

Staro Pomashko

Bulgaria (Rhodopes)

Staro Pomashko (STAH-roh poh-MAHSH-koh), an “old style” dance from the Pomak (Moslem) villages around Dospat in the western Rhodopes, is of the general Shirto group. It was presented by Yves Moreau at Stockton Folk Dance Camp 2004 and Mendocino Folklore Camp 2007. Lyrics below are for the song, *Kachi se na Hisarja*.

Music: CDs: Yves and France Moreau, MFL’07, Band 4; YM, Bulg. FD, Vol 5, Band 8

Videos: SFDC 2004; FOLKLORA BALKANA, FB-007 V, Bulgarian

Folk Dances, Introduced by Yves Moreau, Vol.5, #8

Meter (8/8 with some music) = 7/8 = 3/8+2/8+2/8, counted as 1,2,3 or s,q,q.

Formation: Mixed open circle facing R of ctr, wt on L ft, hands joined up in W-pos.

Styling: Light, soft Macedonian style – earthy.

Measure	7/8 meter	PATTERN
8	<u>INTRODUCTION</u> (No action - instrumental music. Dance starts with song)	
	I <u>BASIC PATTERN</u> (vocal)	
1-2	Moving in LOD, step R, L, pause, R, L, R (cts <u>1</u> ,2,3, <u>1</u> ,2,3)).	
3	Facing ctr, step on L and bounce twice, R leg extended close to floor (cts <u>1</u> ,2,3).	
4	Step slightly fwd on R (ct <u>1</u>); lift slightly on ball of R, bringing L leg behind R knee (ct 2); pause (ct 3).	
5	Step slightly fwd L (ct <u>1</u>); raise R leg in front of L, knee bent (ct 2); pause (ct 3).	
6	Lifting slightly on ball of L, bring R leg around to “lock” behind L knee (ct <u>1</u>); come down on full L (ct 2); pause (ct 3).	
7	Step back on R (ct <u>1</u>); lift slightly on R (ct 2); step back on L (ct 3).	
8	Two small steps in place, R, L (cts <u>1</u> , 2); small step fwd on R (ct 3).	
9-12	Repeat meas 5-7; then step back on R (ct <u>1</u>); close L to R (ct 2); pause (ct 3).	
	II <u>TRAVEL FIGURE</u> (instrumental)	
1-2	Six steps in LOD: R, L, R, L, R, L (cts <u>1</u> ,2,3, <u>1</u> ,2,3).	
3	Facing ctr, step on R to R (ct <u>1</u>); lift on R, raising extended L leg to L (ct 2); step on L behind R (ct 3).	
4	Facing ctr, step R to R (ct <u>1</u>); close L with wt, raising R slightly (ct 2); pause (ct 3).	

Sequence: Repeat DANCE as written to end of music, a total of four times.

Song - Kachi se na Hisarja

Lyrics / Translation

Kachi, se kachi, gore na Hisarja, Razgjedaj pole shiroko, Razgjedaj pole shiroko.

Come up on the fortress and see the wide plain.

Tumna e mugla libe le padnala. Padnala libe, legnala, Padnala libe, legnala.

The thick fog patches have settled in.

Ti da ne mishlis, che e ot Boga. Padnala libe, legnala, Padnala libe, legnala.

Do not think that they come from God.

Tova sa mojte, libe le vuzdishki. Ot mene libe za tebe, Ot mene libe za tebe.

They are in fact, the sighs of my love for you.