

ZHENI ME MAMO

Rhythm 2/4

Music: CD **IHB #12 - FIRE**, Track 11

From Pirin mountains

This is a variation of the dance “Arap” from the village of Kavrakirovo, near Petrich. “Zheni me mamo” is the name of the song. It is a mixed, led dance with LOD to R side in the circle. The hands are held in W position.

Figure 1 – 8 meas.- to LOD - Right side in the circle

Meas.1 – facing and dancing to LOD

1. Lift on L ft, while R ft is drawing a vertical circle fwd
2. Step on R ft fwd

Meas.2 – same as Meas.1, but with opposite footwork

Meas.3 – same as Meas.1

Meas.4 – facing LOD

1. Touch with L toes fwd
2. Hold

Meas.5 – facing LOD, but dancing backward

1. Step on L ft bkwd
2. Step on R ft bkwd

Meas.6 – facing center

1. Step on L ft next to R ft, while facing center
2. Hold

Meas.7 – facing center

1. Step on R ft across L ft
2. Step on L ft in place

Arms: Go down to V position

Meas.8 – facing LOD

1. Step on R ft fwd to LOD
2. Step on L ft fwd to LOD

Go up to W position

Figure 2 – 8 meas.- in and out of the circle

Meas.1,2,3,4 – same as Meas.1,2,3,4 from Fig.1 – toward the center

Meas.5 – facing center, but dancing bkwd

1. Step on L ft bkwd
2. Step on R ft bkwd

Meas.6

1. Step on L ft bkwd
2. Lift on L ft

Meas.7 – in place – facing center

1. Step on R ft bkwd, while slightly bending the body
2. Step on L ft in place

Arms: Go down to V pos.

Meas.8

1. Step on R ft in place
2. Step on L ft in place

Go up to W position

Sequence:

Introduction-8 meas.; Figure 1 – 3 times; Figure 2 – 2 times; Alternate the figures to the end of the melody. When you dance the last time of each figure, stay facing the direction of the next figure.

Notes by Iliana Hristova Bozhanova

Presented by Iliana Hristova Bozhanova at the Laguna Folkdancers Festival 2009