

Momino Horo

(Northwest Bulgaria)

Momino Horo (moh-MEEH-noh hoh-ROH) means “young women’s dance.” This is an arrangement by Yves Moreau based on traditional Vlach women’s dance steps from the region of Lom on the Danube in Northwest Bulgaria. Yves taught this dance in California at both the 2011 Statewide and the 2013 Stockton Folk Dance Camp.

- Music: *Yves Moreau Stockton FDC 2013, Track 4; Statewide Festival 2011, Track 2*
- Video: *2013 Stockton Folk Dance Camp DVD*. Camp videos can be viewed in the library at the University of the Pacific or by contacting a Camp participant who purchased it. There are several videos on Youtube, including variations in name, such as Momino Oro & Momino Horo 2.
- Formation : Line or open circle with hands joined in W-pos. Face R of ctr, wt on L.
- Steps and Styling: Slow part is solemn and proud and fast part with sharp light steps as in Vlaško Horo. Styling is Greek Macedonian.

Measures	2/4 meter	PATTERN
1-4	<u>INTRODUCTION</u> . No action.	
	I. <u>STEP-LIFTS (Melody A)</u>	
1	Step R in CCW (ct 1); slight lift on R, raising L knee (ct 2).	
2	Step L in CCW (ct 1); slight lift on L, raising R knee (ct 2).	
3	Step R (ct 1); step on L (ct 2).	
4	Step R, turning to face ctr (ct 1); slight lift on R, raising L knee (ct 2).	
5	Still facing ctr, step slightly fwd L (ct 1); slight lift on L, raising R knee but keeping R leg slightly back (ct 2).	
6	Step slightly back onto R (ct 1); slight lift on R, raising L knee (ct 2).	
7-8	Repeat meas 3-4 with opp ftwk and direction, and end facing CCW.	
9-16	Repeat meas 1-8.	
	II. <u>GRAPEVINES AND PUSH-KICKS (Melody B)</u>	
1	Facing ctr, step R to R (ct1) step L in front of R (ct 2).	
2	Step R to R (ct 1); step L behind R ft (ct 2).	

- 3 Facing ctr, step R in place, raising L knee (ct 1); slight “push-kick” with L downward and slightly across R (ct 2).
- 4 Repeat meas 3 with opp ftwk and direction.
- 5 Repeat meas 3.
- 6-7 Repeat meas 1-2 with opp ftwk and direction.
- 8 Repeat meas 3 with opp ftwk and direction.
- 9-16 Repeat meas 1-8.

III. LIFTS & FLEXIONS WITH ARM MOTIONS (Melody C)

- 1 With wt on L and R ft fwd, rise on balls of both ft, turning body to face slightly L (ct 1). Release wt onto R, bending L knee and keeping L leg slightly back (ct 2).
- 2 Facing ctr again, rise on both ft (ct 1); release wt onto L, bending R knee (ct 2).
- 3 Facing ctr, two steps back (R, L) simultaneously extending arms fwd and back (cts 1, 2).
- 4 Step R fwd, arms extend fwd (ct 1); slight lift on R, raising L knee, arms come up to W pos (ct 2).
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8.

FAST PART

TRANSITION BREAK (Only done once)

- 1 Facing ctr, arms in V-pos, stamp R next to L without wt (ct 1); pause (ct 2).
- 2 Repeat action of meas 1.
- 3 Feet together, twist heels to R (ct 1); straighten heels to starting pos (ct 2).
- 4 Repeat pattern of meas 3.

IV. MOVING SIDEWAYS RIGHT WITH STAMPS AND PAUSE (Melody D)

- 1 Step R (with toe turned slightly out) to R, leaning upper body slightly R (ct 1); step L to R, raising R ft and straightening upper body (ct 2).
- 2 Repeat meas 1.
- 3 Step R to R turning slightly R (ct 1); sharp low stamp L next to R (no wt) (ct &) step L to L turning slightly L (ct 2); sharp low stamp R next to L without wt (ct &).
- 4 Step R to R turning slightly R (ct 1); sharp low stamp L next to R without wt (ct &); sharp twist-leap onto L to L, knees together (ct 2).

- 5-8 Repeat meas 1-4.
- 9-10 Repeat meas 1-2.
- 11 Sharp twist-leap onto R ft to R, knees together (ct 1); sharp twist-leap onto L to L, knees together (ct &) pause (ct 2). Note: Dancers here shout: "Heeh-Hah" on cts 1-&.
- 12 Step on R ft to R, turning slightly R (ct 1); sharp low stamp no wt, with L next to R (ct &); sharp twist-leap onto L ft to L, knees together (ct 2).
- 13-16 Repeat pattern of meas 9-12.

V. FORWARD & BACK & STAMPING IN PLACE (Melody E)

- 1 Rock fwd onto R, arms extending fwd (ct 1); slight lift on R (ct 2).
- 2 Rock back onto L, arms extend bkwd (ct 1); slight lift on L (ct 2).
- 3 Step fwd R, arms coming slowly fwd (ct 1); close L behind R heel (ct 2).
- 4 Step fwd R, arms continuing slowly fwd, ending parallel to floor (ct 1); light hop on R, lifting L knee (ct 2).
- 5 Step bkwd L, arms slowly coming down (ct 1); light hop on L (ct 2).
- 6 Step bkwd R, arms continuing downward (ct 1); light hop on R ft (ct 2).
- 7 Step L, simultaneously raising R knee (ct 1); low stamp with R slightly fwd with wt, straightening knee (ct &); repeat (cts 2, &).
- 8 Repeat meas 7 ct 1-2; pause (ct &).
- 9-24 Repeat meas 1-8, two more times but modify last meas to end dance as follows:
- 24 ending Step L, bending and simultaneously raising R knee (ct 1); pause (ct &); sharp low stamp with R slightly fwd and with straight knee (ct 2).

Sequence: (Slow Section) Fig I, Fig II, Fig III, Fig I, Fig II, Fig III.
 Transition Break (once)
 (Fast Section) Fig IV, Fig V, Fig. IV, Fig. V, Fig. IV, Fig. V with meas. 24 ending on third repetition.