

Băluța

(Romania)

Băluța ("Buh-LOOT-sah") is a Romanian folk dance from Muntenia. I learned this dance from Tita Sever at a course in Romania in the late 1970s.

MUSIC: "Băluța" (Syncoop 5747.06)

FORMATION: Circle. Handhold begins low, but mostly high ("W") with small circling movements.

STEPS: "Stamp" always means striking a foot (or part of a foot) on the floor to make a noise without taking weight on this foot.

"Stomp" means a heavy step (with weight transfer) which makes a noise.

METER: 4/4

PATTERN

Meas

Fig. 1: Stamps and "chasse steps" to the L

- 1 Facing diag L and moving L: Step heavily (stomp) on R ft in front of L while bringing hands from slightly behind body abruptly forward and up to shoulder height ("W" position) (1), slight lift on R ft while body turns to face ctr, but continue to move L (&), step on L ft to L, knees bent, circling hands down and back (2), step on R ft where L ft was, hitting L ft out of the way while circling hands up and fwd (&), repeat "2 &" (3 &), step on L ft to L, bringing hands abruptly fwd and down to position behind body (4).
Steps 2&3& resemble 2 chasse steps to the L.
- 2-4 Repeat meas 1 three more times, but remember not to bring hands fwd and down on the last ct of meas 4. Keep hands at shoulder height.

(Shout in Romanian on the first beat of each meas of Fig. 1: "una!" "doua!" "trei!" "patru!")

Fig 2: To the R, heel, chasse L and stamp

- 1 Facing diag R and moving to the R: Step on R ft to R while bringing hands fwd and down to position just behind body (1), step on L ft fwd (LOD) while bringing hands fwd and up to shoulder height (2), step on R ft to R (3), step on heel of L ft crossed in front of R ft (&), step on R ft in place behind L heel (4). (Hands make small circle down and back, then up and fwd during cts 3&4.)
- 2 Facing ctr and moving L: Repeat cts 3&4 of meas 4, Fig. 1 (1&2), stamp R ft twd ctr, without taking wt (&), repeat stamp (3), repeat stamp (4).
- 3-4 Repeat meas 1-2, Fig 2, but remember to bring hands fwd and down to a position slightly behind body on last ct (ct 4 of meas 4), to be ready to begin Fig. 1.

*Dance description by Lee Otterholt
Presented by Lee Otterholt at the Laguna Folkdancers Festival 2005*