

ELENO NOME

("Helen, dear Helen")

Source: This dance was reputedly the most popular horo in all Bulgaria during the years between the two World Wars. It was brought to this country by the emigrants with whom it is still one of the favorites. The Bulgarian's like for brass band instruments might have been influenced by the long military period of the last century, the Balkan Wars and the 1st World War. Eleno Nome is typical of many Bulgarian horos having three measures to the dance: the first traveling to the right; the second also to the right, but actually a change-step to the left; the third a step to the left, but actually a change-step to the right.

Record: XOPO # 303-A. 7/8 time.
* Folkways FD 6501 "Dances of the World's Peoples" Vol. 1

Formation: Hands are joined and held easily down at sides. On the 2nd beat of meas 2 and meas 3, the hands are swung fwd, up and down.

Steps: Steps are earthy and deliberate. Unlike the small and close-to-the-earth steps of the kolos, here large steps, runs, kicks and swings are common. Sometimes the knee is lifted high enough for the upper part of the leg to be parallel with the floor. Steps are, nevertheless, clear-cut and in unison with the other dancers. For descriptive purposes the steps are described as "slow, slow, quick, slow" in each measure. The dance may start at any point of the record, so long as the leader at R end of line catches the 1st beat of the measure - some may prefer to start at meas 2 or 3 instead of meas 1. The leader makes profuse use of a knotted handkerchief, waving it in circular motion as he leads the movements.

Meas.

- 1 - - - Slow - facing diag R, step on R ft to R.
Slow - continuing, step on L ft in front of R ft.
Quick - step on R ft to R, turning body to face center.
Slow - step on L ft in back of R ft.
- 2 - - - Slow - Step on R ft to the side (close to L ft).
Slow - hop on R ft in place, at the same time kicking L ft fwd, and swing arms fwd and up, then down.
Quick - step on L ft to L.
Slow - step on R ft in back of L ft.
- 3 - - - Slow - step on L ft to the side (close to R ft).
Slow - hop on L ft in place, at the same time kicking R ft fwd, and swing arms up and fwd, then down.
Quick - step on R ft to R.
Slow - step on L ft in back of R ft.

Northwest Balkan Camp
presented by Koleda
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