
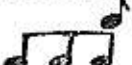



MINDRELE
(Romania)

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

Pronunciation: Muhn-dreh-lay

Record: Hai La Joc, Noroc Vol. I Side B/9

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

Formation: Open or closed circle of women. Hands are held in "W" pos.

Meas

PATTERN

- A 1 Facing slightly to R and moving R, step R (ct S); close L (ct Q); step R (ct S)
- 2 Repeat action of meas 1 with opp ftwk
- 3 Step R, while turning CCW approx 180° to face FLOD (ct S)
- 4 Step L (ct S); step R (ct Q); step L, turning CW 90° to face center (ct S)
- 5 In place sway to R, stepping R (ct S); sway to L, stepping L (ct S); step R across in front (ct Q)
- 6 Step sdwd L (ct S); step R across in back (ct Q); step sdwd L (ct S).
- 7-12 Repeat action of meas 1-6
- B 1 Plie on weighted L ft, while raising R leg across in front of L (ct S); with R hip leading bkwd in LOD step R (ct S); step L (ct Q)
- 2 Continuing to move LOD, step R,L,R (cts S,Q,S)
- 3-4 Repeat action of meas 1-2, with opp ftwk and direction
- 5-6 Grapevine in RLOD, step R across in front (ct S), step sdwd L (ct S); step R across in back (ct S); step sdwd L (ct S)
- 7 Swaying to R, step R (ctS); step L (ct Q); step R across in front, beginning to move RLOD (ct S); step L (ctQ)
- 8 Continue grapevine stepping R across in back (ct S); step L (ct Q); step R across in front (ct S)
- 9-16 Repeat action of meas 1-8 with opp ftwk and direction

Continued.

MINDRELE - cont'd
(Romania)

- C 1-2 Moving twd ctr, walk in an elegant manner stepping R (ct S) L (ct S); R (ct S); L (ct Q); R (ct S)
- 3 Standing in place touch L across in front (ct S); touch L sdwd L (ct S)
- 4 Touch L across in front (ct S); moving bkwd step L (ct S); step R (ct Q)
- 5 Step bkwd L (ct S) and touch R across in front (ct S)
- 6 Step bkwd R (ct S); step L (ct Q); step R (ct S)
- 7 With slight lift on R (virf-toc) (ct Q); step sdwd L
- 8 Repeat action of meas 7 with opp ftwk
- 9-16 Repeat action of meas 1-8 with opp ftwk

Repeat dance from beginning

Presented by Sunni Bloland