

ELENO MOME / ELENINO HORO

TRANSLATION : "Helena, girl". These are the first words of the song *Eleno mome*, *Eleno* to which the dance is originally done and to which it became very popular throughout Bulgaria.

Instrumental versions, although they often take on different and newer melodies, still refer to the original song in their name *Elenino Horo* (Helena's dances) or *Eleninata* (The Helena one).

ORIGIN AND BACKGROUND : During the 1920's and 30's this dance became very popular and wide spread, not only in Bulgaria but in some of its neighbour countries as well. In Greek-Macedonia it is known as *Eleni Kopella* and *Kori Eleni*. In Croatia and Serbia the song and the dance are done to a 3/8 beat.

The dance originates from *Severnjaško*, Northern Bulgaria where it is sometimes referred to as *Plevensko Horo* ("line dance from the town of Pleven").

METER : 7/8  played and danced as   
1 2 1 2 1 2 3                      1 2 3 4  
S S Q S

MUSIC : Cassette "Pan Bulgarian Folk Dances" - JL1987.02  
by Jaap Leegwater. Side A # II,2.

Other good and traditional recordings are

*Elenino Horo* on :

Balkanton BHA 527 I,5 and Jugoton EPY 3344 (Boris Karlov)

Nevofoon LP 15007 II,9 (orch. Iskra)

Folkdancer MH LP 004

*Eleno Mome* on :

Folkways FD 6501 II,3 and Balkanton BHA 2126 I,6 (Brass Band)

Folkdancer MH 3044

NAMA LP # 2 A,4

STYLE : *Severnjaški*  
- light and jumpy

FORMATION : Half or open circle.  
Hands joined at the sides in V-position. The arms often swing fwd low and bkwd low on the rhythm of the dance.

INTRODUCTION : One can start the dance anytime or use one or two musical phrases as introduction.

Note: Along with the basic pattern, which is the most wide-spread and popular performance of the dance, many individual and regional variations are known as well. Some of those are included here and can be called or indicated by the first dancer by using the Bulgarian terms.

MEAS    PATTERN                      Part 1 Osnovno ("Basic")

- 1      facing diag R, moving in LOD,  
step on R ft (ct 1), step on L ft (ct 2),  
turning face ctr, moving sdwd R,  
step on R ft (ct 3), step on L ft behind R ft (ct 4)
- 2      step on R ft sdwd R, lifting L heel behind (ct 1),  
hop on R ft swinging L leg in front (ct 2),  
step on L ft sdwd L (ct 3), step on R ft behind L ft (ct 4)
- 3      repeat action of meas 2 with opp ftwk & directions

Part 2 Vojniška ("The soldier's one")

- 1      repeat action of meas 1 of Part 1
- 2      small jump on both ft slightly apart (ct 1),  
close and jump on both ft together (ct 2),  
step on L ft sdwd L (ct 3), step on R ft behind L ft (ct 4)
- 3      repeat action of meas 2 with opp ftwk & directions

Part 3 Nabivanje ("Stamps")

- 1      repeat action of meas 1 of Part 1
- 2      small jump on ft together in place (ct 1),  
hop on R ft lifting R knee in front (ct 2),  
strike L heel, without wt, next to R toes (ct &),  
step on L ft sdwd L (ct 3),  
step on R ft behind L ft (ct 4)
- 3      repeat action of meas 2 with opp ftwk & directions

Part 4 Prâsti - Peta ("Toe-Heel")

- 1      repeat action of meas 1 of Part 1
- 2      low leap onto R ft (ct 1),  
strike L toes, without wt, on the floor diag L behind with the L  
heel turned out and look across the L shoulder (ct &),  
hop on R ft, lifting L knee in front (ct 2),  
strike L heel next to L toes (ct &),  
step on L ft sdwd L (ct 3),  
step on R ft behind L ft (ct 4)
- 3      repeat action of meas 2 with opp ftwk & directions

