




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MINDRELE

(Mun dre1 ay)

**Origin:** Mindrele is a Hora type which means pretty girls and comes from the village Obirsia (Oh bur she uh) Dolj, Oltenia. It is a dance for "older" women and originally had a ceremonial function

**Record:** HAI LA JOC Noroc Vol I side B band 9

**Music:** 6/8 counted  = slow (ct S)  
 = quick (ct Q)  
 = slower (ct S.)

**Formation:** open or closed circle of women

**Position:** hands held in "W"

8 measure introduction

**Measure**      **Pattern**

- A
- 1 Facing slightly to rt and moving rt, step R (ct S) close L (ct Q), step R (ct S.)
  - 2 Repeat meas 1, with opp ftwk
  - 3 Step R, while turning CCW approx 180<sup>0</sup> to face RLOD (ct S.), step backward L (ct S), step R (ct Q)
  - 4 Step L (ct S), step R (ct Q), step L, turning CW 90<sup>0</sup> to face center (ct S.)
  - 5 In place sway to rt, stepping R (ct S.), sway to left, stepping L (ct S), step R across in front (ctQ)
  - 6 Step sideways L (ct S), step R across in back (ct Q), step sideways L(ctS.)
  - 7-12 Repeat meas 1-6
- B
- 1 Plie on weighted lft foot, while raising rt leg across in front of lft (ct S.), with rt hip leading backwards in LOD step R (ct S), step L (ct Q)
  - 2 Continuing to move LOD, step RLR (cts S,Q,S.)
  - 3-4 Repeat 1-2, with opp ftwk and direction
  - 5-6 Grapevine in RLOD, step R across in front (ct S.) step sideways L (ct S.), step R across in back (ct S.), step sideways L (ct S.)
  - 7 Swaying to rt, step R (ct S), step L, sideways lft (ct Q). step R across in front, beginning to move RLOD (ct S), step L (ct Q)

- 8 Continue grapevine stepping R across in back (ct S)  
step L (ct Q), step R across in front (ct S.)
- 9-16 Repeat meas 1-8 with opp ftwk and direction
- C 1-2 Moving toward center, walk in an elegant manner  
stepping R (ct S.), L (ct S.), R (ct S.), L (ct W), R (ct S.)
- 3 Standing in place touch L across in front (ct S.)  
touch L, Ride lft (ct S.)
- 4 Touch L across in front (ct S.)  
moving backward step L (ct S), step R (ct Q)
- 5 Step backward L (ct S.) and touch R across in front (ct S.)
- 6 Step backward R (ct S), step L (ct Q), step R (ct S.)
- 7 With slight left on R (virf-toc) (ct Q), step sideways L (ct S)  
step R across in front (ct Q), step L (ct S)
- 8 Repeat meas 7 with opp ftwk
- 9-16 Repeat meas 1-8 with opp ftwk

Presented by Sunni Bloland  
Laguna Festival 1979