

Calms

SIRBA MUNTENEASCA

Formation: Lines with shoulder hold.
Record: Romanian Tour '77, side 1, band 2

I Moving CCW: step R, hop R, step L, hop L, R,L,R, hop R
Reverse footwork
Repeat above sequence 7 times

II Facing centre:
In place R, hop R, L, hop L
Moving toward centre R, L, R, hop R
Moving backward L, hop L, R, hop R
In place L,R,L, hop L
Repeat above sequence 3 times

III With weight on L, kick R across L quickly 3 times,
step R. ^{with kick} Reverse
Repeat above.
Hop L, bring R heel down in front of L ft while turning
R knee slightly towards body. Repeat
Leap onto R, bring L heel down in front of R foot as above.
Repeat
~~Step L, slap R in front. Reverse.~~
Jump feet apart. Jump feet together. Jump apart. ~~Jump together~~
~~but only landing on L foot while holding up R. knee. Hold 4 counts~~

IV Grapevine step CW beginning crossing with R for 26 quick steps.
stamp R beside L ft. hold 1 count.

V Moving CCW, step R, step behind L, R, behind L, R, behind L
R, behind L, R, behind L, R, step L in front of R.
Stamp-step R in front of L, move backward out of circle L,R,L.
Repeat sequence.

Repeat III, IV, V. Then repeat from beginning.

Introduced by Mihai David,
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Notes by Judy Silver,
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