

CA LA SES

Ca la Şes (Kah-Lah-Shehs) is a dance from the region of Moldova and it was learned from Viorel Vatamaniuc, dance researcher and choreographer at Ciprian Porumbescu Ensemble in Suceava.

Music: Village Dances of Romania Vol. III.
Formation: Open circle, low hand hold position.
Meter: 4/4

Meas. No introduction.

Part One.

- 1 Facing center, step R to R (ct. 1), step L behind R (ct. &) step R in place ct. 2, stamp L in place (ct. &).
- 2 Repeat measure one to Left opposite footwork.
- 3 Travel to R (LOD) beginning with R seven small stamps R (ct. 1) L (ct. &), R (ct. 2), L (ct. &), R (ct. 1), L (ct. &), R (ct. 2).
- 4 Diagonal R towards center, lift Left while slightly hopping on R (ct. 1), step L (ct. &) Lift R (ct. 2) cross R in front of L while slightly hopping on L (ct.&).
Step back with L (ct. 1) and Stamp two times with R next to L (ct.&).
Repeat dance from beginning, 7 or 8 times till music ends.