

the LAGUNA folk dancers



welcome you!

SYLLABUS

2017

AHMEDUM

(Blacksea, Northern Turkey)

This tune is from the Blacksea region of Turkey. Ahmet has adapted a traditional step for this emotional mourning song.

Pronunciation: Ah mee duum

Translation: My Ahmet.

Music: **10/8** meter

Ahmet's Camp CD, Track # 1

Formation: Circle of dancers facing ctr; holding hands bent elbows, in parallel to the ground position.

Steps & Styling: Typical Blacksea styling

<u>Meas</u>	<u>10/8 meter</u>	<u>Pattern</u>
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8 meas	<u>INTRODUCTION.</u> No action.
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1	Step on R to Rt
2	Step on L to Rt, crossing R
3	Step on R to Rt
4	Step on L to Rt, crossing Rt
5	Step on R to Rt
6	Touch L next to R in place
7	Step on L to Lt
8	Touch R next to L in place

Presented by Ahmet Luleci © 2016

ELO DINO

(Southeastern Anatolia / Turkey)

Pronunciation: A loo de nuu
 Translation: Name
 Music: 4/4 meter Ahmet's Camp CD / Track # 06
 Formation: Semi Circle, Face LOD, fingers interlocked position, down straight from elbows.

Pattern

INTRODUCTION 8 counts.

Figure 1 (Face center, arms down. Soft and bouncy knees)

Ct 1: Step on R to Rt – flat foot, knees bent.

Ct 2: Step back on L, crossing R to Rt–flat foot, knees bent.

Ct 3: Step on R to Rt – flat foot, knees bent.

Ct 4: Put feet together as bringing L next to R in place

** Do this step 14 times (if you start with the singing then 12 times)

Figure 2 (Face center, arms down. Soft and bouncy knees)

Ct 1: Step on R to diag fwd Rt

Ct 2: Step on L to diag fwd Rt

Ct 3: Step back on R in place

Ct 4: Step fwd on L in Place

Ct 5: Step back on R

Ct 6: Step back on L

Ct 7: Stamp on R in place

Ct 8: Stamp on R in place

Figure 2 Variation (Face center, arms down. Soft and bouncy knees)

Everything is the same as in Figure 2 except jumpy, runny steps.

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Gül Aliye

Turkey

This dance comes from Rumeli, Thrace part of Turkey.

Pronunciation: Guul A lee yea

Translation: Rose to Aliye

Rhythm and music: 7/8 (1 2 3) Ahmet's camp cd / Track # 18

Formation: "W" hold, mixed line or open circle

Meas.

Fig. 1

- 1 Facing CCW., Slight lift on L and Step on R fwd(ct.1); Step on L, R fwd(cts.2,3)
- 2 Repeat Meas.1 with off. ft
- 3 Facing ctr., Slight lift on L and Step on R to R(ct.1); Step on L in front of R(ct.2); Step back on R in place(ct.3)
- 4 Repeat Meas.3 with opp. ft and direction
- 5 Step on R to R(ct.1); Step on L behind of R, bring arms down(cts.2,3)
- 6 Step on R to R(ct.1); Step on L in front of R, bring arms up(cts.2,3)
- 7-8 Repeat Meas.3-4

Fig. 2-A

- 1 Facing ctr., Lift on L, hook R ft in front(ct.1); Step on R fwd(ct.&); Lift on R, hook L ft in front(ct.2); Step on L fwd(ct.3)
- 2 Repeat Fig.1, Meas.3 but bring arms down on ct.2 and up on ct.3
- 3-4 Repeat Meas.1-2 with opp. ft
- 5 Slight Lift on L and Step on R to R(ct.1); Step on L in front of R(ct.2); Step back on R(ct.3)
- 6 Repeat Meas.5 with opp. ft and direction
- 7-12 Repeat Meas.1-6 going bkwd twd outside of the circle

Fig. 2-B

- 1-6 Repeat Fig.2-A, Meas.1-6
- 7 Slight lift on L and step on R next to L(ct.1); Step on L next to R(ct.2); Step on R in place(ct.3)
- 8 Repeat Meas.5 with opp. ft
- 9-16 Repeat Meas.1-8 going bkwd twd outside of the circle

sequence: Fig.1x2-Fig.2A-Fig.2B-Fig.1x2-Fig.2A-Fig.2B-Fig.1x2-Fig.2Bx2

GÜN OLA

(Southern Anatolia / Turkey – Ahmet Luleci)

Pronunciation: Guun o laa
 Translation: New day
 Music: 4/4 meter Ahmet's camp cd / Track # 09
 Formation: Semi Circle, Face LOD, Arms down, holding hands.

