

# STARO POMAŠKO

Старо Помашко  
(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 *Kači se na Hisarja*.

**Pronunciation:** STAH-roh Poh-MAHSH-koh  
**Music:** Yves Moreau CD  
**Rhythm:** 7/8 as 1-2-3, 1-2, 1-2 or S-q-q- or 1,2,3  
**Formation:** Open mixed circle, hands in W pos, Face R of ctr, wt on L ft  
**Style:** Light, soft Macedonian-style steps

Meter 7/8	Pattern
1-8	Introduction, instrumental music. Start at beginning of song
	<b>1. Basic pattern (song)</b>
1	Step on R in LOD (1) step on L (2) pause (3)
2	Travel 3 steps in LOD, R-L-R
3	Step onto L (1) turning to face ctr, two light bounces on L as extended R leg swings around in front of Lis extended close to ground
4	Facing ctr, step slightly fwd onto R (1) slight lift onto ball of R, bringing L leg behind R knee (2) pause (3)
5	Step slightly fwd onto L (1) raise R leg in front of L, bent knee (2) pause (3)
6	Bring R leg around to "lock" behind L knee with slight lift onto L (1) come down onto full L ft (2) pause (3)
7	Step back onto R (1) slight lift onto R (2) step back onto L (3)
8	Two small steps in place, R-L (1-2) small step fwd onto R (3)
9-11	Repeat pattern of meas 5-7
12	Step back onto R (1) close L to R, with wt (2) pause (3)
	<b>2. Travel Figure (instrumental)</b>
1	Travelling in LOD, three steps R-L-R
2	Travelling in LOD, three steps L-R-L
3	Facing ctr, step on R to R (1) lift onto R ft, simultaneously picking up L leg and out to L (2) step onto L behind R (3)
4	Facing ctr, step on R to R (1) close L to R with wt, lifting slightly onto R (2) pause (3)
	Dance repeats from beginning

**Description by Yves Moreau**