

Galaonul de la Sapata

(Oltenia, Romania)

Sunni Bloland learned this dance from Puiu Vasilescu of Bucharest, Romania. It will be danced eight times through followed by the described "ending". Presented by Sunni Bloland at the 1982 Mendocino Folklore Camp.

Pronunciation: (gala-wan-ool deh la suh-pata)

Record: Hai la Joc, Side B, Band 7

Formation: Short lines of M and W linked in back basket hold.

Music: The music is in 2/4 but the dance will be counted in 4/4

Measure

A. Forward and Back

- 1 Facing and moving fwd step R (ct 1), step L (ct 2), step R (ct 3), lift L knee bent  $45^{\circ}$  (ct 4).
- 2 Repeat meas 1 using opp. ftwk and reversing dir.
- 3-4 Repeat meas 1-2.

B. Lift, Touch and Twizzle

- 1 In place step R (ct 1), lift L leg in front (ct 2), step L (ct 3), lift R leg in front (ct 4).
- 2 Touch R heel fwd (ct 1), in same spot touch R toe (ct 2), touch R heel (ct 3), accented step R as L leg is lifted in front (ct 4).
- 3 Repeat meas 2 using opp. ftwk.
- 4 Touch R heel fwd (ct 1), step R as L lifts slightly fwd (ct 2), touch L heel fwd (ct 3), step L as R leg lifts slightly fwd (ct 4).
- 5 In place stamp R (cts 1-2), stamp R (cts 3-4).
- 6 Moving bkw "Twizzle" or glissade while twisting R (ct 1), L (ct 2), R (ct 3), L (ct 4).
- 7-8 Repeat meas 5-6.

Repeat dance 7 more times and end with the following:

- 1-4 Meas 1-4 of A
- 5-7 Meas 1-3 of B
- 8 Touch R heel fwd (ct 1), touch R toe fwd (ct 2), light leap R in place (ct 3), slap L fwd on full foot (ct 4) as torso bends flightly fwd.