Pattern

INTRODUCTION *2 complete turn of the melody.*

Figure 1 (Face center)

Ct 1: Step on L to Rt, crossing R, bend knees down

Ct 2: Step on R to Rt, Straighten knees up.

Ct 3: Repeat Ct 1

Ct 4: Repeat Ct 2.

Ct 5: Repeat Ct 1

Ct 6: Repeat Ct 2

Ct 7: Kick L diag Rt in front of R

Ct 8: Stamp on L in place, keep body weight on R.

Figure 2A (Facing Center)

Ct 1: Step diag fwd on L to Rt. bend knees down

Ct &: Quick step on R next to L, knees up.

Ct 2: Repeat Ct.1

Ct 3: Step diag fwd on R to Lt. bend knees down

Ct &: Quick step on L next to R, knees up

Ct 4: Repeat Ct.3

Ct 5: Stamp on L in place

Ct 6: Hold position with a little bounce

Ct 7: Stamp on L in place

Ct 8: Turn back from Rt shoulder

Figure 2B (Facing Back)

Ct 1: Step fwd on L, bend knees down

Ct &: Quick step on R next to L, knees up.

Ct 2: Repeat Ct.1

Ct 3: Step fwd on R, bend knees down

Ct &: Quick step on L next to R, knees up

Ct 4: Repeat Ct.3

Ct 5 – Ct 8; Repeat Ct 1 - 4

Helef

This dance comes from Siirt, Southeastern Turkey, done by Kurdish people.

Pronunciation: ha laf

Music: 10/8 (1 2) Ahmet's camp cd / Track # 10

Formation: Hands held at waist level, elbows bent, long line or open circle.

Fig.

- 1 Facing ctr., Touch R heel slightly fwd(ct.1); Step on R diag.R fwd(ct.2)
- 2 Repeat Meas.1 with opp. ft – moving diag. R
- 3 Step on R bkwd(ct.1); Step on L nex to R(ct.2)
- 4 Step on R bkwd(ct.1); Bounce on R, bring L next to R(ct.2)
- 5 Step on L to L(cts.1,2)-L knee should be bouncing
- 6 Close R to L(cts.1,2)-both knees should be bouncing
- 7 Step on R to R(cts.1,2)- both knees should be bouncing
- 8 Step on L next to R(cts.1,2)-both knees should be bouncing

Extra-during the singing,

- 1-8 Repeat Fig.
- 9 Step on R fwd, keep L in the place(ct.1); Step back on L(ct.2)
- 10 Close R to L(ct.1); Hold(ct.2)

During the singing, alternate 8 Meas. and 10 Meas. each time.

HINNEY

(Mardin, Southeastern Anatolia / Turkey)

Pronunciation: Hion nay
 Translation: Henna
 Music: 4/4 meter Ahmet's Camp Cd / Track # 12
 Formation: Semi Circle, Face LOD, fingers interlocked position, down straight from elbows.

Pattern

INTRODUCTION *12 counts.*

Figure 1 (Face center, arms down.)

Ct 1: Step on R back – flat foot, knees bent.
 Ct &: Quick step back on L, Straighten knees up.
 Ct 2: Step back on R–flat foot, knees bent. Lift L up
 Ct 3: Step on L forward.
 Ct 4: Hold position, lift R back (could also be touch R toe in the back)
 Ct 5: Repeat Ct.1
 Ct &: Repeat Ct.&
 Ct 6: Repeat Ct.2
 Ct 7: Repeat Ct.3
 Ct 8: Repeat Ct.4
 Ct 9: Small leap onto R to Rt. Lift L up
 Ct 10: Step on L crossing R to Rt.
 Ct 11: Repeat Ct.9
 Ct 12: Repeat Ct.10
 Ct 13: Stamp R in the front, keep weight on Lt. (Say “Hey” if you feel like it!)
 Ct 14: Hold position, bounce in place
 Ct 15: Stamp R in the front, keep weight on Lt. (Say “Hey” if you feel like it!)
 Ct 14: Hold position, bounce in place

Figure 2 (Face center, arms down.)

