

Shira

Region: Vidin area, Mizia, Bulgaria.

Pronounced: SHIH-rah

Meter: 2/16 (Q Q) or 1 &, 2 &

Formation: Mixed line, hands in V-position.

Style: Light and bouncy. The basic movement is a galloping step to the right (measures 1,3, and 5) and to the left (measure 11-12, 13-14, 14-15).

Meas	Ct	Dir	Foot Work	Arms Work
1-8			INTRO	V-pos
1	1	CTR	St on R swd R	Swing bkwd
	&		St on L swd R next to R	
	2		St on R swd R	Swing fwd
	&		St on L swd R next to R	
2	1		St or R swd R	Swing bkwd
	&	LOD	Hop on R, lifting straighten L low-right across R leg	
	2		Emphasized step on L in front of R	Swing fwd
	&	CTR	Hop on L in place	
3	1		St on R swd R	Keep the pattern till the end of the music
	&		St on L swd R next to R	
	2		St on R swd R	
	&		St on L swd R next to R	
4	1		St or R swd R	
	&	LOD	Hop on R, lifting straighten L low-right across R foot	
	2		Emphasized step on L in front of R	
	&	CTR	Hop on L in place	
5	1		St on R swd R	
	&		St on L swd R next to R	
	2		St on R swd R	
	&		St on L swd R next to R	
6	1		St or R swd R	
	&	LOD	Hop on R, lifting straighten L low-right across R leg	
	2		Emphasized step on L in front of R	
	&	CTR	Hop on L in place	
7	1		St on R in front of L	

	&		Hop on R in place	
	2		St on L in place (behind R)	
	&		St on R in place (in front of L)	
8	1		St on L in place (behind R)	
	&		Hop on L in place, lifting right knee up	
	2		St on R next to L	
	&		St on L in front of R	
9	1		St on R in place (behind L)	
	&		Hop on R in place, lifting left knee up	
	2		St on L next to R	
	&		St on R in front of L	
10	1		St on L in place (behind R)	
	&		Hop on L in place, lifting right knee up	
	2		St on R next to L	
	&		St on L in front of R	
11	1		St on R in place (behind L)	
	&		Hop on R in place, lifting left knee up	
			Repeat everything to the left with opposite foot work.	
	2		St on L swd L	
	&		St on R swd L next to L	
12	1		St on L swd L	
	&		St on R swd L next to L	
	2		St on L swd L	
	&	RLOD	Hop on L, lifting straighten R leg low-left across L leg	
13	1		Emphasized step on R in front of L	
	&	CTR	Hop on R in place	
	2		St on L swd L	
	&		St on R swd L next to L	
14	1		St on L swd L	
	&		St on R swd L next to L	
	2		St on L swd L	
	&	RLOD	Hop on L, lifting straighten R leg low-left across L leg	
15	1		Emphasized step on R in front of L	
	&	CTR	Hop on R in place	
	2		St on L swd L	
	&		St on R swd L next to L	
16	1		St on L swd L	
	&		St on R swd L next to L	
	2		St on L swd L	
	&	RLOD	Hop on L, lifting straighten R leg low-left across L leg	
17	1		Emphasized step on R in front of L	
	&	CTR	Hop on R in place	
	2		St on L in front of R	
	&		Hop on L in place	

18	1		St on R in place (behind L)	
	&		St on L in place (in front of R)	
	2		St on R in place (behind L)	
	&		Hop on R, lifting left knee up	
19	1		St on L next to R	
	&		St on R in front of L	
	2		St on L in place (behind R)	
	&		Hop on L in place, lifting right knee up	
20	1		St on R next to L	
	&		St on L in front of R	
	2		St on R in place (behind L)	
	&		Hop on R, lifting left knee up	
21	1		St on L next to R	
	&		St on R in front of L	
	2		St on L in place (behind R)	
	&		Hop on L in place, lifting right knee up	
			Repeat from measure 1 until the end of the music.	

Abbreviations:

BKWD: Backwards
 CTR : Center
 CW : Clockwise
 CCW : Counter clockwise
 FWD : Forward
 L : Left
 LOD : Line of Direction
 Meas. : Measures
 On L : On left foot
 On R : On right foot
 Pos : Position
 R : Right
 RLOD : Reversed line of direction
 St : Step
 SWD : Sideward