

## Momino Horo

(Northwest Bulgaria)

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.

Pronunciation: moh-MEE-noh hoh-ROH

Translation: Young women's dance

Music: 2/4 meter

*Yves Moreau Stockton FDC 2013, Track 4*

Formation: Line or open circle with hands joined in W-pos. Face R of ctr, wt on L.

Steps & Styling: Slow part is solemn and proud and fast part with sharp light steps as in Vlaško Horo.

4 meas INTRODUCTION. No action.

### I. STEP-LIFTS (Melody A).

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. GRAPEVINES AND PUSH-KICKS (Melody B).

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 R toe fwd and wt on L, 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).

## Momino Horo — continued

- 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, swinging arms up into W-pos (ct 1); pause (ct 2).  
 5-8 Repeat meas 1-4 with opp ftwk.  
 9-16 Repeat meas 1-8.

FAST PARTTRANSITION 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 to R with toe turned slightly out and leaning upper body slightly R (ct 1); step L to R, raising R ft and straightening upper body (ct 2).  
 2 Repeat of meas 1.  
 3 Step R to R turning slightly R (ct 1); sharp low stamp L next to R without 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); facing fwd, 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 ft (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 ft, 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).

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- 4 Step fwd R, arms continuing slowly fwd (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)-special ending Step L, bending and simultaneously raising R knee (ct 1); pause (ct &); sharp low stamp with R slightly fwd without wt, with straight knee (ct 2).

Sequence:

(Slow Section) Fig I, Fig II, Fig III – all done twice.

Transition Break (once)

(Fast Section) Fig IV, Fig V – all done three times – with special ending on third repetition.

Presented by Yves Moreau