

MÎNDRULITĂ ARDELEANĂ
(Muhn-drew-leetsey Ar-deh-lay-ney)
(Romania)

Source: Dance from Transylvania

Rhythm: 7/8

Music: Record: Lark 45 Rpm MD-3702-B

Formation: Open circle, hands joined and held at shoulder height.

Meas Pattern

PART I

Introduction

- 1 Facing diagonal to ctr, moving R LOD, step R (1).
 Step L (2). Step R (3). (RIGHT Line Of Direction)
- 2 Step L (1). Hit R heel beside L (2). Step R, hit L
 heel beside R (3).
- 3 Facing ctr, weight on balls of feet, flex knees (1).
 Bounce (2). Bounce (3).
- 4 Bounce on both heels (1). Bounce (2). Hold (3).
- 5-8 Repeat meas. 1-4, beginning LLOD. (LEFT Line Of Direc.)
- 9-16 Repeat action of meas 1-8.

PART II

- 1 Facing ctr, moving fwd, fall on R ft, lifting L knee
 beside R (1). Step L (2). Step R (3).
 - 2-4 Repeat action of meas. 1 three times more beg L.
 - 5-8 Repeat action of meas 1-4 moving bkwd beg. L.
- Repeat from beginning of dance.