


- TRANSLATION: Mitra is a girl's name. The dance is done to the accompanying song (*horovodna pesen*) "Mitro Mitro Kadon Mitro" - Mitro, Mitro, dear Mitro - a capella or played by a *kaba gajda*. When played as an instrumental the dance is sometimes called *Mitrino Horo* (Mitro's dance).
- ORIGIN AND STYLE: This dance is from the Rhodope Mountain Region in Southern Bulgaria and has all the characteristics of the Rhodope dance style. Typical is the step-horo basic step by which the step is stressed and the hop is performed as a subtle "chuck" in Bulgarian called "čukče".
- METER: 2/4 
- SOURCE: Learned and notated by Jaap Leegwater from Danja Djankova in Smoljan, Rhodope Region, Bulgaria, in the winter of 1975.
- MUSIC: Cassette JL/YM 1988.03
- FORMATION: Open circle, hands held in W position, the arms rocking gently on the rhythm of the beat. This dance is a *Vodeno Horo*, which means a "lead-chain-dance". The first dancer (*Vodač* or *Horovodec*) winds the circle into itself and back out again.

INTRODUCTION: None

MEASPATTERN

- |     |   |
|-----|---|
| 1   | facing and moving LOD, step on R ft (ct 1), "čukče" on R ft (ct 2)  |
| 2   | step on L ft (ct 1), "čukče" on L ft (ct 2)   |
| 3   | step on R ft, (ct 1), step on L ft (ct 2)   |
| 4-6 | repeat action of meas 1-3   |
| 7   | turning body, face ctr, step on R ft sdwd R (ct 1), bounce on R ft (ct 2)   |
| 8   | rock fwd by stepping on L ft (ct 1), bounce on L ft (ct 2)  |
| 9   | rock back by stepping on R ft (ct 1), bounce on R ft (ct 2)   |
| 10  | facing ctr, moving sdwd L, step on L ft, swinging arms fwd low (ct 1), step on R ft, swinging arms down (ct 2)          |
| 11  | step on L ft, swinging arms bkwd low (ct 1), bounce on L ft, bringing arms back to W pos and turning to face LOD (ct 2) |

Description by Jaap Leegwater © 1988

## MITRO

This song originates from the Turkish-Bulgarian time, and it is performed by the *Pomaci*, Bulgarian Moslems in the Rhodopes. This is the *horovodna pesen* or accompanying song to the dance "Mitro".

Mitro, Mitro, kadon Mitro

tornala e kadon Mitra

ot saraen do bunaren

studna voda da notoči

Mitro, Mitro, dear Mitro

she came from the

harem to the well

to pour cold water

De ja sreošna ludo mlado

toj na mitra progovarja

"Mitro, Mitro, kadon Mitro

kade ti e kolančeno ?

Kolančeno ot korčeno

Gerdančeno ot šijikana"

there she met a young lad

who spoke to her

"Mitro, Mitro, dear Mitro

where is your belt ?

your belt of leather

your vest of silk "