

MOMINO HORO

Момино Хоро

(Bulgaria - Northwest-Vlach)

Dance from the region of Lom on the Danube in N.W. Bulgaria, originally done by women. It is a «Vlach» dance with influences of Bulgarian, Romanian and Macedonian styles.

Pronunciation: Moh-MEEH-noh Hoh-ROH
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Line or open circle with hands joined in W pos. Face R of ctr, wt on L
Style: Slow part is solemn and proud and fast part is light and sharp

Meter: 2/4	Pattern
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Introduction : 4 meas. No action

SLOW PART

1. Step-lifts (Melody A)

- 1 Step on R to R (1) slight lift onto R, raising L knee (2)
- 2 Step onto L (1) slight lift onto L, raising R knee (2)
- 3 Step on R (1) step on L (2)
- 4 Turning to face ctr, step on R (1) slight lift on R, raising L knee (2)
- 5 Still facing ctr, step slightly fwd onto L (1) slight lift on L, raising R knee but keeping R leg slightly back (2)
- 6 Step slightly back onto R (1) slight lift on R, raising L knee (2)
- 7-8 Repeat pattern of meas 3-4 with reverse direction and ftwrk, end facing LOD
- 9-16 Repeat pattern of meas 1-8

2. Grapevines and push-kicks (Melody B)

- 1 Facing ctr, step on R to R (1) step on L in front of R (2)
- 2 Step on R to R (1) step on L behind R (2)
- 3 Facing ctr, step on R in place, raising L knee (1) slight «push-kick» L ft downward and slightly across supporting leg (2)
- 4 Repeat pattern of meas 3 with opp ftwrk
- 5 Repeat pattern of meas 3
- 6-7 Repeat pattern of meas 1-2 with reverse dir and ftwrk
- 8 Repeat pattern of meas 3 with opp ftwrk
- 9-16 Repeat pattern of meas 1-8

3. Lifts and flexions in place with arm motion (Melody C)

- 1 With wt on L, come up on balls of both ft and turning body to face slightly L (1) release wt on to R ft, bending L knee and keeping L leg slightly back and bending slightly fwd (2)
- 2 Facing ctr again, come up onto both ft (1) release wt onto L ft, bending R knee (2)
- 3 Facing ctr, two steps in place R-L simultaneously extending arms fwd and back (1-2)
- 4 Step on R in place, arms extend fwd (1) slight lift onto R, raising L knee, arms come up to W pos (2)
- 5-8 Repeat pattern of meas 1-4 with opp ftwrk

9-16 Repeat pattern of meas 1-8

FAST PART

Transition Break

1 Facing ctr, arms down in V pos, stamp, no wt, R ft next to L (1) pause (2)
2 Repeat action of meas 1
3 Feet together, twist heels to R (1) straighten heels to starting pos
4 Repeat pattern of meas 3

4. Sideways with stamps (Melody D)

1 Step on R to R (1) close L to R, displacing R ft (2)
2 Repeat pattern of meas 1
3 Step on R to R turning slightly R (1) sharp low stamp, no wt, with L next to R (&
Step on L to L turning slightly L (2) sharp low stamp, no wt, with R next to L (&
4 Step on R to R turning slightly R (1) sharp low stamp, no wt, with L next to R (&
Sharp twist-leap onto L to L, knees tog (2)
5-8 Repeat pattern of meas 1-4
9-10 Repeat pattern of meas 1-2
11 Sharp twist-leap onto R to R, knees tog (1) sharp twist-leap onto L to L, knees tog
(&) pause (2)
12 Step on R to R turning slightly R (1) sharp low stamp no wt, with L next to R (&
sharp twist-leap onto L to L, knees tog (2)
13-16 Repeat pattern of meas 9-12

5. Fwd and back a& stamps (Melody E)

1 Rock fwd onto R ft, arms extend fwd (1) slight lift onto R (2)
2 Rock back onto L, arms extend bkwd ft (2) slight lift onto L (2)
3 Step fwd on R, arms come slowly fwd (1) close L behind R heel (2)
4 Step fwd on R, arms continue slowly fwd (1) light hop on R, lifting L knee (2)
5 Step back on L, arms slowly come down (1) light hop onto L (2)
6 Step back onto R, arms continue down (1) light hop onto R (2)
7 Step onto L bending knee and simultaneously raising R knee (1)
low stamp with R slightly fwd, no wt, straight knee (&) repeat action of
previous cts 1& (2&)
8 Step onto L bending knee and simultaneously raising R knee (1)
low stamp with R slightly fwd, no wt, straight knee (&) step onto L
bending knee (2)
9-23 Fig. 5 meas **two** more times but modify last meas as follows :
24 Step onto L bending knee and simultaneously raising R knee (1) pause (&
sharp low stamp with R slightly fwd, no wt, straight knee