

Kalesh Kate

Pirin Folk Area

The steps of this women's dance feature soft, gentle vertical and horizontal circles which are typical movements for this area.

Formation: Open circle

Position: Hands down in V position

Meter: 11/8 (QQSQQ)

Meas **Introduction**

1-18 No action, facing LOD, begin with wt on L ft

Meas **Figure 1** (facing LOD – to right)

1 Q Front bicycle circle with R ft, while lifting L heel
Q Step on R ft fwd in LOD
S Front bicycle circle with L ft, while lifting R heel
Q Lift on R heel, while L leg held straight in front
Q Step on L ft fwd in LOD

Lift, step, **lift**, lift, step

2 Q Step on R ft fwd
Q Step on L ft fwd
S Two quick steps fwd (R, L)
Q Step on R ft fwd
Q Step on L ft fwd

Step, step, **blood blood**, step, step

3 Q Front bicycle circle with R ft, while lifting L heel
Q Step on R ft fwd in LOD
S Lift on R heel, while pointing L ft fwd and moving L ft to left (horizontal circle); end facing centre
Q Lift on R heel, while moving L ft behind R ft
Q Step on L ft behind R ft

Lift, step, **lift**, lift, step

4 Q Facing ctr, step on R ft to R side
Q Step on L ft behind R ft
S Step R ft to R, while pointing L ft to L and moving L ft to right (horizontal circle); end facing LOD
Q Lift on R heel, L leg held straight in front
Q Step on L ft fwd in LOD

Step, step, **step**, lift, step

5-7 repeat meas 1 to 3

8 Q Facing ctr, step on R ft to R side
Q Step on L ft behind R ft
S Step on R ft twd ctr, moving straight arms fwd slightly, keeping hands below waist level
Q Lift on R heel
Q Step L ft bkwd in place moving arms back down

Step, step, **step**, lift, step

Meas **Figure 2** (facing centre)

- 1 Q Step on R ft across L ft, turning body to L
- Q Step bkwd on L ft in place
- S Lift on L heel, while pointing R ft to L and moving R ft to right (horizontal circle), turning body to R
- Q Lift on L heel, while R ft finishes circle to R side
- Q Facing LOD, step on R ft to R

Step, step, **lift**, lift, step

- 2 Q Step on L ft across R ft
- Q Step bkwd on R ft in place
- S Lift on R heel, while pointing L ft to R and moving L ft to left (horizontal circle), turning body to left
- Q Lift on R heel, while L ft finishes circle to centre
- Q Facing ctr, step on L ft beside R ft

Step, step, **lift**, lift, step

- 3 Q Step on R ft in place
- Q Step on L ft in place
- S Big step on R ft fwd, moving arms up to W pos
- Q Step on L ft next to R ft
- Q Hold

Step, step, **step**, step, hold

- 4 Q Step on R ft in place
- Q Step on L ft in place
- S Big step on R ft bkwd, moving arms down to V
- Q Step on L ft next to R ft
- Q Hold

Step, step, **step**, step, hold

5-8 repeat meas 1 to 4, finishing to face LOD

Repeat from beginning until music ends