

Pusta Mladost

(Pirin, Bulgaria)

This very solemn dance by Belcho Stanev is from the Pirin region of Bulgaria.

Pronunciation: POO-stah MLAH-dohst

Music: 1st part: rubato 9/8 (3+2+4/8) meter (**slow**-quick-**slower**, or **1-2-3**)
2nd part: 7/8 (3+2+2/8) meter (**slow**-quick-quick, or **1-2-3**)

Formation: Open circle; hands in W position.

Steps & Styling Solemn. Clearly show the rhythm by bending and straightening the knees on every step on the 2nd part.

Meas

Pattern

INTRODUCTION. Begin with hands low. Bring hands slowly up to “W” after 2nd gong .

I. 1st PART

- 1 Facing and moving to the R: Step fwd on R (1), step forward on the L (2), turning quickly to face ctr, lift R ft in front of L knee, toe slightly pointed (3).
- 2 Dancing in place, facing ctr: Stretch R knee so R ft points fwd, low to ground (1), return R ft to position in front of L knee (2), hold (3).
- 3-4 Repeat meas 1-2.
- 5 Facing ctr: Step fwd on R (1), step back on L (2), step bkws on R (3).
- 6 Long step fwd (“stretch”) on L (1), lift R ft in front of L knee (2), hold (3).
- 7 Step on R to R (1), step on L behind R (2), turning to face R, step fwd on R (3).
- 8 Step fwd on L (1), lift R ft behind L knee (2), hold (3).
- 9 Bend L knee while beginning to turn 90° to L (1), facing ctr, straighten L knee and bring R ft in front of L knee (2), hold (3).
- 10-13 Repeat meas 5-8.
- 14 Bend L knee (1), straighten L knee (2), hold (3).
- 15-27 Repeat meas 1-13.

II. 2ND PART - TRANSITION

- 1 Facing and moving to the R: Step fwd on R (1), step forward on the L (2), step fwd on R (3).
- 2 Step fwd on L (1), step back on R (2), turning to face ctr, step on L to side (3).
- 3 Step twd ctr on R, bent knee and leaning slightly fwd from waist while bringing L ft around in a large CW circle near floor (1), point L ft twd ctr (2), point L ft diag L (3),

straightening R knee and body, lift L ft in front of R knee (&).

- 4 Bend and straighten R knee as L ft pushes fwd twd ctr then around in a large CCW circle near to the floor (1), čukče on R ft with L ft behind R knee (2), step on L ft behind R (3).
- 5-24 Repeat meas 1-4 five more times (6 times in all).

III. 2nd PART – “SYRTO”

- 1 Facing and moving to the R: Step fwd on R (1), step forward on the L (2), step fwd on R (3).
- 2 Step fwd on L (1), turning to face ctr step on R to side (2), step on L behind R (3).
- 3 Step on R to R (1), step on L in front of R (2), step on R in place (3).
- 4 Step on L to L, bent knee, then straighten knee bringing R ft in front of L knee (1), bend and straighten L knee (2), bend and straighten L knee (3).
- 5-24 Repeat meas 1-4 three more times (4 times in all).

IV. 2nd PART – “IN AND OUT, TURN”

- 1 Facing and moving to the ctr: Step fwd on R (1), step forward on the L (2), step fwd on R (3).
- 2 Step fwd on L (1), step back on R (2), step on L beside R (3).
- 3 Čukče on L (1), step fwd on R (&), lift L leg fwd (2-3).
- 4 Step fwd on L (1), lift R leg fwd (2), hold (3).
- 5 Still facing ctr but moving away from ctr: Step on R (1), step on L (2), step on R (3).
- 6 Still moving away from ctr, but releasing hands and gradually twisting upper body to L: Step on L (1), step on R (2), step on L (3).
- 7-8 Turn individually in a small CW circle with 6 steps and rejoin hands.
- 9-16 Repeat meas 1-8.

Sequence: I
II
III
IV
III
IV

Ending: stand still and SLOWLY lower joined hands, using the whole music.

Presented by Lee Otterholt
Dance description by Lee Otterholt

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PUSTA MLADOST/AKO UMRA

Pusta mladost mamó, pusta mladost.
Pusta mladost milaj e mamó, ne se stiga.
Ne se stiga milaj e mamó, ne se srešča.

Starost debi mamó, starost debi.
/ Starost debi milaj e mamó kato senkja (senča)./

Ako umra il zagina nemoj da me žalite.
Napijte se s rujno vino, skâršejte gi čašite.
Ako umra il zagina ke ostanat spomeni,
što sâm ludo ludovalo na mladite godini.

Chorus:
/ E-e-e-e..., verni drugari!
Pesna zapejte, mene spomnjajte. /

Pusta Mladost translation:

Damned youth, my dear mother, cannot be followed.
Damned youth, my dear mother, cannot be met,
Nor bought with money, my dear mother
Youth passes, my dear mother, like spring water runs
The old age is chasing, my dear mother, chasing like shadow.

Ako Umra translation:

If I die or if I perish,
Don't feel bad for me,
Drink your fill of red wine
And smash the glasses.

E-e-e-e, loyal friends,
Sing a song, remember me.