

MINDRELE

Presented by: Mihai David.

Source: Mindrele is a dance from Dobrogea, Romania. It was learned by Mihai David
During the years 1963-1965 while dancing with the Romania State Folk Ensemble.

Music : "The Lark", FLDR, side two, band 5.; 9/16(12,12,12,123) or (1234), to be
counted in the notes as 1,2,3,4.

Formation: line, with either belt or front basket.

<u>MEASURE</u>	<u>DESCRIPTION</u>
1-8	<u>Introduction: hold</u>
	<u>Figure 1: travel LOD.</u>
1-8	Run R,L,R,L bending L knee on last step, repeat 7 more times.
	<u>Figure 2: face center</u>
1	Hop L raising a bent R knee(ct.1), step R crossing in front of L(ct.2), step L behind(ct.3), step R. in place(ct.4).
2	Reverse meas.1, Fig. 2.
3-8	Repeat meas. 1-2, Fig. 2.
	<u>Figure 3:</u>
1	Facing RLOD hop L raising bent R knee(ct.1), step R stamping(ct.2), close L to R (ct.3), step R stamping(ct.4).
2	Hop R (ct.1), step L back(ct.2), step R to R staring turn to face LOD (ct.3),step L crossing in front of R(ct.4)
3	Hop L raise R knee (bent)(ct.1), step R stamping(ct.2), close L to R(ct.3), step R stamping(ct.4).
4	Hop R(ct.1), step L back(ct.2), close R to L(ct.3), step L back(ct.4).
5-8	Repeat measures 1-4, Fig. 3.
	<u>Figure 4: face center</u>
1	Hop L(ct.1), touch H tow fwd.(ct.2), hop L (ct.3), step R behind L(ct.4).
2	Step L to L(ct.1), step R crossing in front of L(ct.2), step L behind(ct.3), Step R to R(ct.4).
3-4	Reverse measures 1-2, Fig. 4.
5-8	Repeat measures 1-4, Fig. 4.
To finish dance, repeat Figures 1-4	




Dance notes by Maria Reisch.

dup
1977 IFF

Mindrele is a Hora type which means pretty girls. It comes from the village Obirșia (Oh-bur-she-uh) Dolj, Olteniă. It is a dance for "older" women and originally had a ceremonial function.

Pronunciation: *MVHN-dreh-lay.*

Record: Hai La Joc, Noroc Vol. I, side B/9.

Music: 6/8 counted  = slow (ct S)
 = quick (ct Q)
 = slower (ct S.)

Formation: Open or closed circle of women. Hands are held in "W" pos.

Meas

Pattern

- | | | |
|---|------|---|
| A | 1 | Facing slightly to R and moving R, step R (ct S); close L (ct Q); step R (ct S.). |
| | 2 | Repeat action of meas 1 with opp ftwk. |
| | 3 | Step R, while turning CCW approx 180° to face RLOD (ct S.); step bkwd L (ct S); step R (ct Q). |
| | 4 | Step L (ct S); step R (ct Q); step L, turning CW 90° to face ctr (ct S.). |
| | 5 | In place sway to R, stepping R (ct S.); sway to L, stepping L (ct S); step R across in front (ct Q). |
| | 6 | Step sdwd L (ct S); step R across in back (ct Q); step sdwd L (ct S.). |
| | 7-12 | Repeat action of meas 1-6. |
| | | |
| B | 1 | Plié on weighted L ft, while raising R leg across in front of L (ct S.); with R hip leading bkwd in LOD step R (ct S); step L (ct Q). |
| | 2 | Continuing to move LOD, step R,L,R (cts S,Q,S.). |
| | 3-4 | Repeat action of meas 1-2, with opp ftwk and direction. |
| | 5-6 | Grapevine in RLOD, step R across in front (ct S.); step sdwd L (ct S.); step R across in back (ct S.); step sdwd L (ct S.). |
| | 7 | Swaying to R, step R (ct S); step L (ct Q); step R across in front, beginning to move RLOD (ct S); step L (ct Q). |
| | 8 | Continue grapevine stepping R across in back (ct S); step L (ct Q); step R across in front (ct S.). |
| | 9-16 | Repeat action of meas 1-8 with opp ftwk and direction. |
| | | |
| C | 1-2 | Moving twd ctr, walk in an elegant manner stepping R (ct S.); L (ct S.); R (ct S); L (ct Q); R (ct S.). |
| | 3 | Standing in place touch L across in front (ct S.); touch L sdwd L (ct S.) |
| | 4 | Touch L across in front (ct S.); moving bkwd step L (ct S); step R (ct Q). |
| | 5 | Step bkwd L (ct S.) and touch R across in front (ct S.) |
| | 6 | Step bkwd R (ct S); step L (ct Q); step R (ct S.) |
| | 7 | With slight lift on R (virf-toc) (ct Q); step sdwd L (ct S); step R across in front (ct Q); step L (ct S.). |
| | 8 | Repeat action of meas 7 with opp ftwk. |
| | 9-16 | Repeat action of meas 1-8 with opp ftwk. |

Repeat dance from beginning.

Bloland May 1982