

ALUNELUL  
Romanian Circle Folk Dance  
REcord FOLK DANCER MH 1120

ALUNELUL  
(AH-LOO-NEH-LOOL)

This Romanian dance is very easy. It was introduced in the United States by Larisa Lucaci, Romanian dance expert. "Alunelul" means "hazelnuts". The dance is extremely popular with all ages, but especially so with teenagers. Incidentally if your record player has a speed adjuster it is fun to have someone gradually increase the tempo of the dance for each round of the dance.

FORMATION: Circle of no partners, all hands either on the shoulder or joined low.

- PART 1: All move sideways to Right 5 steps like this: Start on Right foot to the Right...bring left foot in back of Right..Step to Side on Right..bring Left foot in back of Right..Step on Right to side. Now stamp Left foot twice using heel. Repeat the 5 steps to the Left in the same manner, starting on the Left foot. This time Stamp ~~R~~ heel. Repeat Part 1.
- PART 2: Take 3 steps sideways to the Right (RLR with Left going in back of R. Stamp Left heel once. Repeat the 3 steps sideways to the Left starting on Left and stamp Right heel once. Repeat Part 2 again.
- PART 3: In place do the following:  
Step on Right foot. Stamp Left, once.  
Step on Left foot, Stamp Right, once  
Step on Right foot. Stamp TWICE on Left foot.  
Step on Left foot. Stamp Right once.  
Step on Right foot. Stamp Left once.  
Step on Left. Stamp TWICE on Right foot.  
Repeat all of Part 3 again.

As the dance progresses make the steps more lively almost as a leaping and running.

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