

SIRBA MUNTENEASCA (Romanian)

Presented by:
MIHAI DAVID

RECORD : RT # 77

FORMATION: Line dance, shldr hold.

METER: 4/4

MEAS: PART I: Traveling in LOD, CCW. as well as in & out of the ctr.

- 1 Moving in LOD, step on R ft fwd (ct 1) hop on R ft fwd (ct 2) step on L ft fwd (ct 3) hop on L ft fwd (ct 4)
- 2 Still moving in LOD, 3 light running steps R,L,R, (ct 1,2,3) hold (ct 4)
- 3 - 16 Repeat meas. 1 - 2 , seven more times (a total of 8) with alternate ftwk.
- 17 Facing ctr, step on R ft in place- bring L ft up (ct 1) hop on R ft, swing L ft fwd (ct 2) repeat cts 1 & 2 with opp ftwk (ct 3,4)
- 18 moving into ctr, 3 running steps R,L,R (ct 1,2,3) hop on R ft in place (ct 4)
- 19 Moving out of ctr, step on L ft bkwd (ct 1) hop on L ft (ct 2) step on R ft bkwd (ct 3) hop on R ft (ct 4)
- 20 still moving out of ctr, 3 fast running steps L,R,L (ct 1,2,3) hop on L in place (ct 4)
- 21 - 32 Repeat meas. 18 - 20 , three more times (a total of 4)

PART II: Facing ctr. steps are done in place.

- 1 Weight on L ft, bounc on L ft 3 times while kicking R ft out (ct 1,2,3) fall on R ft to R (ct 4)
- 2 Weight on R ft bounc on R ft 3 times while kicking L ft out (ct 1,2,3) fall on L ft (ct 4)
- 3 - 4 Repeat meas. 1 - 2 , part II once more - same ftwk. (a total of 2 times).

PART III: Facing ctr. steps are done in place.

- 1 R ft free, hop on L ft (ct 1) touch R heel next to L ft (ct 2) fall on R ft (ct 3) touch L heel next to R ft (ct 4) when falling on L ft body faces L - do same in in opp direction with opp ftwk. Touch step is a sweeping action.
- 2 Fall on L ft (ct 1) slap R ft fwd (ct 2) fall on R ft in place next to L (ct 3) slap L ft fwd (ct 4)
- 3 Jump both feet apart (ct 1) bring feet together (ct 2) Jump both feet apart (ct 3) Fall on L ft, bring R ft up (ct 4)
- 4 Hold for 4 counts

PART IV: Traveling in RLOD, CW - moving L.

- 1 Cross R ft in front of L (ct 1) step L ft to L (ct 2) step R ft in back of L (ct 3) step L to L (ct 4) it is a fast moving grape vine step.
- 2 - 6 Repeat meas. 1 part IV, 5 more times , same ftwk, same direction (a total of 6 grapevines - ct 1 - 24)
- 7 Step R ft in front of L (ct 1) step L to L (ct 2) stamp R ft next to L (ct 3) Hold (ct 4) (or count 25,26,27,28)
- 8 Moving in LOD, CCW - to the R. Step R ft to R (ct 1) step L behind R ft (ct 2) step R to R (ct 3) step L ft behind R (ct 4)

SIRBA MUNIENEASCA (cont.)

MEAS: PART IV:

- 9 Repeat meas. 8 cts 1,2 - part IV once more (ct 1,2) weight on L ft, swing
R ft fwd & stamp on it into ctr (ct 3,4)
10 Back out of ctr with 4 running steps L,R,L,R, (ct 1,2,3,4)
11 - 13 Repeat meas 8 - 10 once more. same ftwk ,same direction.(a total of 2 times)

Repeat Part II

Repeat Part IV

Repeat dance from the beginning