Ct 1 to Ct 8: Same Fig. 1, Ct:1 to Ct:8

Ct 9: Step on R to Rt, bending knees down

Ct 10: Straighten knees up, Lift L up to Rt

Ct 11: Step on L to Lt bending knees down

Ct 12: Straighten knees up, Lift R up to Lt

Ct 13; Step on R to Rt

Ct 14: Step on L to Lt

Ct 15: Stamp R in the front

Ct 16: Hold position and bounce in place (keep weight on L foot)

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LE BUKE

Southeast of Turkey

This dance is done by Kurdish people.

Pronunciation: Le Boo kae

Rhythm: 4/4

Music: Camp cd / Track #14

Starting position: mixed line or open circle, hands are on the waist level.

Meas.

Fig. 1

- 1 Facing ctr., Hop on L, kick R ft fwd, straiten arms fwd on waist level (ct.1); Step on R to R(ct.2), arms back to original position; Step on L slightly behind(ct.3); Step on R next to L(ct.4)
- 2 Hop on R, kick L ft fwd, striten arms fwd on waist level (ct.1); Bring arms back to original position, Step on L in front of R(ct.2); Step on R to R(ct.3); Step on L in front of R(ct.4)
- 3 Hop on L, arms to R(ct.1); Step on R to R(ct.2); Deep step on L in front of R, arms back to original position (ct.3); Hold (ct.4)
- 4 Repeat Meas. 3

Fig. 2

- 1 Moving to ctr., Step on R fwd (ct.1); Step on L next to R(ct.2); Step on R fw (ct.3); Hold(ct.4), move arms in circle motion starting up fwd
- 2 Repeat Meas.1 with opp. ft, bring arms down in ct.4
- 3-4 Repeat Fig.1, Meas.3-4 but move bkwd to outside of circle
- 5 Jump on both ft open (cts.1,2); Bounce twice(cts.3,4)
- 6 Repeat Meas.5 but Step on L in ct.4
- 7 Facing to R, Step R heel to R (ct.1); Step on L in place (ct.2); Step on R next to L (ct.3); Hold (ct.4) and face to L
- 8 Repeat Meas.7 with opp. ft

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SEMDINLI HALAYI

(Hakkari, Southeastern Anatolia / Turkey)

Pronunciation: Sham deen lee ha liy a
 Translation: Halay (dance) from Semdinli
 Music: 4/4 meter Ahmet's Camp CD / Track # 15
 Formation: Semi Circle, Face LOD, little pinky hold, down straight from elbows.

Pattern

INTRODUCTION 8 counts.

Figure 1A (Face line of the direction, arms down. Soft and bouncy knees)

Ct 1: Step on R to diag fwd Rt .
 Ct 2: Touch L next to R, keep weight on R.
 Ct 3: Step on L diag fwd Lt.
 Ct 4: Touch R next to Lt, keep weight on L
 Ct. 5 to Ct.8: Repeat first 4 counts
 Ct. 9: Face center, Step on R in place
 Ct. 10: Touch L in place
 Ct. 11: Step fwd on L
 Ct. 12: Touch R in place
 Ct. 13: Step fwd on R
 Ct. 14: Touch L in place
 Ct. 15: Step back on L
 Ct. 16: Step back on R
 Ct. 17: Jump down on both, bending knees
 Ct. 18: Quick jump in place, straightening knees up
 Ct. &: Quick jump in place.
 Ct. 19: Jump down on both, bending knees
 Ct. 20: Quick jump in place, straightening knees up
 Ct. &: Quick jump in place.
 Ct. 21: Step fwd on L
 Ct. 22: Touch R in place
 Ct. 23: Step fwd on R

Ct. 24: Touch L in place
 Ct. 25: Step back on L
 Ct. 26: Step back on R
 Ct. 27: Step on L bring arms fwd towards center and back
 Ct. 28: Quick step on R
 Ct. &: Quick step on L.

Figure 1B (Variation)

Ct 1: Step on R to diag fwd Rt .
 Ct 2: Quick step on L in place.
 Ct &: Quick step on R In place.
 Ct 3: Step on L diag fwd Lt.
 Ct 4: Quick step on R in place.
 Ct &: Quick step on L In place.
 Ct. 5 to Ct.8: Repeat first 4 counts
 Ct. 9: Face center, Step on R in place
 Ct. 10: Touch L in place
 Ct. 11: Step fwd on L
 Ct. 12: Quick step on R in place.
 Ct. &: Quick step on L In place.
 Ct. 13: Step fwd on R
 Ct. 14: Quick step on L in place.
 Ct &: Quick step on R In place.
 Ct. 15: Step back on L
 Ct. 16: Step back on R
 Ct. 17 to 28 is exactly the same as Fig 1A.

