

Mândeli/Kajmiaoa

(Wallachs' Region of Mizia, Bulgaria)

These two dances are from two villages from the area of the town Vidin and are typical example of the folklore mix existing in the North-Western part of the ethnographical region of Mizia. Vidin area is known as the main region with Wallach population in Bulgaria. Wallach people came from the ancient land of Wallachia, situated northern of Danube river and known since Roman time. Their folklore still bears the characteristics of its origin. The ethnographical region they came to live in Bulgaria is known as Moesia (or Mizia in Bulgarian) and it covers the central Northern and North-Western Bulgaria, also known as Severnjaška area. The words Mândeli and Kajmiaoa are Wallach's and the local people haven't changed them. Mândeli is from the village of Gâmzovo (a pure Bulgarian name) and Kajmiaoa is from another Bulgarian village named Kutovo, both in Vidin county. The two dances are put together in order to meet the needs of the recreational groups. Source: groups for village dances from the villages of Gâmzovo and Kutovo, Vidin region.

Pronunciation: Mun-DEH-lih / Kuyh-MYAH-oh-ah.

Cassette: Folk Dances from Bulgaria - NK 1995.03.

Rhythm: 5/8 meter counted 1, 2 or 1, 2 &.

Formation: Open circle. During Mândeli hands in W-position, during Kajmiaoa hands in V-pos.

Styling: Wallachian styling differs from Bulgarian with its very interesting syncopated movements, smaller and faster steps and constant bounces with the upper part of the dancer's body, shoulders and arms in particular.

Meas

Pattern

1-16 INTRODUCTION. No action.

FIGURE I. MÂNDELI

- 1 Facing ctr, leap onto R behind L, bending R knee (ct 1); leap sdwd L onto L, lifting hands in W-pos (ct 2).
 - 2-3 Repeat footwork of meas 1 two times. Hands remain all the time in W-pos without changes.
 - 4 Leap onto R behind L, swinging hands down at sides (ct 1); hop in place on R, continuing hands swinging bkwd low (ct 2).
 - 5 Leap sdwd L onto L (ct 1); leap onto R behind L, swinging hands fwd low (ct 2).
 - 6 Leap onto L behind R (ct 1); hop in place on L, swinging hands bkwd low (ct 2).
 - 7 Leap sdwd R onto R (ct 1); leap onto L in front of R, swinging hands fwd low (ct 2).
 - 8 Leap onto R behind L (ct 1); hop in place on R, swinging hands bkwd low (ct 2).
- Transition Steps to Figure II:
- 8 Leap in place onto R (ct 1); leap sdwd L onto L (ct 2). Same hand work.

FIGURE II. KAJMIAOA

- 1 Facing ctr, step in place on R (ct 1); facing LOD, hop in place on R, bringing hands in V-pos down at sides (ct 2).
- 2 Keeping LOD, step on L in front of R (ct 1); hop in place on L (ct 2).
- 3 Facing ctr, leap sdwd R onto R (ct 1); step on L behind R (ct 2).
- 4 Leap sdwd R onto R (ct 1); step on L in front of R (ct 2).
- 5 Repeat meas 3.
- 6 Leap in place onto R (ct 1); hop in place on R (ct 2).
- 7 Step in place on L, lifting R knee (ct 1); hop in place on L, keeping R knee pos (ct 2).
- 8 Tap L heel, bending L knee, simultaneously scooping up in the air with R heel down low-toward the body plane-L in front of L ankle (ct 1); tap L heel, lifting R heel up finishing the brushing across L ankle (ct 2).
- 9 Step in place on L, lifting R knee (ct 1); hop in place on L, pumping L ft down low (ct 2).
- 10 Repeat meas 9 with opp ftwk.
- 11 Step in place on R, lifting L knee (ct 1); hop in place on R, keeping L knee pos (ct 2).
- 12 Tap R heel, bending R knee, simultaneously scooping up in the air with L heel down low-toward the body plane-R in front of R ankle (ct 1); tap R heel, lifting L heel up finishing the brushing across R ankle (ct 2).

Suggested sequence:

Fig I once. Fig I with opp ftwk and direction.

Repeat the above sequence three more times.

Fig I once with meas 8 replaced by the Transition Steps to Fig II.

Fig II till the end of the dance.

Presented by Nina Kavardjikova

Description © 1995 Nina Kavardjikova