

## Chef

(Rom dance from Transylvania, Romania)

Pronunciation: KEHF

Music: 2/4 meter

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Realm, Vol. 6, Track 5*

Formation: Individuals dancing freely, hands free.

Steps & Styling: Basic Step: *pas ca la usa cortului* (means: step like on the threshold of the tent).

Meas 1: Step R in place (ct 1); step L in place (ct &); step R in place (ct 2); stamp L in place (no wt) (ct &).

Meas 2: Repeat meas 1 with opp ftwk (starting L).

Less-able dancers may slap THIGH whenever a slap of the CALF is mentioned.

Meas                      2/4 meter                      Pattern

16 meas                      INTRODUCTION. No action.

I.                      FIGURE I

1-4                      Do 2 Basic steps starting R, but do not stamp at the end of meas 4.

5                      Raise R leg in front, knee bent 45 degrees, simultaneously slapping R inside calf with R hand and L outside thigh with L hand (ct 1); step R in front (ct &); step L near R (ct 2); repeat ct 1 (ct &).

6                      Step R in front (ct 1); step L near R (ct &); raise R leg in front, knee bent 45 degrees simultaneously slapping R inside calf with R hand and L outside thigh with L hand (cts 2, &). (Rhythm of meas 5-6: QQQQQQS.)

7                      Step bkwd R (ct 1); clap hands together (ct &); step bkwd L (ct 2); clap hands together while bending slightly at the waist (ct &).

8                      Step bkwd R (ct 1); clap hands together (ct &); step L near R while clapping hands together (ct 2).

9                      Raise R leg in front, knee bent 45 degrees, simultaneously slapping R inside calf with R and L outside thigh with L hand (ct 1); step R in front (ct &); step L near R (ct 2); raise R leg in front, knee bent 45 degrees and twist R lower leg to slap outside R lower leg near ankle or shoe heel with R hand while L hand slaps outside thigh (ct &).

10                      Step R (ct 1); step L (ct &); raise R leg 45 degrees in front, knee bent and twist R lower leg to slap inside R lower leg with R hand while L hand slaps L outside thigh (cts 2, &).

11                      Land fwd (slightly) with both ft together (ct 1); clap hands together (ct &); clap hands together (ct 2); land fwd (slightly) with both ft together (ct &).

12                      Clap hands together (ct 1); repeat clap (ct &); land fwd (slightly) with both ft together (ct 2); repeat clap (ct &).

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## Chef — continued

- 13 Step R in front of L (ct 1); snap fingers (ct &); touch L to L without wt (ct 2); snap fingers (ct &).
- 14 Repeat meas 13 with opp ftwk.
- 15 Step R in front of L (ct 1); step sdwd L to L (ct 2).
- 16 Step bkwd on R (ct 1); step L in front of R (ct 2). (Meas 15-16 = jazz box)
- 17-30 Repeat meas 1-14.
- 31-32 Jump on both ft, R crossed in front of L, completing a full turn CCW during these two meas.

TRANSITION

- 1 Step R in front of L (facing diag to L) while clapping hands together forward and outward (ct 1); step L in place (ct &); step R near L (facing ctr) (ct 2); step L in front of R (facing diag to R) while hands clap together forward and outward (ct &).
- 2 Step R in place (ct 1); step L near R (facing ctr) (ct &); touch R (no wt) in place while clapping hands together forward and outward (cts 2-&).

II. FIGURE II W can play with skirt.

- 1-4 Do 2 Basic steps starting R, but do not stamp at the end of meas 4.
- 5 Fall onto both ft (*Échappé*), heels open to the sides (ct 1); close heels together (ct 2).
- 6 Lift on L heel while slightly raising R ft (ct 1); step R in place (ct &); step L in place (ct 2, &). (Rhythm of meas 5-6: SSQQS.)
- 7-8 Repeat meas 5-6 with opp ftwk.
- 9 Step L heel across in front of R (ct 1); very small step sdwd R (ct &); step L near R (ct 2); very small step sdwd R (ct &).
- 10 Step L heel across in front of R (ct 1); very small step sdwd R (ct &); step L near R (ct 2); hold (ct &).
- 11-12 Repeat meas 9-10 with opp ftwk and direction.
- 13-16 Repeat meas 5-8 with opp ftwk.
- 17-32 Repeat meas 1-16.

III. FIGURE III

- 1-4 Do 2 Basic steps starting R, but do not stamp at the end of meas 4.
- 5 Lift on L heel while raising R leg in front (knee bent 45°); step R heel in front (ct &); step L in place (cts 2, &).
- 6 Lift on L heel while raising R leg in front (knee bent 45°) (ct 1); step bkwd R (ct &); step L in place (cts 2, &).
- 7 Lift on L heel while raising R leg in front (knee bent 45°) (ct 1); step R heel (toes pointing diag to L) (ct &); step L (while R heel stays on floor and R toes twist diag R) (ct 2, &).

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- 8 Lift on L heel while raising R leg in front (knee bent 45°) (ct 1); step R heel (toes pointing diag L) (ct &); step L (while R heel stays on floor and R toes twist diag R (ct 2, &).
- 9-14 Repeat meas 1-6.
- 15 Clap hands while raising R straight R leg in front (ct &); slap inside R calf of straight leg with R hand (ct 1); clap hands while simultaneously bending R knee (ct &); step R near L (ct 2).
- 16 Slap L outside calf near knee with L hand (ct &); raise L in front (knee almost straight), and slap L inside thigh with R hand (ct 1); hold (ct &); step L near R (ct 2-&).
- 17-32 Repeat meas 1-16.

Sequence: Introduction, Fig I, Trans, Fig II, Fig III,  
 Fig I, Trans, Fig II, Fig III,  
 Fig I, Trans, Fig II, Fig III

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