

# Marșul lui Cinară

From Banat, Romania

Presented by Sonia Dion and Cristian Florescu

**Formation:** open mixed circle

**Position:** body facing center, hands joined up in W pos.

**Pronunciation:** MAHR-shool loo-ee tchee-NAH-ruh

**Music:** *Sonia Dion & Cristian Florescu Romanian Realm Vol. 7*, Band 17 or  
*Sonia Dion & Cristian Florescu Romanian Realm Vol. 8*, Band 15

**Style:** elegant, very proud attitude and footwork done mainly on the ball of feet.

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Meter: 4/4

Description of *Marșul lui Cinară*  
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Meas.      Count

### **Introduction**

**1-2**      No action

### **Figure 1**

(facing center)  
(S-S-Q-Q-S)

**1**      1-2      Step on R diag. to the right, body slightly diag. to the right  
             3-4      Step on L crossing in front of R

**2**      1      Step on R swd to the right and body facing center  
             2      Close L near R  
             3-4      Step on R swd to the right

Note: measure **2** could be replaced by Step R, body slightly diag. to the right (ct 1), step L (ct 2) and step on R to the right (cts 3-4).

**3**      1-2      Step on L bkwd  
             3-4      Step on R bkwd

**4**      1      Very small step bkwd on L  
             2      Very small step bkwd on R  
             3-4      Very small step bkwd on L

**5-16**      Repeat measures **1-4**, three more times (4 in total)

### **Figure 2**

(S-S-Q-Q-S, S-Q-Q-S-S)

**1**            1-2        Step on R twd center  
                 3-4        Step on L twd center

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Meter: 4/4

Description of *Marșul lui Cinară* (continued)  
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Meas.        Count        **Figure 2** (continued)

**2**            1            Step on R twd center  
                 2            Very small step on L twd center  
                 3-4        Very small step on R twd center while raising L ft in front with knee bent 45° (ft execute bicycle movement)

**3**            1-2        Step on L in place while raising R ft in front with knee bent 45°  
(bicycle mvt)  
                 3            Step on R bkwd  
                 4            Step on L bkwd

**4**            1-2        Step on R bkwd while raising L ft in front with knee bent 45° (bicycle mvt)  
(bicycle mvt)  
                 3-4        Step on L in place while raising R ft in front with knee bent 45°

**5-8**                            Repeat measures **1-4**

Note: Last measure of the dance, step on L near R ft (ct 3).

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Final pattern:

F1 (**1-16**) + F2 +  
F1 (**1-8**) + F2 +  
F1 (**1-16**) + F2 +  
F1 (**1-8**) + F2.

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