

Hora de mîna

(Romania)

Hora de mîna (HAW-ruh deh MUH-nuh) is a line dance from the town of Sadova, Oltenia, Romania. It was presented by Nicolaas Hilferink at the 1988 University of the Pacific Folk Dance Camp. Mina means "hand."

CASSETTE: Romanian Folk Dances by N. Hilferink Side B/7 2/4 meter

FORMATION: Mixed lines, leader at R end. Little finger hold, elbows bent, hands at shldr level, forearms parallel to floor.

STEPS: Kick: Raise knee and thrust ft fwd, straightening leg.

MUSIC	2/4 meter	PATTERN
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Measures

INTRODUCTION None.

I. SIDE TO SIDE

Note: During Fig I arms move from elbows, to R and L with stepping ft, forearms parallel to floor. Hold arms still during "touch."

- A 1 Facing ctr, step on R ft to R (ct 1); touch L beside R (ct 2).
2 Repeat meas 1 with opp ftwk.
3 Step on R ft to R (ct 1); close L ft to R, with wt (ct 2).
4 Repeat meas 1 (R to R, touch L).
5-8 Repeat meas 1-4 with opp ftwk and direction.
9-16 Repeat meas 1-8.

II. KICKS

- B 1 Facing and moving twd ctr, hands in "W" pos at about eye level, little fingers still joined, step on R, L (cts 1,2).
2 Turning R shldr twd ctr, step on R ft across L (ct 1); step bkwd on L to face ctr (ct 2).
3 Moving bkwd, step on R,L (cts 1,2).
4 Raising R knee, kick R ft fwd (ct 1); step bkwd on R (ct 2).
5 Step bkwd on L ft (ct 1); kick R as before (ct 2).
6 Step bkwd on R (ct 1); step slightly fwd on L (ct 2).
7 Step on R ft across in front of L (ct 1); step bkwd on L to face ctr (ct 2).
8 Kick R as before (ct 1); step on R beside L (ct 2).
9-16 Repeat meas 1-8 with opp ftwk.

BRIDGE

- 1 Facing ctr, step on R ft to R (ct 1); step on L ft across R (ct 2).
- 2 Step on R ft in place (ct 1); step on L beside R (ct 2).

III. MOVE LOD AND RLOD

- C 1 Moving LOD (CCW), step fwd on R heel (ct 1); close L to R with wt (ct &); step fwd on R (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Facing ctr and raising arms straight up, step on R ft to R (ct 1); turning to face RLOD (CW), step bkwd in LOD on L ft (ct 2).
- 4-6 Facing RLOD, move bkwd with 6 steps R,L,R,L,R,L. During these meas gradually lower arms to "W" pos, hands about eye level.
- 7 Still facing RLOD and moving bkwd, step on R,L (cts 1,2).
- 8 Step bkwd on R (ct 1); hold (ct 2).
During meas 7-8 bounce elbows down and up on each step (3 times).
- 9-16 Repeat meas 1-8 with opp ftwk and direction.

DANCE SEQUENCE: I, II, Bridge, III, II
I, II, Bridge, III, II

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