

STIGA MI SA, MOMNE LE

Стига ми са, момне ле
(Bulgaria - Rhodopes)

A variation on the popular Pravo Horo done to this popular folk song. The dance could generically be called "Pravo Rodopsko".

Pronunciation: STEE-gah meeh seh MOHM-neh leh
Music: Yves Moreau CD: BMA-CA-2001
Rhythm: 2/4
Formation: Mixed lines, R hands "hooking" on left arm of person to the R, wt on L.
Style: Slight knee bend. Proud.

Meter: 2/4

Pattern

1-24 Introduction: instrumental music. No action.

1. Basic Pravo (singing)

1 Step on R diag fwd R (1) step on L diag fwd R(2)
2 Step on R diag fwd R (1) hold (2)
3 Step on L diag fwd R (1) hold (2)
4 Step on R straight back from ctr (1) step on L straight back (2)
5 Step on R straight back from ctr (1) hold (2)
6 Step on L straight back from ctr (1) hold (2)
Note: Steps are smaller for meas. 4-6
7-24 Repeat pattern of meas 1-6, 3 more times

2. Pravo with threes and stamp (Instrumental)

1 Repeat pattern of meas 1, Fig. 1
2 Three small quick steps, R-L-R, slightly fwd
3 Step on L diag fwd R (1) small light stamp, no wt, with R next to L (2)
4 Repeat pattern of meas 4, Fig. 1
5 Same action as in meas 2, but moving straight bkwd (R-L-R)
6 Step back onto L (1) hold (may include light lift of R (2))
7-24 Repeat pattern of meas 1-6, three more times

Presented by Yves Moreau