

DISC - CRIPTIONS

TRILIȘEȘTI
(Romania)

PRONUNCIATION: TREE - lih - shesht.

RECORD: Balkan-Arts MK-6H, Side 1, Band 7.

SOURCE: Learned from Martin Koenig in Chicago, November 1971.

RHYTHM: 2/4.

FORMATION: Mixed line facing LOD (CCW) with R hand on L shoulder of person in front of you. M's L hand swings freely; W's L hand on hip.

PATTERN

Meas No Introduction

I. WALK ("Plimbarii")

1 Leaning into the person in front of you, step fwd on L ft (ct 1), step fwd on R ft (ct 2). Do not scuff feet!

2-16 Repeat action of Fig I, Meas 1 exactly, 15 more times.

II. JUMP CLICKS ("Pinten Sus")

1 Turning to face ctr and joining hands down at sides ("V" position), jump in place onto both ft with knees bent and ft together (cts 1, &), straightening knees, bounce on both heels (ct 2), bounce on heels again (ct &).

2 Jump onto both ft in straddle position (approx. 12 inches apart) (ct 1), jump up clicking heels together directly under you (ct &), jump onto both ft in straddle position (ct 2), jump up clicking heels together as before (ct &).

3-14 Repeat action of Fig II, Meas 1-2 exactly, 6 more times.

15 Jump in place onto both ft with knees bent and ft together (cts 1, &), straightening knees, bounce on both heels twice (cts 2, &).

16 Jump onto both ft in straddle position (ct 1), jump up, clicking heels together (ct &), come down in place with ft together (cts 2, &), ready to begin the next Fig.

Cues: Jump - Bounce - Bounce - Straddle - Click - Straddle - Click
 1, & - 2 - & - 1 - & - 2 - &

II-b. WOMEN'S VARIATION (This variation may be done by women in place of Fig II above, but Chicago area women seem to prefer doing the more challenging basic Fig II).

1 Jump in place onto both ft with knees bent and ft together (cts 1, &), straightening knees, bounce on both heels twice (cts 2, &).

2 Jump in place onto both ft with knees bent and ft together (ct 1), straighten knees (ct &), jump in place again (ct 2), straighten (ct &).

3-16 Repeat action of Fig II-b, Meas 1-2 exactly, 7 more times.

Cues (Women): Jump - Bounce - Bounce - Jump - Jump
 1, & - 2 - & - 1, & - 2, &

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("TRILISESTI" continued)

- III. STAMP AND WALK ("Plimbarii with Stamps") Don't scuff feet!
- 1 Turning to face RLOD (CW) with L hand on R shoulder of person in front of you and leaning into that person, M's R hand swinging freely and W's R hand on hip, step fwd on L ft (ct 1), stamp R ft fwd, no wt (ct &), step fwd on R ft (ct 2), stamp L ft fwd, no wt (ct &).
 - 2 Step fwd on L ft (ct 1), stamp R ft fwd, no wt (ct &), stamp R ft fwd again, taking wt (ct 2), hold (ct &).
 - 3 Step fwd on L ft (ct 1), step fwd on R ft (ct 2).
 - 4-16 Repeat action of Fig III, Meas 3 exactly, 13 more times.

Cues: Left - Stamp - Right - Stamp - Left - Stamp - Stamp... Walk-Walk..
 1 - & - 2 - & - 1 - & - 2, &.... 1 - 2...

IV. TRIPLET STAMPS ("Trei Batuta Trei")

- 1 Turning to face ctr and joining hands down at sides ("V" position), step to L on L ft (ct 1), close R ft next to L ft (ct &), step to L on L ft (ct 2), stamp R ft next to L ft, no wt (ct &).
- 2 Repeat action of Fig IV, Meas 1, using opposite ftwk and moving in opposite direction.
- 3-6 Repeat action of Fig IV, Meas 1-2 exactly, 2 more times.
- 7 Step to L on L ft (ct 1), close R ft next to L ft (ct &), step to L on L ft (ct 2), brush R ft fwd next to L ft and bring R leg up into a bkwd bicycling motion (ct &).
- 8 Lift on ball of L ft (ct 1), stamp R ft next to L ft, no wt (ct &), stamp R ft next to L ft again, no wt (cts 2, &).
- 9-16 Repeat action of Fig IV, Meas 1-8, using opposite ftwk and moving in opposite direction.

