

## TINO MORI

(Macedonia)

Tino Mori (TEE-noh MOH-ree) was introduced in California by Atanas Kolarovski at the San Francisco Kolo Festival in November 1966. Tino is a girl's name.

Music: Records: Folkraft 1557x45 Tino Mori  
Folkways EP 80-3A Side 1, Band 3  
"A Bride's Dance"

Formation: Broken circle moving in LOD, leader at R end. Hands joined about head height and slightly fwd. Face a little L of LOD.

Rhythm: Meter is 7/8 (3/8, 2/8, 2/8). Since 3 beats can be felt in each meas., each meas. will be counted in threes. Mood of the dance is flowing, smooth, and lyrical.

Meas.                      Pattern

Instrumental              INTRODUCTION

A    1-16                      No action is necessary but if the leader wishes he may walk in LOD, taking 2 steps to a meas. (cts 1, 2-3). Joined hands are down during the walking. On meas. 16 leader pauses and joined hands are raised into pos.

Vocal                      FIG. I    LONG SEQUENCE

A    1                      Step fwd on R in LOD (ct 1). Lift L leg, knee slightly bent, across in front of R, while raising and lowering R heel (cts 2,3).  
       2                      Step fwd on L in LOD (ct 1). Quickly close R to L (ct ah). Step fwd on L in LOD (cts 2,3). These 3 steps feel like a "two-step."  
       3                      Repeat action of meas. 1.  
       4                      Step fwd on L in LOD (ct 1). While raising and lowering L heel, turn CCW to face slightly R of RLOD, R ft next to L ankle (cts 2,3). Body is bent fwd slightly.  
       5                      Continuing in LOD, step bkwd R (ct 1). Step bkwd L (cts 2,3).

## TINO MORI (Cont)

- 6 Turning R to face slightly L of LOD, step fwd R (ct 1). While raising and lowering R heel, lift L leg, slightly bent, across in front of R (cts 2,3).
- 7 Step fwd on L in LOD (ct 1). Quickly close R to L (ct ah). (ct ah). Turning to face ctr, step on L (cts 2,3). Do not make turn too sharply.
- 8 Facing ctr, step fwd R in front of L, bending R knee (ct 1). Step back onto L (cts 2,3).
- 9 Step bkwd on R (ct 1). While raising and lowering R heel, lift L leg, slightly bent, across in front of R (cts 2,3).
- 10 Repeat action of meas. 7 twd ctr, keeping steps small.
- 11-12 Repeat action of meas. 8-9.
- 13 Step sdwd L on L, keeping R ft in place but shifting wt onto L (ct 1). Bend and straighten L knee (cts 2,3). Do not bend from side to side but keep body erect with wt over supporting ft.
- 14 Shift wt onto R ft, leaving L in place (ct 1). Bend and straighten R knee (cts 2,3).
- 15 Shift wt onto L ft, leaving R in place (ct 1). Bend and straighten L knee (cts 2,3).
- 16 Shift wt onto R ft, leaving L in place (ct 1). Shift wt onto L ft, leaving R in place (cts 2,3).
- 1-16 (repeated) Repeat action of meas. 1-16 (Long Sequence).

## Instrumental FIG. II SHORT SEQUENCE

- B 1-11 Repeat action of Fig. I, meas. 1-11 (Long Sequence).  
12 Step bkwd on R (ct 1). Step L beside R (cts 2,3).

Repeat dance as written (2 Long Sequences and 1 Short) and end with a Long Sequence.

Presented by Ruth Ruling