

ELENO MOME
(Bulgaria)

Eleno Mome (El-LEH-noh MOH-meh) or "Helen, dear Helen" was introduced by John Filcich at the University of the Pacific Folk Dance Camp, 1956. Mr. Filcich learned it from a Macedonian-Bulgarian Colony in San Francisco. Reputedly the most popular Hora in all Bulgaria during the period between the two World Wars, it is still a favorite with the emigrants who brought it here. The heel-click variation is said to be of military origin, introduced by soldiers returning home.

Music: Record: Xopo 303-A, Side 2, Band 1 (Preferred), MH 3043A
Xopo XLP-1A, Side 2, Band 1 7/8 meter

Formation: Open circle, joined hds held at sides; leader at R end waves a knotted handkerchief in a circular motion as he leads the movements. Preferred hd pos, hds held down at sides except during step-swing.

Steps and Styling: Walk*, Leap*, hop-kick.
Steps are earthy and deliberate. Large steps, runs, kicks, and swings are used in contrast to the small, close to the earth steps of the Kolos. Sometimes the knee is lifted high enough for the upper part of the leg to be parallel with the floor. Steps are, nevertheless, clear cut and in unison with other dancers.

Eleno Mome is typical of many Bulgarian Horos having three measures to the dance. The leader may start at any point on the record, as long as he catches the correct beat. Some may prefer to start on meas 2 or 3 instead of on meas 1.

Rhythm: Slow (ct 2/8), Slow (ct 2/8), Quick (ct 1/8), Slow (ct 2/8) or 1-2, 3-4, 5, 6-7. The dancer should recognize the third step is done in half the time it takes to perform each of the other three.

Meas

Pattern

I. THE DANCE

- 1 Take a low leap on R in LOD, facing diag R (Slow).
Leap on L in front of R, moving LOD (Slow).
Step R to R, facing ctr (Quick).
Step L in back of R (Slow).
- 2 Step R to R side (near L) (Slow).
Hop on R, kicking L fwd (Slow).
Step L to L (Quick).
Step R in back of L (Slow).

Continued...

ELENO MOME (continued)

- 3 Step L to L side (near R) (Slow).
 Hop on L, kicking R fwd (Slow).
 Step R to R (Quick).
 Step L in back of R (Slow).

NOTE: During the hop-kick steps in meas 2 and 3, the joined hds are brought fwd and upward and returned again to sides.

II. VARIATION -- HEEL-CLICKS (for meas 3)

Finish the hop-kick with heels 6 to 8 inches apart (Quick).
 Click heels together on next ct (Slow).

SONG TEXT

Eleno mome, Eleno //
 Ne gazi seno zeleno! //
 (Ah) Eleno mome, Eleno
 Ne gazi seno zelano! //

Presented by John Filcich

* Described in Volumes of Dances from Near and Far published by Folk Dance Federation of California, 1095 Market St., San Francisco, CA 94103