

# Staro Pomaško

(Rhodopes - Bulgaria)

A dance from the Pomak (Moslem) villages around the town of Dospat in the Western Rhodopes. It is related to the general Širto group of dances. It is done to the song *Kalči se na Hisarja*.

Pronunciation: STAH-roh poh-MAHSH-koh

Music: Yves Moreau CD FB-007

Rhythm: 7/8 as 1-2-3,1-2,1-2 or S-Q-Q (1,2,3)

Formation: Open mixed circle, hands in W-pos. Face R of ctr, wt on L ft.

Styling: Earthy.

## Meas

## Pattern

8 meas INTRODUCTION (instrumental) Start at beginning of song.

### I. BASIC PATTERN (song)

- 1 Step on R in LOD (ct 1); step on L (ct 2); pause (ct 3).
- 2 Travel 3 steps in LOD, R-L-R (cts 1,2,3).
- 3 Step onto L (ct 1); turning to face ctr, two light bounces onto L, R leg is extended close to ground (cts 2,3).
- 4 Facing ctr, step slightly fwd onto R (ct 1); slight lift onto ball of R, bringing L leg behind R knee (ct 2); pause (ct 3).
- 5 Step slightly fwd onto L (ct 1); lift R leg, bent knee (ct 2); pause (ct 3).
- 6 Bring R leg around to "lock" behind L knee with slight lift onto L (ct 1); come down onto full L ft (ct 2); pause (ct 3).
- 7 Step back onto R (ct 1); slight lift onto R (ct 2); step back onto L (ct 3).
- 8 3 small steps in place, R-L-R (cts 1,2,3).
- 9-11 Repeat meas 5-7.
- 12 Step back onto R (ct 1); close L to R (ct 2); pause (ct 3).

### II. TRAVEL FIGURE (instrumental)

- 1 Travelling in LOD, 3 steps R-L-R (cts 1,2,3).
- 2 Travelling in LOD, 3 steps L-R-L (cts 1,2,3).
- 3 Facing ctr, step on R to R (ct 1); lift onto R ft, simultaneously picking up L leg and out to L (ct 2); step onto L behind R (ct 3).
- 4 Facing ctr, step on R to R (ct 1); close L to R, lifting slightly onto R (ct 2); pause (ct 3).

Dance repeats from beginning.

Description by Yves Moreau

Presented by Yves Moreau