

Maneaua

(Rom dance from Muntenia, Romania)

Maneaua is a Rom (gypsy) dance from the south of Romania which reflects the oriental influence. It is usually done in Oltenia, Muntenia and Dobrogea (costal area of Danube) and also in few Bulgarian villages of the north.

Pronunciation: mah-N(EH)AH-oo-ah

Music: *Sonia Dion & Cristian Florescu, Special Edition, Band 13* or *Sonia Dion & Cristian Florescu Vol. 3, Band 8* 2/4 meter

Formation: Free, single or couple; hands are free.

Steps & Styling: Gypsy style; exuberant, snapping fingers, shaking shoulders (shimmy) Ladies perform more feminine, Eastern movements with hands or swirling the skirt, shaking shoulders and necklaces. Note: The arm movements and amount of turning described are only suggestions. Many variations exist and are made possible by each dancer's personality and interpretation. The nature of the dance should be spontaneous and free, with a sense of improvisation.

Meas

Pattern

1-8

INTRODUCTION

Improvisation or clapping hands (Quick-Slow-Quick-Slow-Slow), or any combination of the two (cts 1-8).

I. FIGURE 1

Facing ctr, wt on L, arms apart body, elbows bent, hands and forearms parallel with floor.

1

Step R with flat foot on R slightly in front of L (do not transfer wt) and raise the L heel in place, bringing L arm in front and R arm on the R side (ct 1); shift wt back onto L (ct 2).

2

Step (partial wt) on R ball of ft behind L, bringing R arm in front and L arm on the L side (ct 1); shift wt back onto L (ct 2).

3-8

Repeat meas 1-2 three more times (4 total). (Rocking motion)

9

Step on R to L, crossing in front, crossing arms in front (ct 1); pause (ct 2).

10

Step sdwd on L ball of ft to L and lift R heel slightly, opening both arms (ct 1); step on R in place (ct 2).

11-12

Repeat meas 9-10 with opp ftwk and direction.

13-16

Repeat meas 9-12.

Maneava—continued

II. FIGURE 2. Wt on L, arms down.

- 1 While standing on L, step sdwd on R ball to the R (ct 1); step on L, lifting R close to L calf.
 2-3 Repeat meas 1 two times (3 total), making 1/2 turn CCW.
 4 Fall (without accent) on both ft in place (ct 1); shift wt to R while lifting L close to R calf (ct 2).
 Note: The turn can optionally be 1/4 turn, 1/2 turn or full turn with the ftwk of meas 1-4.
 5-8 Repeat meas 1-4 with opp ftwk and direction, turning CW.
 9-16 Repeat meas 1-8.
Note: The supporting leg should be bouncing especially in this Figure.

TRANSITION 1

Hand clapping pattern: Quick-Slow-Quick-Slow-Slow. This is done with flat palms.

III. FIGURE 3.

- 1 Slight hop on L, extending straight R leg in front and placing R hell on floor, bringing R arm in front or behind head, L arm to the L side (ct &); roll onto R in front twd ctr (ct 1); pause (ct 2).
 2 Wt on R, touch L toes behind R (ct 1); hop on R while extending L fwd (optional: with slight scuff fwd of L heel), bringing both arms on the side (ct 2).
 3-4 Repeat meas 1-2 with opp ftwk.
 5 Jump on both ft, crossing R ft diag in front of L (ct 1); pause (ct 2).
 6 Bounce on both ft, turning 1/4 to L (CCW), bringing hands behind head or on waist or free (ct 1); bounce on both ft, turning 1/4 to L (CCW), finishing with back to the ctr (ct 2).
 7-8 Four walking steps beginning with R twd outside the circle, arms open to the side. Optional shimmy movement with shoulder (ct 1-2, 1-2).
 9-16 Repeat meas 1-8 (starting back to the ctr and finish facing ctr).

TRANSITION 2. M and W have different patterns.

W: Dance with hands on waist or hips, wrists bent, palms facing outside or holding skirt or other variations.

- 1 Step on R in place while pushing R hip to R side twice (ct 1-2).
 2 Step on L in place, while pushing L hip to L twice (ct 1-2).
 3-8 Repeat meas 1-2 three more times (4 total).
 Note: At each ct (&) during measures 3-8, knees are flexing.
 9 Step (partial wt) on R diag 45° in front to R and push L hip to the L (ct 1); step on L and move hips in a CCW circle starting bkwd (ct 2).

Maneaua—continued

- 10-11 Repeat meas 9 two more times (3 total), making 3 complete circles with hips.
Note: During meas 9-11, L ft stays in place.
- 12 Step on R in front and raise L ft (ct 1); pause (ct 2).
Note: Gradual one-half turn L with the ftwk of measures 9-12.
- 13-16 Repeat meas 9-12 with opp ftwk and direction, making 3 complete circles with hips.
- (1-16) M: Do the same hand-clapping as described in TRANSITION 1 (8 times) or improvisation.

TRANSITION 3: HAND CLAPPING

- 1 Hand clapping pattern: Slow-Slow.
- 2-3 Hand clapping pattern: Quick-Slow-Quick-Slow-Slow.
- 3-4 Hand clapping pattern: Quick-Slow-Quick-Slow-Slow.

SEQUENCE:

Intro +
 Fig 1 + Fig 1 + Fig 2 + Fig 1 +
 Trans 1 + Fig 3 + Trans 1 + Trans 1 +
 Trans 2 + Trans 2 + Fig 3 + Trans 3 +
 Fig 1 + Fig 1 + Fig 2 + Fig 1 +
 Fig 3 (Ending: except on meas 6, do 1 full turn on both ft in place)

Presented by Sonia Dion & Cristian Florescu