

Eleno Mome (Bulgaria)

Eleno Mome (EM) (EH-leh-noh MOH-meh), or "Helen, dear Helen," danced also as Elenino Horo (EH), has long been very popular in both Bulgaria and the USA. It was taught at the 1956 and 1972 University of the Pacific Folk Dance Camps, the 1956 San Francisco Kolo Festival and Idyllwild 1972 by John Filcich, who learned it from the Macedonian-Bulgarian Folk Dance Colony in San Francisco. It was taught by Dennis Boxell at UOP 1963, and is described in the Folk Dance Federation of California's 1973 Folk Dances from Near and Far, Vol D-1, by Bernice Schram, Mildred Coburn and Dorothy Tamburini. A 'Macedonian variant' Elenica (EL) also has been taught by Michael Ginsburg at the 1995 Mendocino Folklore Camp.

- Music CDs: Boris Karlov, Legend of the Bulgarian Accordion - CD1, Bands 7 and 11 (EH); Balkan Voices - Family-Kolev, Band 15 (EM).
Records: 45 rpm: XOPO 303A (EM); LPs: XOPO XLP-1A, Side B/1 (EM); Folklore Dances of Bulgaria, B-4000, Side B/6 (EH); Balkan Arts Center, Inc. (M. Koenig) BAEU 1B-6 (EH).
Cassettes: Ajde Na Horo, Yves Moreau and Jaap Leegwater, Side A/1 (EM); Balkaton Presents Bulgarian Music Folklore, Vol V, Side A/6 (EH); Balkan Feast, Michael Ginsburg, Side A/11 (EL).
Rhythm = s,s,q,s, counted 1,2,3,4. Musicians may select meter 7/8 (2,2,1,2), 11/16 (3,3,2,3), 12/16 (4,3,2,3), 13/16 (4,4,2,3) or in between.
- Formation: Mixed open circle, hands joined down in V-pos; leader on R may wave knotted handkerchief.
- Steps: Basic EM steps are large and deliberate; but dancers may select steps and patterns from many common variations (see II below).
- Styling: Lively and sometimes aerobic.

Measure	Rhythm = s,s,q,s	Pattern
---------	------------------	---------

INTRODUCTION Leader on the R decides when and where to begin.

I BASIC PATTERN

- 1 Facing R of ctr and moving in LOD, step on R (ct 1); step on L across R (ct 2); facing ctr, step on R to R (ct 3); step on L behind R (ct 4).
- 2 Step on R to R (ct 1); hop on R, kicking L fwd as arms swing fwd (ct 2); step L to L as arms swing back (ct 3); step R behind L (ct 4).
- 3 Moving L, repeat meas 2 with opp ftwk.

Eleno Mome, pg 2

II VARIATIONS

While following the three-measure phrasing of Fig I, each dancer may choose from many pattern variations; examples include:

<u>Meas</u>	<u>Pattern</u>
1	Facing R of ctr, run in LOD: R, L, R, L (cts <u>1</u> , <u>2</u> , 3, <u>4</u>).
1	Facing R of ctr, run faster in LOD: R,L,R,L,R,L (cts 1,&,2,&,3, <u>4</u>)
1	Facing ctr, dance a 6-step fast grapevine: R to R, L behind R, R to R, L across in front of R, R to R, L behind R (cts 1,&,2,&,3, <u>4</u>).
3&1	Facing R of ctr, run more in LOD: R, L, R, L, R, L (cts 3, <u>4</u> , <u>1</u> , <u>2</u> , 3, <u>4</u>).
3&1	Face R, run more faster: R,L,R,L,R,L,R,L,R,L (cts 3,4,&,1,&,2,&,3,4,&).
3&1	Facing ctr, dance 10-step fast grapevine: R to R, L back, R to R, L front, R to R, L back, R to R, L front, R to R, L back (cts 3,4,&,1,&,2,&,3,4,&). Rhythmically: ct <u>1</u> = ct 1 + ct &; also for cts <u>2</u> and <u>4</u> .

Individual steps also may be varied; e.g.,

<u>Measure; Count</u>	<u>Step</u>
2 and/or 3; <u>4</u> .	Close free ft and take weight.
2 and/or 3; <u>2</u> .	Substitute stamp or slap without weight for hop-kick.
2 and/or 3; 3 and/or <u>4</u> .	Hop once or twice, clicking free ft to supporting ft on each hop. The click step is believed to have a military origin.

SONG (Eleno Mome)

Eleno Mome, Eleno //
Ne gazi seno zeleno! //
(Ah) Eleno mome, Eleno
Ne gazi seno zeleno! //

TRANSLATION

Helen, dear Helen //
Don't step on the green grass //
Ah, Helen, dear Helen
Don't step on the green grass //