

PROMOROACA
(Romania)

PRONUNCIATION: Prō-mo-rroah-kah *From Suceava region*
RECORD: DR-792 Side 2
FORMATION: *circle* or Line, hands down
STEPS: Two-step, side-close step
STYLE: Bouncy throughout; Second figure heavy, like a bear in the woods

Meas.

Pattern

- 1-8 Introduction. You may dance Figure I and repeat it (16 measures in all).
Figure I.
- 1-8 Leading with the heel, 8 two-steps in LOD, beginning on R ft. Body upright, shldrs swaying slightly in direction of leading heel.
Figure II.
- 1 Facing ctr, Step R on R ft (ct. 1), step L beside R (ct. 2)
2 Repeat meas. 1.
3 Continuing sdwd R, step R on R (ct 1), step L beside R (ct &), step R on R (ct 2).
4 Brush L ft fwd (ct 1) bringing it back beside R on ct 2.
5-7 Repeat Meas. 1-3 with opp. direction and ftwk.
8 Stamp on R ft twice (no wt.) Bend the body slightly with each stamp.

Repeat dance from Figure 1. Music ends with Figure 1. Instead of the last two-step, end with a stamp on the L ft.

Presented by Steve Kotansky
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