

JOC din ALMAȘ

Romania - presented by Alexandru David

SBFD5 '80

Joc din Almaș is a couple dance from the Banat region of Romania. Alexandru David learned this dance from the Research Study Center of Bucharest in 1979.

Record: Romania Romania vol 1 Jocuri Populare Romanesti

Rhythm: 2/4

Formation: cpls in circle, W inside, M outside, face ptrn, both hands held low crossed, L on top

Basic step: 4 ms 2 running 2-steps - R,L,R (ctsl,&,2), L,R,L (ctsl,&,2), 2 runs R dipping-bending knee (ct1), L (ct2), 1 running 2-step R,L,R (ctsl,&,2), reverse ftwk

Introduction

1-16

Fig 1 move slightly around ptrn, arms extend with movement

1-4 step R to R (ct1), step L to L (ct1), step R to R (ct1), close L to R (ct2), step R to R (ct1)

5-8 reverse ms 1-4 fig 1

9-16 repeat ms 1-8 fig 1 ending by raising R knee sharply on last ct2 and turning to face LOD

Fig 2 travel LOD & RLOD with basic step

1-8 travel frwd LOD with 2 basic steps starting R,L on ms 7-8 M turns W CCW retaining hands, arms going over W's head to end facing RLOD

9-16 repeat ms 1-8 fig 2 travelling RLOD on ms 15-16 M turns W CW to end facing ptrn

Fig 3 turning in place

1-4 1 basic step R,M turns W $\frac{1}{2}$ CCW, W continues to travel around and behind M ending behind M's R shldr, M helps by going around W

5-8 1 basic step L, turning tog CCW, M in place, W frwd 1 complete turn ms 5-6, M continues to turn W under arm $\frac{1}{2}$ times to end facing ptrn R hands ending on top

9-16 reverse ms 1-8 fig 3 basic step still starting R,L

Fig 4 side and turn, M starts R, W starts L, written for M

1 sway R to R (ct1), sway L to L (ct2)

2 step R to R (ct1), close L to R (ct&), step R to R (ct2) turning W CCW retaining hands

3-4 reverse ms 1-2 fig 4

5-8 repeat ms 1-4 fig 4 ending in shldr/waist pos

Continued...

JOC dIn ALMAŞ - cont

Fig 5 turning around ptr shldr/waist
1-4 basic step R, travel R turning CCW
5-8 basic step L, continue turning CCW end on ms 8 with jump tog
9-16 reverse ms 1-8 fig 5 turning CW and starting basic step L,R, at end
 return to beg handhold- hands crossed, L on top

Repeat dance from beg - last tim4 fig 5 ms 16 - 3 runs L,R,L, jump tog

Dance notes by Maria Reisch