3 – facing center

1. Lift on L ft
+ Step on R ft to R side
2. Step on L ft across R ft
3. Step on R ft behind L ft

Arms: Go down to V position

Meas.4 – facing center

1. Lift on R ft
+ Step on L ft next to R ft
2. Step on R ft across L ft
3. Step on L ft behind R ft

Arms: Go back to W position

Figure 2 – Suchi – 4 meas.

Meas.1,2 – same as meas.1,2 from Figure 1

Meas.3 – facing center

1. Lift on L ft
+ Step on R ft across L ft
2. Step on L ft to L side
3. Step on R ft behind L ft

Arms: The same as in Figure 1

Meas.4 – same as Meas.4 from Figure 1

Figure 3 – Nazad – 4 meas.

Meas.1,2 – same as Meas.1,2 from Figure 1

Meas.3 – same as Meas.1, but going bkwd

Meas.4 – same as Meas.2, but going fwd-diagonally left

Arms: The same as in Figure 1

Figure 4 – Varti – 4 meas.

It is the same as Figure 1, but you make full turn right on Meas.3 and dance in place on Meas.4

Arms: Only in W position

Sequence:

Introduction – 18 meas. You can dance only one or all the figures in a sequence, depending on the leader's commands.

Notes by Iliana Hristova Bozhanova

Presented by Iliana Hristova Bozhanova at the Laguna Folkdancers Festival 2009