

## Sorocul

(Banat, Romania)

**FORMATION:** Cpls in a circle, W with backs to center facing partner with both hands joined down low in front.

**MUSIC:** 4/4                    1 2 3 4 5  
 Dancer's beat        S Q S Q S

Meas

**Basic Rest**

Women's step is on opposite foot and direction of notated men's step.

- 1 Step R to R (ct 1); close L to R (ct 2); step R to R (ct 3); close L to R (ct 4); step R to R (ct 5).
- 2 Reverse ftwk of meas 1
- 3-8 Repeat action of meas. 1-2.

**Extended Side Step**

Women's step is on opposite foot and direction of notated men's step.

- 1 Repeat action of meas. 1 of Basic Step but do not take weight onto R (ct 5), only accent it.
- 2 Step R to R (ct 1); lift on R, bring L across and in front of R (ct 2); step onto L in front R (ct 3); step R to R (ct 4); tap L heel beside R (no wt) (ct 5).
- 3-4 Reverse ftwk of meas. 1-2
- 5-8 Repeat action of meas. 1-4.

**Lasso Step**

Weight of women's step will be on opposite f of notated men's step.

- 1 M steps R in place while leading W cw around him under his own L hand (her R). She steps fwd onto L (ct 1); step L in place (ct 2); step R in place (ct 3); step L in place (ct 4); step R in place (ct 5).
- 2 Step L in place (ct 1); step R in place (ct 2); step L in place (ct 3); step R in place (ct 4); step L in place (ct 5).  
 During these two basic steps woman moves fwd cw around man "lasso-like".
- 3 Man turns woman around once cw under his L hand (her R) in front of him.  
 Step R in place (ct 1); lift on R (ct 2); step L in place (ct 3); step R in place (ct 4); Tap L beside R (no wt) (ct 5).  
 Woman uses opposite ftwk to turn 360 degrees cw under M's L hand.
- 4 Reverse ftwk, hand, and direction of turn of meas. 3.
- 5-8 Reverse action of meas. 1-4 of Lasso turn.
- 9-16 Repeat action of meas. 1-8 of Lasso turn.

*continued...*

Meas.

### Couple Turn

- 1 Using same ftwk in a reverse ballroom position, step R fwd turning ccw as a couple (ct 1); continuing ccw turn fwd, step L fwd (ct 2); step R fwd (ct 3); step L fwd (ct 4); step R (ct 5).
- 2 Man releases his L hand and spins W ccw, 360 degrees under his R (her L) hand with following step: Cross and step L fwd (ct 1); lift on L (ct 2); step R to R beginning to reverse direction (ct 3); lift on R in place (ct 4); turning to face L, tap L beside R (ct 5). W uses same ftwk to complete 360 degree ccw turn in place.
- 3-4 Reverse action of meas. 1-2.

### Lasso Step with Arms Low

(Also: ~~choke~~ "choke-look")

Same as Lasso Step ftwk above only M leads W cw around him starting with his R hand in her R hand, changing behind his back to his L hand (her R), then turning her under his L hand (her R), then turning her under his R hand (her L). Reverse this going ccw back.

\*Note: Women travel around man with 5 ct step for two meas and then turn towards joined hands with 3 ct step.

### Women's Double Turn

While doing side to side basic step (5 ct), Man turns woman two times under his R (her L) hand ccw to her L during meas 1 and, he turns her one time (360 degrees) under his L (her R) hand back to her R (cw) during meas 2.

### Men's Slapping Solo

- 1 Slap R boot top or knee with R hand (ct 1); slap R boot top again with R hand (ct 2); Step R in place or fwd (ct 3); scuff L fwd (ct &); slap L boot top with L hand (ct 4); Leap onto L and slap R boot top with R hand (ct 5).
- 2-4 Repeat action of meas 1 and move ccw around woman.

Presented by Stephen Kotansky

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