

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

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

MeasPattern

- 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).
- 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 &). All front crossing steps are taken on
the heel.
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 of 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 (ct &).
7-8 Repeat action of meas 3-4, Phrase B (seven crossing steps
to L)
- D 1-8 Repeat action of meas 1-8, Phrase B, with opp ftwk and
direction.

Presented by Sunni Bloland