## SNOSMTI MINAM KATE

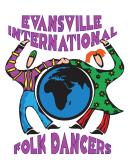
Source: IHB#12—Fire Type: Bulgarian dance from Pirin mountains Rhythm: 7/8 b— SQQ Presented by: Iliana Hristova Bozhanova, 2008

Shirto is a very popular dance all of the 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 measures, arms in W position
Measure	
1	Facing centre, lift on L foot & step on R foot to R side
	Step on L foot behind R foot
	Step on R foot to R side
2	Facing LOD, lift R foot & step on L foot across R foot
	Step on R foot FWD to LOD
	Step on L foot FWD to LOD
3	Facing centre, arms go down to V position, lift on L foot & step on R foot to R side
	Step on L foot across R foot
	Step on R foot behind L foot
4	Facing centre, arms go back to W position, lift on R foot & step on L foot next to R foot
	Step on R foot across L foot
	Step on L foot behind R foot
	Figure 2—Suchi—4 measures, arms in W position
Measure	
1-2	Same as measures 1-2 in Figure 1
3	Facing centre, lift on L foot & step on R foot across L foot
	Step on L foot to L side
	Step on R foot behind L foot
4	Same a measure 4 in Figure 1
	Figure 3—Nazad—4 measures, arms in W position
Measure	
1-2	Same as measures 1-2 in Figure 1
3	Same as measure 1, but going BKWD
4	Same as measure 2, but going FWD diagonally left
	Figure 4—Varti—4 measures, arms only in W position
Measure	
1-4	It is the same as Figure 1, but you make full turn right on measure 3
	and dance in place on measure 4

Sequence: 18 measures. You can dance only one or all the figures in a

sequence, depending upon the leader's commands.



## DANCE NOTES - BULARIA