

## TRILISESTI

(tree-lee-sheht - the final "I" is silent)

This is a common dance form in Moldavia, in northeastern Romania. Different steps are typically called out by a leader, and many different steps are found in different Moldavian villages. This arrangement includes steps Dean Linscott and Sunni Bloland learned in Suceava, Moldavia in August 1976, and others learned from Marty König.

Music: Nevafoon 12153, or other suitable recording of this tune; Balkan Arts MK-6H is excellent music, but doesn't "come out even"; also note that the labels are reversed on this record! (2/4 meter)

Formation: Mixed circle, facing LOD (CCW) with R hand on L shoulder of person ahead. Free hand normally would grasp edge of jacket, but in absence of jacket can place on hip. Figures III through VI are done with hands joined down in a circle.

### Meas. Figure I (Walk)

1-16 Walk 32 jaunty steps fwd starting R, torso tilting slightly to R with each step R, and to L with each step L.

### Figure II (Hop-Stamps)

1-2 Hop on L (ct. 1); stamp fwd on R (&); hold (2); stamp fwd on L (&); hold (1); stamp fwd on R (&); stamp fwd L with NO wt (2).

3-4 With a large hop in place on R (1), make a half-turn to the L, bringing hands to own hips (or jacket edges); stamp fwd on L (&); hold (2); stamp fwd on R (&); hold (1); stamp fwd on L (&); stamp fwd R with NO wt (2).

5-8 Repeat meas 1-4 again, starting with a big hop on L making a half-turn to R to face LOD.

9-16 Same steps as meas 1-8, but turn once CW in place to end facing center on meas 9-10; turn CCW on meas 11-12; CW on 13-14; CCW on 15-16; then join hands in circle, down at sides.

### Figure III (Hop-Step Backward)

1-2 Facing center, small hop L (1); step backward on R (&); hold (2); step backward on L (&); hold (1); step bwd on R (&); step fwd L (2). Heels turn slightly in on the bwd steps.

*Continued...*

TRILISESTI (continued)

- 3-4 Hop on L (1), lifting R knee fwd; step fwd R (&); step fwd L (2); hop twice on L while facing L of center, and click side of R ft against L on each hop (1,2).
- 5-16 Repeat meas 1-4 three more times.

Figure IV (One-Two-Three-Stamp)

- 1 Face in LOD and take 3 steps fwd in LOD R, L, R (1 & 2); stamp L beside R with no wt (&).
- 2 Same as meas 1 but opp. ftwork and move in RLOD.
- 3-4 Facing LOD take 3 steps fwd R, L, R (1 & 2); scuff-stamp L heel fwd, starting to face center (&); R is still carrying wt. Hop on R, turning to face RLOD (1); stamp fwd L in RLOD (&); stamp fwd R in RLOD (2).
- 5-8 Repeat meas 1-4 but opp ftwork and direction.
- 9-16 Repeat meas 1-8 again; end facing center.

Figure V (Jumps)

- 1 Ft together, bounce twice on heels (1 &); jump onto both ft slightly astride, heels further apart than toes (2).
- 2 Same as meas 1.
- 3 Same as meas 1 but after the stride click ft together in the air (&).
- 4 Land on both ft about a foot apart (1); click ft together in the air again (&); land on both ft together (2).
- 5-16 Repeat meas 1-4 three more times.

Figure VI (One-Two-Three-Scuff-Hop-Stamp)

This figure is composed of steps which require 6 counts for completion; 1&2&3&; this uses up 1½ meas; then the step repeats in the opposite direction for another 1½ meas., etc. All join hands down at sides.

- 1½ Facing LOD, take 3 steps fwd in LOD R, L, R (1 & 2); scuff-stamp L ft fwd (&); hop R, turning to face center (3); stamp L slightly fwd, no wt (&);

Then repeat first 1½ meas but opposite direction and ftwork. Doing the basic movement 10 times in all will take up 15 measures. Finish the dance by taking 3 quick stamps toward center, R, L, R, raising hands and shouting.