



KUCINATA (Continued)BASIC STEP - "Kucinata" (Arm movements).

- 1 Hands push strongly from "W" pos to a pos down and bkwd (straight elbows) (ct 1); hold (ct 2); arms move fwd in front of body (ct 3).
- 2 Repeat meas 1.
- 3-4 Arms at shldr height "W" pos.
- 5 "Throwing" motion of arms, fwd and down (ct 1); arms continue path downward and back, straight elbows (ct 2); arms move up and fwd, parallel to ground (ct 3).
- 6 Arms at "W" pos, shldr height (ct 1); hold (ct 2); arms push sharply fwd and downward (ct 3).
- 7-8 Repeat meas 5-6.
- 9-10 Repeat meas 1-2.
- 11 Arms at "W" pos, shldr height (ct 1); hold (ct 2); arms push up, elbows still bent (ct 3).
- 12 "Pulling" motion from "W" pos slightly downward (along with heavy step) (ct 1); hold (ct 2); arms move upward, elbows still bent (ct 3).
- 13-16 Repeat meas 9-12.

II. CHORUS STEP - "Răcēnica" (Instrumental).

- 1 Facing slightly R of ctr, step lightly onto R ft fwd (ct 1); hold (ct 2); step on L in front of R (ct 3). This is a sort of "lazy" hop-step-step.
- 2 Repeat meas 1.
- 3 Three steps, R,L,R, moving slightly to R and bkwd with upper body bending slightly fwd.
- 4 Three more small running steps L,R,L moving slightly to L and fwd.
- 5-8 Repeat meas 1-4.

II. CHORUS STEP - "Răcēnica" (Arm movements).

- 1-2 Same as meas 1-2, Figure I.
- 3 Hands at shldr height, bouncing to rhythm of cts 1,2,3.
- 4 Same as meas 3 but on ct 3 arms are pushing downward to get into meas 1.
- 5-8 Repeat meas 1-4.

Each Figure alternates once more.

Presented and notated by Yves Moreau