

DIMITRIJA

Димитрија
(Bulgaria - Pirin)

A dance from the region of Petric[✓] in SW Bulgaria near the Greek-Macedonian border.
Source: Kiril Andonov, summer 1970.

Pronunciation: Dee-mee-TREE-ya
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Mixed lines, hands in "W" pos. Face LOD wt on L.
Style: Proud and light.

Meter: 2/4

Pattern

1-12 Introduction (instrumental music): No action.

1. Basic pattern

- 1 Travelling in LOD, step onto R (1) step onto L (2)
- 2 Repeat pattern of meas 1
- 3 Travelling in LOD, 3 little steps R-L-R
- 4 Travelling in LOD, 3 little steps L-R-L
- 5 Facing ctr, step onto R (1) raise L knee (2)
- 6 Step fwd on L (1) raise R knee, bringing it behind L leg (2)
- 7 Step back onto R (1) raise L knee (2)
- 8 Step on L to L, arms extend fwd and downward (1) step on R in front of L (2)
- 9 Step on L to L, arms extend fwd and upward (1) step on R behind L (2)
- 10 Step on L in place (1) raise R knee (2)
- 11 Step on R in place (1) raise L knee (2)
- 12 Three small light steps in place, L-R-L, arms go fwd and down to sides

2. Forward & back

- 1 Slight lift onto L, extending R leg fwd and both arms (1) step onto R fwd, arms continue downward (&) step onto L fwd, arms go bkwd (2)
- 2 Repeat action of meas 1 with arm motion
- 3 Step down onto R, L knee (1) touch ball of L ft (&) step down onto R ft (2)
- 4 Repeat action of meas 3, with opp ftwrk
- 5-8 Repeat action of meas 1-4, but travelling bkwd (away from ctr)

Repeat dance from beginning

Presented by Yves Moreau