

Zhèni me màmo

From Pirin mountains

This is a variation of the dance "Arap" from the village of Kavrakirovo, near Petrich. "Zhèni me màmo" is the name of the song. Use soft gentle steps.

Pronunciation: ZHAY-nee muh MAH-moh

Formation: Mixed open circle with leader

Position: Hands in W position

Meter: 2/4

Meas Introduction

1-8 No action, begin with wt on L ft

Meas **Figure 1** (moving in LOD – to right)

1 Facing LOD, lift L heel, making vertical circle in front with R ft (1), step on R ft fwd (2)

2 Repeat meas 1 with opp footwork

3 Repeat meas 1

4 Facing LOD, touch L toes fwd (1), hold (2)

5 Facing LOD, step L ft bkwd (1), step R bkwd (2)

6 Facing ctr, step on L ft next to R ft (1), hold (2)

7 Facing ctr, step on R ft fwd, lowering arms to V pos (1), step on L ft in place (2)

8 Facing LOD, step on R ft fwd, raising arms to W pos (1), step on L ft fwd (2)

Repeat Fig 1 three times, ending facing centre

Meas **Figure 2** (moving in and out of the circle)

1-4 Repeat Fig. 1, meas 1-4 twd ctr of circle

5 Facing ctr, step L ft bkwd (1), step R bkwd (2)

6 Step on L ft bkwd (1), lift L heel (2)

7 In place, facing ctr, step on R ft bkwd, while bending the body slightly and lowering arms to V pos (1), step on L ft in place (2)

8 Step on R ft in place, raising arms to W pos (1), step on L ft in place (2)

Repeat Fig 2 two times, ending facing LOD

Repeat from beginning until music ends