Cues: Step - Close - Step - Stamp, Step - Close - Step - Stamp(repeat 2X)
 1 - & - 2 - & 1 - & - 2 - &
 Step - Close - Step - Brush - Lift - Stamp - Stamp
 1 - & - 2 - & - 1 - & - 2, &

V. STAMP AND WALK ("Plimbarii with Stamps")

- 1-16 Repeat action of Fig III, Meas 1-16 exactly.

VI. SYNCHOPATED STAMPS ("Batuta Sinchop")

- 1 Turning to face ctr and joining hands down at sides ("V" position), step to L on L ft (ct 1), close R ft next to L ft (ct &), step to L on L ft (ct 2), stamp R ft next to L ft, no wt(ct &).
- 2 Lift on ball of L ft (ct 1), stamp R ft next to L ft, no wt (ct &), step to R on R ft (ct 2), close L ft next to R ft (ct &).
- 3 Step to R on R ft (ct 1), stamp L ft next to R ft, no wt (ct &), lift on ball of R ft (ct 2), stamp L ft next to R ft, no wt (ct &).
- 4-12 Repeat action of Fig VI, Meas 1-3 exactly, 3 more times.

Cues: Step - Close - Step - Stamp - Lift - Stamp, Step - Close - Step -
 1 - & - 2 - & - 1 - & , 2 - & - 1 -
 Stamp - Lift - Stamp, etc
 & - 2 - &

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("TRILISESTI" continued)

VI. (Continued)

- 13 Turning to face RLOD with L hand on R shoulder of person in front of you and leaning into that person, M's R hand swinging freely and W's R hand on hip, step fwd on L ft (ct 1), stamp R ft fwd, no wt (ct &), step fwd on R ft (ct 2), stamp L ft fwd, no wt (ct &).
- 14 Step fwd on L ft (ct 1), stamp R ft fwd, no wt (ct &), stamp R ft again, taking wt (ct 2), hold (ct &).
- 15-16 Step fwd on L ft (ct 1), step fwd on R ft (ct 2). Repeat for Meas 16.

VII. WALK ("Plimbarii")

- 1-16 Continuing to move in RLOD, repeat action of Fig I, Meas 1-16 exactly. Note: Hand position and arm motion is as in Fig III.

VIII. SYNCHOPATED JUMP CLICKS ("Pinten Sinchop")

- 1 Turning to face ctr, joining hands sown at sides ("V" position), jump in place onto both ft with knees bent and ft together (cts 1, &), straightening knees, bounce on both heels (ct 2), jump onto both ft in straddle position (See Fig II, Meas 2) (ct &).
- 2 Jump up, clicking heels together directly under you (ct 1), bounce on both heels (ct &), jump onto both ft in straddle position (ct 2), jump up, clicking heels together directly under you (ct &).
- 3-30 Repeat action of Fig VIII, Meas 1-2 exactly, 14 more times.
- 31 Jump in place onto both ft with knees bent and ft together (cts 1, &), straighten knees and bounce on both heels (ct 2), jump onto both ft in straddle position (ct &).
- 32 Jumping up and fwd, click heels together directly under you (ct 1), come down on both ft with ft together, landing a pace fwd from where you began (ct &), hold (cts 2, &).

Cues: Jump - Bounce - Straddle - Click - Bounce - Straddle - Click
1, & - 2 - & - 1 - & - 2 - &

VIII-b. WOMEN'S VARIATION (This variation may be done by women in place of Fig VIII above, but Chicago area women seem to prefer doing the more challenging basic Fig VIII. Since Fig VIII, done 16 times, is very strenuous, we often do Fig VIII-b for the first half of the figure, finishing up with basic Fig VIII for the second half.)

- 1 Jump in place onto both ft with knees bent and ft together (cts 1, &), straightening knees, bounce on both heels (ct 2), jump in place again (ct &).
- 2 Hold (ct 1), bounce on both heels (ct &), jump in place again (cts 2, &).
- 3-32 Repeat action of Fig VIII-b, Meas 1-2 exactly, 15 more times.

Cues (Women): Jump - Bounce - Jump - Bounce - Jump, etc..
1, & - 2 - &, 1 - & - 2, &

As Taught At International House Of The University Of
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