

## Mâdro (E.Trakija, Bulgaria)

Mâdro (MUH-droh) translates as “wisely.” The dance is known also as Mâdroto (“the sage”) or Corbadzijsko Horo (“the master’s or rich lady’s dance”). From the town of Kotel in Eastern Trakija, Mâdro is a traditional women’s dance of welcome for their husbands, seasonal laborers back from weeks or months abroad. The dance originally consisted of only one step-close basic step, performed in a slow, light, subdued and feminine way. The composition described here is based on a version by Belco Stanev, choreographer from Varna, Bulgaria. It was taught by Jaap Leegwater at the 2000 Stockton Folk Dance Camp. This revision of an earlier description (Let’s Dance, November 2000) is more consistent with the Stockton Camp 2000 video.

Cassettes: Folk Dances from Bulgaria, UOP Folk Dance Camp, Side B/5;  
Folk Dances from Bulgaria, JL1990.01, Side B/15.

Rhythm: 7/8 meter = 2/8+2/8+3/8, counted here as 1, 2, 3, or Q Q S.

Formation: Closed circle facing LOD, hands joined down in V-pos.

Styling: Trakijski: feminine, subdued, and somewhat solemn with light and bouncy movements. The shoes are a kind of slipper that dictate and explain the styling. The lacy and heavily ornamented dress and jewelry also influence the modest performing style. A gentle, subtle hip action accompanies the rotations and shoulder movements.

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| Measures | 7/8 meter | PATTERN |
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INTRODUCTION. None.

### I. MOVING IN LOD

- 1 Facing LOD, rotate hips and shldr s slightly CW, touching ball of R ft fwd in LOD, heel turned in (ct 1); rotate hips and shldr s slightly CCW, stepping onto full R ft, pointed fwd in LOD (ct 2); square hips and shoulders, stepping fwd on L in LOD (ct 3).
- 2-3 Repeat meas 1 twice.
- 4 Take three steps fwd in LOD, R, L, R, dropping wt on each count from ball of ft to full ft.
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8.
- 17-19 Repeat meas 1-3.
- 20 Ritardando (music slows): Repeat meas 4, straightening knees and raising heel of supporting ft before each ct, while bending knees with an exaggerated heel drop on each full count.
- 21-24 Repeat meas 17-20 with opp ftwk.
- 25-32 Repeat meas 1-8.

### II. FORWARD, BACK, AND SIDE, CLOSE

- 1 Turning to face ctr with hands raised to W-pos, bounce on L (ct ah); step fwd on R, leaving L on floor (ct 1); bouncing on R, take wt off L ft (ct 2); bouncing again on R, raise L leg behind R with bent L knee (ct 3).
- 2 Bounce on R (ct ah); leaving R ft on floor, step back on L (ct 1); take wt off R ft (ct 2); bouncing on L, raise R leg in front with bent knee (ct 3).
- 3 Bouncing on L, incline upper torso slightly to R and twist slightly CW (ct ah); leaving L ft on floor, step on R to R (ct 1); take wt off L (ct 2); close L beside R with wt (ct 3).

Mâdro, pg 2, Figure II

- 4 Repeat meas 3, but do not take wt on L on ct 3.
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8.

### III. MOVING TO CENTER AND BACK

- 1 Continuing to face ctr with upper body bending slightly fwd and arms extended fwd, lift on ball of L ft, bringing R leg fwd with straight knee (ct ah); leading with heel, step diag fwd R on R ft (ct 1); bending R knee, strike ball of L ft next to R heel (ct 2); brush L ft diag fwd L (ct 3).
- 2 Repeat meas 1, moving diag L with opp ftwk.
- 3-4 Repeat meas 1-2, but on meas 4, ct 3, close R ft to L heel with a stamp, no wt.
- 5 Straightening upper body with arms in W-pos, rotate hips and shldrslightly CW and step back on bent R knee, while leaving L ft on floor (ct 1); take wt off L ft (ct 2); squaring hips and shldrsl, step back on L (ct 3).
- 6-7 Repeat meas 5 twice.
- 8 Repeat meas 5, cts 1-2 (cts 1-2); step on L beside R (ct 3).
- 9-13 Repeat meas 1-5.
- 14 Repeat meas 8.
- 15-16 Releasing hands, but retaining W-pos, turn CW once in place while dancing meas 6-7. At the end of meas 16 lower arms and rejoin hands in V-pos.

Sequence: Dance sequence: Fig I; Fig II; Fig III; Repeat all; Fig I, meas 1-8.