

DONA
Rhythm 7/8b – SQQ
From Pirin folk area

DONA is a variation of SHIRTO dance from Pirin folk area. It is a mixed, led dance, basically LOD is to the right side in the circle. The hands are held in W position.

Figure 1 – 8 meas.

Meas.1 - facing center

Arms: In W position

- 1.Lift on L ft
+ Step on R ft to R side
- 2.Step on L ft behind R ft
- 3.Step on R ft to R side

Meas.2 – facing LOD

- 1.Lift on R ft
+ Step on L ft across R ft
- 2.Step on R ft fwd to LOD
- 3.Step on L ft across R ft

Meas.3 – facing center

Arms: Go down to V position

- 1.Lift on L ft
+ Step on R ft across L ft
- 2.Step on L ft to L side
- 3.Step on R ft behind L ft

Meas.4 – facing center

Arms: Go back to W position

- 1.Lift on R ft
+ Step on L ft next to R ft
- 2.Step on R ft across L ft
- 3.Step on L ft behind R ft

Meas.5 – facing center

- 1.Kick very softly with R ft fwd-toward center, while lifting with L ft
- 2.Lift on L ft and keep R ft in the air
- 3.Step on R ft fwd

Meas.6 – facing center

- 1.Kick very softly with L ft fwd-toward center, while lifting with R ft
- 2.Lift on R ft , while moving L ft bkwd
- 3.Step on L ft bkwd

Meas.7 – facing center

- 1.Step on R ft bkwd
- 2.Touch L toes next to R ft
- 3.Hold (Pause)

Meas.8 – facing center

- 1.Soft kick with L ft fwd -drawing a low horizontal circle from front to left and behind
- 2.Lift on R ft, L ft continues drawing the circle
- 3.Step on L ft behind R ft

Figure 2 – 4 meas.

Meas.1 - facing diagonally right

- 1.Lift on L ft
+ Step on R ft fwd diagonally right
- 2.Step on L ft fwd diagonally right
- 3.Step on R ft fwd diagonally right

Arms: In W position

Meas.2 – facing diagonally right

- 1.Lift on R ft
+ Step on L ft fwd diagonally right
- 2.Step on R ft fwd diagonally right
- 3.Step on L ft fwd diagonally right

Arms: Go down to V position

Meas.3 – facing center

- 1.Lift on L ft
+ Step on R ft bkwd
- 2.Step on L ft bkwd
- 3.Step on R ft bkwd

Arms: Go back to W position

Meas.4 – facing center

- 1.Lift on R ft
+ Step on L ft next to R ft
- 2.Step on R ft across L ft
- 3.Step on L ft behind R ft

Sequence: Introduction – 14 meas.

Figure 1 – 8 meas. x 3 times – with the song;

Figure 2 – 4 meas. x 3 times – with the instrumental part of the melody.

Alternate the figures in this way to the end of the melody.