

# SNOSHTI MINAH KATE

Source: IHB#12—Fire Type: Bulgarian dance from Pirin mountains Rhythm: 7/8 b—SQQ  
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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.

