

P'-A LUNGUL
(Romania)

P'-a Lungul is a type of De-a Lungul. Sunni Bloland learned the choreography from Valeriu Buciu in Maramureş, July, 1984. The dance comes from Lapuş, Maramureş, Romania.

Pronunciation:

Cassette: NOROC-SLC 6-84/85

7/8 meter

Rhythm: S Q Q. 1,2,3-1,2-1,2. Counted here as 1,2,3.

Formation: Ptrs side by side in a circle facing CCW. Inside hands joined in "V" pos. Free arms down at side. M on W's left.

Meas

Pattern

No introduction.

A.

In preparation arms swing back (ct 3). Walking in LOD

Man's Part

Woman's Part

- | | | |
|---|---|--|
| 1 | Step L, swing arms fwd (ct <u>1</u>) | Step R (ct <u>1</u>); step L (cts 2-3). |
| | Step R, arms swing bk (cts <u>2-3</u>) | For arms, see M's part |
| 2 | Step L, arms swing fwd (ct <u>1</u>); | Step R (ct <u>1</u>); step L (cts 2-3). |
| | Touch R to L, arms swing bk (cts 2-3). | |

Join both hands -- circle each other CCW:

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|---|--|---|
| 3 | Step R (ct <u>1</u>); step L (cts 2-3). | Same as M. |
| 4 | Step R (ct <u>1</u>); step L (cts 2-3). | Step R (ct <u>1</u>); touch L (cts 2-3). |
- Drop M L, W R hand, opening to side by side pos to face fwd on cts 2-3.
- 5-8 Still moving LOD, repeat meas 1-4 with opp ftwk and direction.
- 9-16 Repeat meas 1-8, joining in shldr-waist pos on last 2 cts.

B. M and W use same ftwk.

- | | |
|------|---|
| 1 | Step on R to R (ct <u>1</u>); close L to R with small bounce (ct 2); bounce (ct 3). |
| 2 | Repeat meas 1 with opp ftwk and direction. |
| 3-6 | Repeat meas 1-2 two times. |
| 7 | Circling CW, step R (ct <u>1</u>); step L (cts 2-3). |
| 8 | Repeat meas 1. |
| 9-16 | Repeat meas 1-8 with opp ftwk and direction. On last 2 cts open to side by side pos facing LOD. |

C. W use opp ftwk.

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|-------|--|
| 1 | Moving fwd in LOD, step L (ct <u>1</u>); step R (cts 2-3). |
| 2 | Step L (ct <u>1</u>); pivot twd ptr to face RLOD (cts 2-3). |
| 3-4 | Repeat meas 1-2 with opp ftwk and direction. |
| 5-8 | Repeat meas 1-4. |
| 9-11 | Repeat meas 1, three times. |
| 12 | Repeat meas 2. |
| 13-16 | Repeat meas 9-12. On last 2 cts take shldr-waist pos. |

P'-A LUNGUL (Continued)

D. M and W use same ftwk.

- 1 Step on R to R (ct 1); close L to R (cts 2-3).
 2 Step on R to R (ct 1); close L to R with bounce (ct 2);
 bounce (ct 3).
 3-4 Repeat meas 1-2 with opp ftwk and direction.
 5-6 Repeat meas 1-2 while turning | W beg with L: 2 heel turns
 W two times CCW under R arm. | under L arm.
 7-8 Repeat meas 5-6 with opp ftwk and direction (both M and W).
 9 Circling CCW, step on R (ct 1); scuff L (ct &); step L (ct 2);
 scuff R (ct 3).
 10 Step on R (ct 1); step L (ct &); step R (ct 2); stamp L
 facing ptr (ct 3).
 11-12 Repeat meas 1-2 with opp ftwk and direction.
 13-16 Repeat meas 1-4.

Repeat dance from the beginning.

Notes written by Jana Rickel and Craig Miller

Presented by Sunni Bloland