## 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.

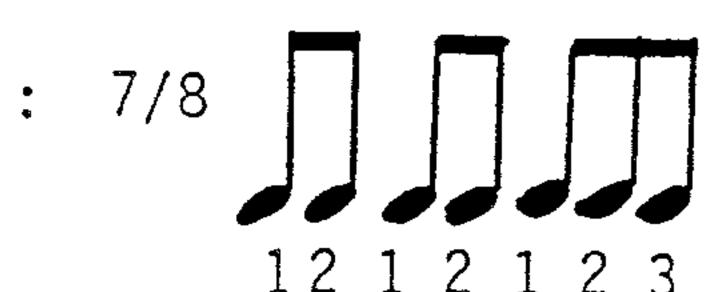
Instrumental versions, although they often take on different and newer melodies, still refer to the original song in their name Elenino Horo (Helena's dances) or Eleninata (The Helena one).

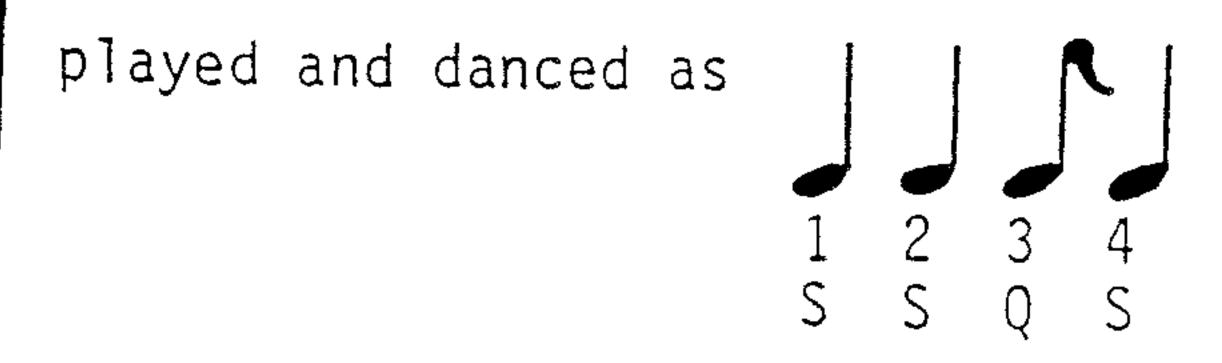
ORIGIN AND BACKGROUND

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





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

Severnjaski

- 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.

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Part 1 Osnovno
MEAS
       PATTERN
                                             ("Basic")
       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)
       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)
       repeat action of meas 2 with opp ftwk & directions
                             Part 2 Vojniška ("The soldier's one")
       repeat action of meas 1 of Part 1
       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)
       repeat action of meas 2 with opp ftwk & directions
                             Part 3 Nabivane ("Stamps")
       repeat action of meas 1 of Part 1
       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)
       repeat action of meas 2 with opp ftwk & directions
                             Part 4 Prasti - Peta ("Toe-Heel")
       repeat action of meas 1 of Part 1
       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)
       repeat action of meas 2 with opp ftwk & directions
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