

Shumarsko

(Pirin Macedonia, Bulgaria)

Shumarsko (shoo-MAHR-skoh) was taught at the Kolo Festival in 2018, by Gergana Panova. She taught two versions of the same dance, one called Shumarsko (7/16 meter), and a gypsy (Roma) version called Romsko (RHOM-skoh) Shumarsko (2/4 meter). While Shumarsko is danced in in the spring by young women, the Roma version is done by both men and women. Gergana researched the dance in the 1990's in the village of Razlog in Pirin Macedonia, a province of southwestern Bulgaria.

Music and video: 7/16 meter, 3, 2, 2 – S, Q, Q Romsko Shumarsko, 2/4 meter, 1, 2, & - S, Q, Q)
Counted herein as 1, 2, 3

Gergana Presents Bulgarian Dances-Vol. 3. Video on a USB flash drive is available from Gergana at gerganafolkwang@gmail.com.

Formation: A line of dancers facing center, hands joined in V-position.

Steps & Styling: Light on their feet, with knees bent.

Figure 1 starts with a twist to the left. Figure 2 has a twist to the L, then a twist to the right. This twisting allows the women to show off their profiles to the men (“Look how pretty I am”), first to one side, then to the other. The whole body moves in the same direction as the twisted knee, while the head slightly tilts in the opposite direction.

Measures	7/16 Meter	PATTERN
1-4	INTRODUCTION. No action. Begin with the lyrics of the song.	
	I. <u>FIGURE I</u> . One knee twist.	
1	Facing ctr, lift R knee, twisting at waist with R knee in front of L leg (ct <u>1</u>); facing and moving to R (CCW), step R (ct 2); step L (ct 3).	
2	Continuing CCW, step R (ct <u>1</u>); step L (ct 2); step R (ct 3).	
3	Step L (ct <u>1</u>); facing ctr, step R to R (ct 2); step L behind R (ct 3).	
4	Step R to R (ct <u>1</u>); touch L next to R (ct 2); hold (ct 3).	
	II. <u>FIGURE II</u> . Two knee twists.	
1	Facing ctr, step L in place (ct <u>1</u>); lift R knee, twisting at waist with R knee in front of L leg (ct 2); step R in place (ct 3).	
2	Lift L knee, twisting at waist with L knee in front of R leg (ct <u>1</u>); step L in place (ct 2); step R fwd twd ctr (ct 3).	
3	Step L fwd, bending knee (ct <u>1</u>); step R bkwd (ct 2); step L bkwd (ct 3).	
4	Hook R in front of L leg (ct <u>1</u>); step R in place (ct 2); step L in place (ct 3).	
	III. <u>ENDING</u> : These meas follows Fig. II, meas 1-2 the eighth time through the dance.	
3	Step L fwd, bending knee (ct <u>1</u>); step R bkwd (ct 2); step L bkwd, pointing R toe fwd (ct 3).	
4	Hold this position for the entire meas (cts 1-3).	
5	Hook R in front of L leg (ct <u>1</u>); step R in place, kicking L bkwd (ct 2); step L in place (ct 3).	
<u>Sequence</u> :	Repeat Fig I and II seven times. On the eighth time, dance Fig I, then Fig II, meas 1-2 only, and the Ending.	