

## Sedì Momà

(Bulgaria)

A women's dance from the village of Oryàhovo, South Thrace. The people from Oryàhovo call the dance also "Vechno horo"- "Evening dance." In the past they used to enjoy it every Sunday evening. The women's dances from South Thrace are usually very simple, because the women are singing during the whole dance. The presentation of the song is always very important. They are some of the oldest dances in Bulgaria.

Pronunciation:

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2/4 meter

Formation: Open circle of women, hands joined in W-pos.

Meas

Pattern

16 meas

### INTRODUCTION

#### FIGURE

- 1 Facing ctr, stamp R fwd, no wt (ct 1); hold (ct 2).
- 2 Facing CCW, step fwd on R (ct 1); step fwd on L (ct 2).
- 3 Repeat meas 2.
- 4 Facing ctr, stamp on both heels next to each other (ct 1); hold (ct 2).
- 5 Step on L to L side (ct 1); step on R behind L (ct 2).
- 6 Step on L to L side (ct 1); stamp R next to L, no wt (ct 2).

Repeat to the end of the melody.

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