

## SHETNALA SE MITRO (Bulgaria)

This is a Pomak (Bulgarian Moslems) dance from the Pirin/Rhodope region of Bulgaria. I learned this from Mariana Panova in Brazil. It is a *Maleshevsko*-type dance.

Formation: Open circle with a "V" hold

Recording: Workshop CD

Music: 7/16 (S-q-q)

Meas:

- 1 Facing R of ctr, step Rft (ct 1); step Lft fwd (cts 2-3);
- 2 Step Rft fwd (ct 1); step Lft across and closely behind Rft (ct 2); step Rft fwd (ct 3);
- 3 Step Lft fwd (ct 1); step Rft fwd (ct 2); step Lft fwd (ct 3);
- 4 Turning to face ctr, step Rft to R side (ct 1); lift on Rft and bring Lft up in front, and lift arms up to "W" position (cts 2-3);
- 5 Step Lft back (ct 1); step Rft back (cts 2-3);
- 6 Step Lft back (ct 1); lift on Lft in place and bring Rft fwd and low (ct 2-3);
- 7 Step Rft fwd and lower arms to a "V" position (ct 1); lift on Rft and bring Lft up and slightly behind while turning to face R of ctr (ct 2-3);
- 8 Step Lft fwd to R (ct 1); lift on Lft and raise Rft slightly up and in back (cts 2-3).