

MINKA
(Bulgaria)

Women's dance from Smoljan District, Rhodopes, South Bulgaria. This dance-type uses basic steps performed by Moslem women ("pomaks") in the area. Minka is a girl's name. Described in bornik Narodni Hora, Sofia 1972.

Pronunciation: MEENG-kah

Record: Laridaine ML-3. Side B/2.

Meter: 7/8 counted here as 1-2-3 (1-2-3, 1-2, 1-2) SLOW-quick-quick

Formation: Circle of W, each facing LOD, hands free.

Style: Quiet and solemn.

Basic Step: Small step onto R, stepping gently at first onto ball of ft then taking wt on full ft, marked knee flexion (ct 1); small step fwd on L (ct 2); small step fwd on R (ct 3).

Arm Motions used alternately to R and L side throughout the dance except during CCW circles (meas 9-10; meas 15-16).

Meas 1 With elbows bent and down, palms twd face about eye level, fingers together and pointing up, roll fingers down, lowering hands slightly and rotating them twd each other, extend arms to R side, elbows still bent, with R hand further away than L hand, palms facing out and hands slightly curved (ct 1); (Note: This is a very smooth, flowing action, taking all of the long ct 1.) pull arms twd body with a slight flexion in elbows twice (cts 2, 3).

Meas 2 Repeat meas 1 to L side.

Meas 9-10 Extend R arm low to R side and back a little, elbow straight, fingers together and extended, palm facing back; L hand in front of waist, palm facing down. Move arms gently in time to the music.

Meas

Pattern

2 INTRODUCTION

1-4 Four Basic Steps in LOD.

5-6 Turn to face ctr and move fwd with two Basic Steps.

7-8 Two Basic Steps bkwd.

9-10 With two Basic Steps circle CCW once (arms as above).

11-12 Face ctr and move fwd with two Basic Steps.

13-14 Two Basic Steps bkwd.

15-20 Repeat meas 9-14.

Repeat dance from beginning.

Words to Minka

I.

Minka e mila, mila na majka
ta si ja rano, rano ne budi

Mari druzki, moj hubavi
men ma majka, mlada zaglavi
mlada zaglavi, mlada ozeni

II.

Minka e rano, rano stanala
rano e dvore, dvore izmela

Pak mi e milo, milo i zalno
za majta malka, malka gradinka
za moen ranen, ranen bosilcek

Presented by Yves Moreau