

Stiga mi sa, momne le

Bulgaria (Rhodopes)

Stiga mi sa, momne le (STEE-gah meeh sah, MOHM-neh leh) is a popular folk song of the Rhodopes, danced here to a generic *Pravo Rhodopsko*. The dance was taught by Yves Moreau (YM) at the San Francisco Kolo Festivals (SFKF) of 1999 and 2001 and at Stockton Folk Dance Camp 2004.

Music: 2/4 meter
CD: YM-5, Band 5.
Audio Cassette: *Bulgarian Folk Dances*, 48th annual SFKF, 11/26-27/99. Side B1.
Video Cassettes: YM: 1999 SFKF @ 51 min;
YM: *Bulgarian Folk Dances*, Vol 5, Dance #5;
Stockton Folk Dance Camp 2004, Dance #12.
You Tube: Stiga mi sa - Bulgarian (kolokoalition)

Formation: Mixed lines face diag R of ctr in escort position with wt on L.

Steps and Styling: Proud, with slight knee bend.

MEAS	2/4 meter	PATTERN
24	<u>INTRODUCTION</u> - (instrumental) No action.	
I.	<u>BASIC PRAVO</u> - (singing)	
1	Step R, L diag fwd R (cts 1,2).	
2	Step R diag fwd R (ct 1); hold (ct 2).	
3	Step L diag fwd R (ct 1); hold (ct 2).	
4	Step R, L straight back from ctr (cts 1,2).	
5	Step R straight back from ctr (ct 1); hold (ct 2).	
6	Step L straight back from ctr (ct 1); hold (ct 2).	
	Note: With smaller steps in meas 4-6 dancers return to original line.	
7-24	Repeat meas 1-6 three times (4 total).	
II.	<u>PRAVO WITH "THREES" AND A STAMP</u> - (instrumental)	
1	Repeat Fig I, meas 1.	
2	Take three small quick steps (R, L, R) slightly fwd (cts 1,&,2).	
3	Step L diag fwd R (ct 1); stamp R beside L lightly without wt (ct 2).	
4	Step R, L straight back from ctr (cts 1,2).	
5	Moving straight bkwd, repeat ftwk of meas 2 (R, L, R) (cts 1,&,2).	
6	Step back L (ct 1); hold, with option of lifting lightly on L to raise R (ct 2).	
7-24	Repeat meas 1-6 three times (4 total).	

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