

TREI PĂZEȘTE DE LA BISTRET  
(Romania)

Trei Păzește means "three times be careful"; it is a common dance type with many variants. This Trei Păzește comes from the village Bistret in Oltenia.

Pronunciation: Tray puh-zesh-tay day lah Bee-stret

Record: Hia La Joc, Noroc Vol. I, Side A/3 2/4 meter

Formation: Short lines of men and women. Hands on shldrs, "T" pos.

Meas

Pattern

16 meas

INTRODUCTION

- A - 1 Step bkwd R (ct 1); step bkwd L (ct &); step fwd R (ct 2); scuff L fwd (ct &).
- 2 Stamping step L fwd (ct 1); stamp R (ct 2)
- 3-8 Repeat action of meas 1-2 three times (four times in all). All front crossing steps are taken on the heel.
- B - 1 Facing ctr, Grapevine RLOD stepping R across in front (ct 1); step L (ct &); step R across in back (ct 2); step L (ct &).
- 2 Continue Grapevine by repeating action of meas 1.
- 3 Continuing RLOD, step R across in front (ct 1); step L (ct &); step R across in front (ct 2); step L (ct &).
- 4 Step R across in front (ct 1); step L (ct &); step R in place (ct 2)
- 5-6 Repeat action of meas 3-4 with opp ftwk and direction.
- 7-8 Repeat action of meas 3-4
- C - 1 Facing ctr, leap L in place as R leg circles from back to front (ct 1); step R across in front (ct 2); step L in place (ct &)
- 2 Step R next to L (ct 1); step L across in front (ct &); step R in place (ct 2)
- 3-4 Repeat action to meas 1-2
- 5 Repeat action of meas 1.
- 6 Step R next to left (ct 1); cross L in front (ct &); step R in place (ct 2); step L slightly bk
- 7-8 Repeat action of meas 3-4, Phrase B (seven crossing steps to L)