


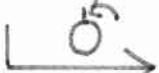









- ORIGIN : *Mitra* is a girls name. The dance is done to the accompanying song (horovodna pesen) *Mitro, Mitro, kadon Mitro* (Mito, Mitro, dear, Mitro), a capella or played at a Kaba Gajda (low pitched Rodope bagpipe). When played instrumentally, the dance is also called *Mitrino Horo* (Mitro's dance).
- STYLE : The dance is from the Rodopes Mountain region in Southern Bulgaria and has all the characteristics of the Rodope dance style. Typical is the step-hop in the basic pattern by which the step is stressed and the hop performed as a subtle "chuck", in Bulgarian called *čukče*
- MUSIC : CD Bulgarian Folk Dances - JL2010.01, track 15
- METER : 2/4  or 
- SOURCE : Learned and notated by Jaap Leegwater in 1974 from Tanja Djankova in the town of Smoljan, Rodope region in Southern Bulgaria
- FORMATION : Open circle. Hands joint at W-position. The arms rock gently on the rhythm of the steps. The dance is a Vodeno Horo (lead chain dance). The first dancer (Vodac or Horovodec) winds the circle into itself and back again.
- INTRO: : 16 bars (instrumental part)

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<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	Part I	<u>9 BARS MITRO</u> (Vocal)
	1	1		facing and moving LOD
		2		step on R ft
	2	1		čukče (low hop) on R ft
2			step on L ft	
	3	1		čukče (low hop) on L ft
		2		step on R ft
	4	1		step on R ft
2			step on R ft sdwd R, turning face ctr	
	5	1		čukče (low hop) on R ft
		2		facing ctr,
	6	1		step on L ft tw ctr
		2		bounce on Lft
	7	1		step on R ft bkwd
		2		bounce on Rft
	8	1		facing ctr, moving sdwd L,
		2		step on L ft
	9	1		step and close R ft next to L ft
		2		step on L ft
		1		pauze
		2		step on L ft
				stamp and close R ft, without wt, next to L ft

} Balance in-and-out

Part II "SLIDES & STAMPS"
(Instrumental)

	1	1		facing ctr, and moving SDWD R
		2		step on R ft
	2	1		low leap onto L ft, lifting R ft
		2		step on R ft
3-4	1		sharp "fall" onto L ft, shaply raising R knee	
	2		repeat action of meas 1-2, with the exception of the last ct. The wt remains on the R ft, L ft free	
	5	1		facing ctr, dancing in place
		2		step on L ft
	6	1		stamp R ft, without wt, next to L ft
		2		step on R ft
	7	1		stamp L ft, without wt, next to R ft
		2		step on L ft
	8	1		stamp R ft, without wt, next to L ft
		2		stamp R ft, without wt, next to L ft
		2		pauze

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<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	Part III	<u>8 BAR MITRO</u> (Instrumental - going out)
	1-7			as meas 1-7 of Part I
	8			as meas 9 of Part I

ORDER AND SEQUENCE

Musical introduction: 16 bars

Part I "9 BAR MITRO"	2x	} 5x
Part II "SLIDES & STAMPS"	2x	
Part III 8 BAR MITRO	6x	



Dance description by Jaap Leegwater
Presented by Jaap Leegwater at Pinewoods Folk Dance Camp 2010
<http://www.jaapleegwater.com>