

Katerino Mome

(Pirin, Bulgaria)

Katerino Mome (kah-teh-REE-noh MOH-meh) is the name of the song, for which the words follow. Ventsi Sotirov learned this dance during the time he worked as a lead dancer for the Pirin Ensemble. The dance also sometimes goes by the name “Arap,” meaning “Arab,” which is a name shared by several Macedonian dances. Presented by Erik Bendix at the 2006 Stockton Folk Dance Camp.

Music: CD: *Stockton Folk Dance Camp 2006*, Band 10. 2/4 meter
Cassette: Pirin Ensemble, Balkanton BHMC 7299, Side 1/5.

Formation: Open line, facing ctr and moving to the R (LOD). Hands joined in W-pos.

Measure	2/4 meter	PATTERN
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11 meas INTRODUCTION. Dance begins with singing.

BASIC STEP

- 1 Facing diag R and moving in LOD, raise R knee (ct 1); reach step on R (ct &); raise L knee (ct 2); reach step on L (ct &).
- 2 Raise R knee (ct 1); step on R (ct &); raise whole L leg straight (about 45° angle) in LOD, dipping slightly on standing R leg (ct 2); hold L leg in place and dip a little deeper on R (ct &).
- 3 Facing a bit to the R, step back on L (ct 1); step back on R (ct &); close both ft together, turning to face ctr, flexing both legs (ct 2); raise and dip a second time on both legs, coming down this time with wt on L (ct &).
- 4 Step on R across in front of L, letting arms respond by slowly coming out and then down in a fwd arc (ct 1); step back on L in place, continuing arm motion (ct &); turning to face more in LOD, step on R to R side, letting arms begin to rise (ct 2); step fwd on L and finish bringing hands back to W-pos (ct &). Throughout meas 4, hands describe a “D.”

VARIATION

- 1 Repeat Basic Step, meas 1.
- 2 Raise straight R leg in LOD, dipping slightly on standing L (ct 1); dip a little deeper, still holding R leg up (ct &); facing diag R, step back on R (ct 2); step back on L (ct &).
- 3 Facing ctr, step on R across in front of L (ct 1); step back on L in place (ct &); leap onto R in place, flicking L ft up across in front of R leg (ct 2); leap onto L in place, flicking R ft up across in front of L leg (ct &).