

OMORFOULA (Oh-more-FOO-la)
(Macedonia, Greece)

Source: Martin Koenig as he learned the dance from Simos Kostantinou.

Formation: Line, joined hands held down.

Record: Balkan-Arts 706 EP. 4/4 meter.

Note: This is another dance from the village of Alona. The translation of Omorfoula is "the beautiful one".

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
1	1	Facing & moving LOD hop on L, raising R in frnt, knee bent
	2	Hop on L again
	&	Large step in LOD on R
	3	Step on L directly behind R
	4	Heavy step in LOD on R
2	uh	Preliminary hop on R before the beat
	1	Step in LOD on L
	uh	Preliminary hop on L before the beat
	2	Step in LOD on R
	3	Touch ball of L sdwd L twd center
	4	Hold
3	1	Hop on R, raising L in front, knee bent
	2	Hop on R again
	&	Step bkwd in R LOD with L
	3	Step bkwd on L
	4	Step fwd on R
4-5		Repeat action of Meas 2-3
6	1,2	Dropping hands turn $\frac{1}{2}$ cw with 2 hops on R
	&	Rejoin hands L in front, step fwd in R LOD with L
	3	Step bkwd on L
	4	Step fwd on R
7-9		Repeat action of Meas 4-6, but start moving in LOD, and do not drop hands on $\frac{1}{2}$ cw turn in meas 9.

Dance description by Ruth Miller and Marcel Vinokur.