

Eleno Mome

TRANSLATION: “Ellen dear”, or the young girl Ellen

REGION: Bulgaria, originally

RHYTHM: 7/8, (sometimes 13/16) counted as 1-and, 2-and, 3, and-ah, or “slow, slow, quick, slow”

ARMS: “W” position.

Description

Measure 1

Slow	with weight on left foot, step sideward right on right foot
Slow	cross and step on left foot in front of right foot
Quick	step sideward right on right foot (‘bloop’)
Slow	cross and step on left foot in back of right foot (‘bloop’)

Measure 2

Slow	step sideward right on right foot
Slow	hop on right foot swinging left foot across in front
Quick	step sideward left on left foot (‘bloop’)
Slow	cross and step on right foot in back of left (‘bloop’)

Measure 3

Repeat measure 2 but with opposite footwork and direction.

HISTORICAL NOTE: The above description is the way Eleno Mome is danced in Bulgaria, and in many places of the world including the USA. This is commonly referred to as the 2-1 version, because once the dance is started, there are two ‘bloop-bloops’ forward and one ‘bloop-bloop’ backward. A strange thing has happened, however, in the Bulgarian/Macedonian émigré communities in the USA since the early 1900’s.

Somehow another measure 1 has been added to both the forward direction and backward direction. So that now there are three ‘bloop-bloops’ forward and two ‘bloop-bloops’ backward. This is known as the 3-2 version. Either version fits the music. In addition, the arms are held straight down, the “V” position. So you may ask, “which one is correct, and which one should I dance?” The answer is “when in Rome, do as the Romans”. Once you get into the dance, they both feel OK. Dick Crum, a noted Balkan dance instructor, taught the 3-2 version in addition to the 2-1 version.

The name Eleno Mome is taken from the name of the song that is usually done to this dance. Macedonian bands of the 1940’s – 1960’s called the dance “tsiganskoto”, the Gypsy dance. In Bulgaria it was widely known as Tsone Milo Chedo. In Greece, the common name is ‘Eleni Koritsi’, or “Eleni Kori”.