

PALE A MENDE

RUMANIAN / ROMA

Translation: behind us (supporting us)
Music: sung by Nicolae Guta
Measure: 4/4
Formation: circle, no hand hold, fore arms in horizontal position, face center ('free style')
Introduction: no introduction
Source: steps and style found its origin in the research executed by Maurits van Geel for the production of the Roma dance program '*Travelers from Rajasthan*', performed by the *International Dance Theatre* in The Netherlands (1994 & 2003)
Notation: ©Maurits van Geel

<u>measure</u>	<u>cnt</u>	<u>figure1</u>
1	1 & 2 3 & 4	hl bounce on L & touch ball of R ft fwd to the floor hl bounce on L step on R in place hl bounce on R & touch ball of L ft fwd to the floor hl bounce on R step on L in place
2		repeat meas 1
3	1 & 2 3 & 4	hop on L small step bkwd on R small step bkwd on L repeat cnt 1 & 2
4	1 2 3-4	small step fwd on R, upper body leans fwd, snap fingers small step fwd on L, upper body leans fwd, snap fingers repeat cnt 1-2
5	1,& 2 & 3,& 4 &	turn to face diag R, moving diag out, step sdw on R to R hop on R cross L over R step sdw on R to R hop on R cross L behind R
6		repeat meas 5
7-12		repeat meas 1-6
		<u>figure 2</u>
1	1,& 2 & 3 4	touch R toe sdw to the floor bounce on L and raise R cross R behind L step sdw on L to L cross R over L
2		repeat meas 1 of figure 2 with opp ftwk in opp direction

<u>measure</u>	<u>cnt</u>	<u>cont. figure 2 - PALE A MENDE SI ABEAU</u>
3	1	step sdw on R to R while left hl stays on the floor and toes of L ft move 'out' to the L
	2	close L slightly fwd beside R
	3-4	repeat cnt 1-2
4		repeat meas 3
5-8		repeat meas 1-4
9-11		repeat figure 2, meas 1-3 (!)
12	1	small step fwd on R, upper body leans fwd, snap fingers
	2	small step fwd on L, upper body leans fwd, snap fingers
	3-4	repeat meas 1-2
13	1	hop on L
	&	small step bkwd on R
	2	small step bkwd on L
	3 & 4	repeat cnt 1 & 2
14	1	step on R]
	2	step on L] make a full turn CCW (pivot) in place during these steps
	3	step on R] arms in 'high' W pos, snap fingers
	4	step on L]

Sequence

Figure 1, 2

Figure 1,2

Figure 1, 2

Figure 1, 2

Figure 1 (melody of figure 2!)