

## Snòshti minah, Kàte

From Pirin Mountains

**Snòshti minah, Kàte** is the name of the song and **Shirto** is the name of this very popular dance. These four figures are variations of Shirto from different places. You can dance only one or all the figures in a sequence, depending on the leader's commands.

**Pronunciation:** SNAWSH-tee MEE-nah KAH-tay

**Formation:** Mixed open circle with leader

**Position:** Hands in W position,  
moving down to V position for Meas 3

**Meter:** 7/8 - SQQ (1,2,3)

### Meas **Introduction**

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

### Meas **Figure 1 - Shirto**

- 1 Facing ctr, wt on L ft, step R ft to R (1), step L ft behind R ft (2), step R ft to R (3)
- 2 Facing LOD, step L ft across R ft (1), step R ft to R (2), step L ft to R (3)
- 3 Facing ctr, dropping arms to V position, step R ft to R (1), step L ft across R (2), step R ft in place (3)
- 4 Facing ctr, raising arms to W pos, step L ft beside R ft (1), step R ft across L ft (2), step L ft in place (3)

### Meas **Figure 2 – Suchi** (twist)

- 1-2 Repeat Figure 1, meas 1-2
- 3 Facing ctr, dropping arms to V position, step R ft across L ft (1), step L ft to L (2), step R ft behind L ft (3)
- 4 Repeat Figure 1, meas 4

### Meas **Figure 3 – Nazad** (backward)

- 1-2 Repeat Figure 1, meas 1-2
- 3 Facing ctr, dropping arms to V pos, step R ft bkwd (1), step L ft bkwd (2), step R ft bkwd (3)
- 4 Facing diag L, raising arms to W pos, step L ft fwd (1), step R ft fwd (2), step L ft fwd (3)

### Meas **Figure 4 – Varti** (turn)

- Arms stay in W position for meas 3
- 1-2 Repeat Figure 1, meas 1-2
  - 3 Turning to R, keeping arms in W position and releasing hands, step R ft oriented to R (1), turning to face out, step L ft close to R in LOD (2), turning to face in, rejoining hands, step R ft beside L (3)
  - 4 Facing ctr, step L ft next to R (1), step R ft in place (2), step L ft in place (3)

During measures 3 and 4, two turns could be done if you have an especially beautiful skirt to show off!