

MINDRELE
(Romania)

Source: Mindrele is a dance from Dobrogea, Romania. It was learned by Mihai David during the years 1963-1965 while dancing with the Romanian State Folk Dance Ensemble.

Music: "The Lark" FLDR
side two, band 5, 9/16 (12,12,12,123) or (1234)
to be counted in the notes as 1,2,3,4.

Formation: Line, either belt or front basket.

Measures

Introduction

1-8 Hold

Figure 1 - travel LOD.

1-8 Run R,L,R,L bending L knee on last step, repeat
7 more times.

Figure 2 - face center.

1 Hop L raising a bent R knee (ct.1), step R crossing
in front of L (ct.2), step L behind (ct.3), step
R in place (ct.4).

2 Reverse measure 1 fig.2.

3-8 Repeat measures 1-2 fig.2:

Figure 3

1 Facing RLOD hop L raising bent R knee (ct.1), step
R stamping (ct.2), close L to R (ct.3) step R stamping
(ct.4).

2 Hop R (ct.1), step L back (ct.2), step R to R
starting turn to face LOD (ct.3), step L crossing
in front of R (ct.4).

3 Hop L raise bent R knee (ct.1), step R stamping
(ct.2), close L to R (ct.3), step R stamping (ct.4).

4 Hop R (ct.1), step L back (ct.2), close R to L
(ct.3), step L back (ct.4).

5-8 Repeat measures 1-4 fig.3.

Figure 4 - face center.

1 Hop L (ct.1), touch R toe fwd. (ct.2), hop L (ct.3).

(cont.)

MINDRELE
(continued)

Measure

Figure 4 - continued.

- 1 step R behind L (ct.4).
- 2 Step L to L (ct.1), step R crossing in front of L (ct.2), step L behind (ct.3), step R to R (ct.4).
- 3-4 Reverse measures 1-2 fig.4.
- 5-8 Repeat measures 1-4 fig.4.

To finish dance repeat figures 1-4.