

Staro Pomaško

Rhodopes - Bulgaria

A dance from the Pomak (Moslem) villages near the town of Dospat in the Western Rhodopes. This dance is related to the general Širto group of dances and is performed to the song "Kači se na Hisarja."

Pronunciation: STAH-roh Poh-MAHSH-koh

Rhythm: 7/8 as 1-2-3, 4-5, 6-7 or
Slow-quick-quick (1,2,3)

Style: Light, soft Macedonian-style steps

Formation: Open mixed circle, arms in "W" formation. Face right of centre, with weight on Left foot.

Introduction: No action for 8 measures of instrumental music. Begin when song starts.

Figure 1: Basic Pattern (Song)

- 1 Step Right in LOD (ct 1). Step Left (ct 2) and pause (ct 3)
- 2 Travel 3 steps, R-L-R in Line of Direction
- 3 Step onto Left (ct 1), turn to face centre and take two light bounces on Left as an extended Right leg swings around in front of Left and is extended close to the ground.
- 4 Facing centre, step slightly forward onto Right (ct 1). Slight lift onto ball of Right, bringing Left leg behind Right knee (ct 2), pause (ct 3).
- 5 Step Left slightly forward (ct 1), raise Right leg in front of Left, and bend Left knee (ct 2). Pause (ct 3)
- 6 Bring Right leg around to "lock" behind Left knee (ct 1) with slight lift onto Left (ct 2). Pause (ct 3).
- 7 Step back onto Right (ct 1) slight lift onto Right (ct 2). Step back onto Left (ct 3).
- 8 Two small steps in place, R-L (1-2). Small step forward onto Right (ct 3)
- 9-11 Repeat measures 5-7
- 12 Step back onto Right (ct 1). Close Left to Right, taking weight (ct 2). Pause (ct 3).

Figure 2: Travel Figure (instrumental)

- 1 Traveling in Line of Direction, three steps R-L-R
- 2 Traveling in Line of Direction, three steps L-R-L
- 3 Facing centre, step Right to right (ct 1). Rise onto ball of Right foot while lifting Left leg and swinging it to the left (ct 2), and then crossing Left behind Right and stepping on Left (ct 3).
- 4 Facing centre, step Right to right (ct 1). Close Left to Right taking weight, rising slightly onto Right (ct 2). Pause (ct 3)

Dance repeats from beginning.

Staro Pomaško Lyrics

Kači se kači, gore na Hisarja
Razgledaj pole široko (2)

Tâmna e mâgla libe le padnala
Padnala libe, legnala (2)

Ti da ne misliš, če e ot Boga
Padnala libe, legnala (2)

Tova sa mojte, libe le vâzdiški
Ot mene libe za tebe (2)

Translation:

Come up on the fortress and look at the wide plain. The thick fog patches have settled in. Do not think that they come from God. They are in fact, the sighs of my love for you.