


KAMIŠICA
(Bulgaria)

The title, a girl's name, is taken from the first line of the accompanying folksong: "Oj mišice, lele, Kamišice" (Oh, you sweetheart, dear, Kamišice). This is a very popular dancesong from Zapad na Trakija (West Thrace). Jaap Leegwater learned the dance as a student at the State Choreographer's School in Plovdiv from Georgi Sismanov in 1972 and 1975. The dance belongs to the basic repertoire of many dance courses in Bulgaria and is also described in Terminologia na Bălgarski narodni hora.

Pronunciation:

Record: LP "Folk Dances from Bulgaria - 3" by Jaap Leegwater
JL 1985.01 Side A/7 7/8 meter

Rhythm: 7/8: 

Formation: Half circle, hands joined at the sides "V" pos.

Style: Fairly light and sharp movements.

The dance consists of two parts: the melody of the original song (Part 1-3) which is slow, and the instrumental interlude (Part 1-4) which is faster.

<u>Meas</u>	<u>Pattern</u>
8 meas	<u>Introduction.</u>

SLOW PART "SONG"

Part 1 Svivka

- 1 Facing ctr, moving sdwd R, step on R ft (ct 1); bounce on R ft, moving L leg with L knee straight close along the floor in front (ct 2); step on L ft in front of R ft (ct 3).
- 2 Repeat meas 1.
- 3 Step on R ft with slight knee bending (ct 1); bounce on R ft, lifting L knee in front (ct 2); hold (ct 3).
- 4 Repeat meas 3 with opp ftwk and direction.
- 5-16 Repeat meas 1-4 three more times.

Part 2 na peta (heel)

- 1-2 Repeat meas 1-2 of Part 1.
- 3 Step on R ft with slight knee bending (ct 1); strike L heel on the floor diag R fwd (ct 2); strike L heel on the floor straight fwd (ct 3).
- 4 Repeat meas 3 with opp ftwk and direction.
- 5-16 Repeat meas 1-4 three more times.

Part 3 na prâsti-peta (toe-heel)

- 1-3 Repeat meas 1-3 of Part 2.
- 4 Step on L ft in place (ct 1); tap R toes, with R heel turned out, diag R bkwd, looking across R shldr (ct 2); strike R heel on the floor diag R fwd (ct 3).
- 5-16 Repeat meas 1-4 three more times.

KAMIŠICA (Continued)FAST PART "INSTRUMENTAL INTERLUDE"Part 1

- 1 Facing diag R, moving sdwd R, step on R ft (ct 1); hop on R ft, swinging L leg with L knee bent (ct 2); step on L ft across in front of R ft (ct 3).
- 2 Turning to face ctr, dancing in place:
Low leap onto R ft, extending L ft along the floor fwd (ct 1); shift wt on L ft in place, extending R ft slong the floor fwd (ct 2); shift wt on R ft in place, extending L ft along the floor fwd (ct 3).
- 3 Step on L ft sdwd L (ct 1); step on R ft in front of L ft (ct 2); step back on L ft in place (ct 3).
- 4-18 Repeat meas 1-3 five more times.

} Nošica RLR
("Scissors")

Part 2

- 1 Repeat meas 1 of Part 1.
- 2-3 Facing ctr, dancing in place: Nošica RLR, LRL.
- 4 Fall onto R ft, swinging L heel behind (ct 1); low hop (or čukče) on R ft, swinging L knee sharply in front (ct 2); stamp with L heel, no wt, next to R toes (ct 3).
- 5 Repeat meas 4 with opp ftwk.
- 6-7 Repeat meas 2-3 of Part 1.
- 8-14 Repeat meas 1-7.

Part 3

- 1 Facing ctr, moving sdwd R, step on R ft followed by a step on L ft across in front of R ft (ct 1); step on R ft (ct 2); step on L ft across behind R ft (ct 3).
- 2-3 Repeat meas 2-3 of Part 1.
- 4-18 Repeat meas 1-3 five more times.

Part 4

- 1-3 Repeat meas 1-3 of Part 3.
- 4 Pričukvane: Facing ctr, moving sdwd R with ft in 4th pos (L ft in front), low leap onto R ft followed by a step on L ft in front of R ft (ct 1); fall onto R ft, swinging L heel up, diag L turned out (ct 2); step on L in front of R (ct 3).
- 5 Repeat meas 4.
- 6-7 Repeat meas 2-3 of Part 1.
- 8-13 Repeat meas 1-6.
- 14 Low leap onto L ft (ct 1); low hop on L ft, lifting R knee in front (ct 2); stamp R ft, no wt, next to L toes (ct 3).

Repeat the whole dance one more time from the beginning.

Description by Jaap Leegwater
1985

Presented by Jaap Leegwater