

ZHENI ME MAMO

Source: IHB#12—Fire Type: Bulgarian dance from Pirin Mountains Rhythm: 2/4

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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 of the circle. The hands are held in W position.

Figure 1—8 measures

Measure

- 1 Facing and dancing to LOD, lift on L foot, while R foot is drawing a vertical circle FWD
Step on R foot FWD
- 2 Same as measure 1, but with opposite footwork
- 3 Same as measure 1
- 4 Facing LOD, touch with L toes FWD
Hold
- 5 Facing LOD, but dancing BKWD, step on L foot BKWD
Step on R foot BKWD
- 6 Facing centre, step on L foot next to R foot, while facing centre
Hold
- 7 Facing centre, step on R foot across L foot
Step on L foot FWD to LOD

Figure 2—8 measures—in and out of the circle

- 1-4 Same as measure 1-4 from figure 1, toward the centre
- 5 Facing centre, but dancing BKWD, step on L foot BKWD
Step on R foot BKWD
- 6 Step on L foot BKWD
Lift on L foot
- 7 In place, facing centre, step on R foot BKWD while slightly bending the body,
arms go down to V position
Step on L foot in place
- 8 Step on R foot in place
Step on L foot in place, Arms go up to W position

Sequence:

Introduction 8 measures

Figure 1—three times

Figure 2—two times

Alternate the figures to the end. When you dance the last time of each figure, stay facing the direction of the next figure.