SEVGI HORONU

(Northern Anatolia, Blacksea / Turkey)

The music is from eastern Blacksea, Ahmet has adopted traditional movements to the music.

Pronunciation: Sav ge Hoo roo nu
 Translation: Name
 Music: 4/4 meter Ahmet's Camp CD / Track # 16
 Formation: Semi Circle, Face Center, hands hold, bent from elbows.

Pattern

INTRODUCTION 8 (or 16 counts).

Figure 1

Ct 1: Step on R to diag. Rt.
 Ct 2: Quick step on L, diag. fwd Rt, crossing R.
 Ct &: Quick step on R to Rt.
 Ct 3: Step on L to diag. Rt.
 Ct 4: Quick step on R, diag. fwd Rt, crossing L.
 Ct &: Quick step on L to Rt.
 Ct 5: Step back on R
 Ct 6: Touch L in place, keep weight on R
 Ct 7: Step back on L
 Ct 8: Touch R in place, keep weight on L.

Figure 2

Ct 1: Step on R to Rt
 Ct &: Quick step/slide on L to Rt
 Ct 2: Step on R to Rt
 Ct &: Quick step/slide on L to Rt
 Ct 3: Step on R diag fwd to the Rt
 Ct 4: Touch L next to R
 Ct 5: Step on L diag fwd to Rt
 Ct 6: Touch R in place
 Ct 7: Step back on R
 Ct 8: Step back on L

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YAGMUR YAGAR

Yağmur yağar yer yaş olur	/	It rains and, wet everywhere
Raki içen anam, serhoş olur	/	Who drinks raki, becomes drunk
Gelin olan ne hoş olur	/	Who becomes bride, becomes beautiful
Anam anam garip anam	/	Mother, mother, my poor mother
Sevişirler anam iki canlar	/	Two souls make love, my mother
Anam anam garip anam	/	Mother, mother, my poor mother
Sen ağlama anam dayanamam	/	Don't cry my mother, I can't take it
Kizilciklar behar açar	/	Cranberries are blooming
Bu bekarlar anam deva saçar	/	These singles gives remedy
Gelin olan evden uçar	/	The ones becomes bride, flies away from home
Anam anam garip anam	/	Mother, mother, my poor mother
Sevişirler anam iki canlar	/	Two lovers make love, my mother
Anam anam garip anam	/	Mother, mother, my poor mother
Sen ağlama anam dayanamam	/	Don't cry my mother, I can't take it
Yağmur yağar ufak ufak	/	It rains slowly
Eli kina anam yüzü duvak	/	Henna on hand, veil on face, my mother
Evden çıktı salınarak	/	Left home with happy swing
Anam anam garip anam	/	Mother, mother, my poor mother
Sevişirler anam iki canlar	/	Two lovers make love, my mother
Anam anam garip anam	/	Mother, mother, my poor mother
Sen ağlama anam dayanamam	/	Don't cry my mother, I can't take it

Traditional (Trakia region)
Arranged by Muammer Ketencioglu

Yağmur Yağar

Turkey

This dance is from Trakya-Northwestern part of Turkey, done by immigrants from Macedonia.

Pronunciation: yeaaa muur yea aar

Translation: Rain drops

Rhythm and music: 7/8 (1, 2, 3) Ahmet's camp Cd / Track # 18

Formation: "W" hold, open circle

Intro.

1-8 Wait

Fig. 1

1-2 Facing CCW, Step on R(cts.1,2); L(ct.3)fwd; Step on R,L fwd(cts.1,2); Step on R fwd(ct.3)

3-4 Repeat Meas.1-2, with opp. ft

Fig. 2

1-4 Facing and moving to ctr.,Repeat Fig.1, Meas.1-4

5 Step on R fwd, arms down to waist level(cts.1,2); Step back on L, arms back on "W" hold(ct.3)

6 Step on R,L in place(cts.1,2); Step on R slightly fwd(ct.3)

7-8 Repeat Fig.2, Meas.5-6 with opp. ft

9 Step on R to R, start moving arms down(cts.1,2); Step on L to R(ct.3)

10 Step on R next to L, bring arms up to "W" hold(ct.1); Step on L next to R(ct.2); Step on R in place(ct.3)

11-12 Repeat Fig.2, Meas.9-10 with opp. ft and direction

13-16 Repeat Fig.2, Meas.9-12

17-32 Repeat Fig.2, Meas.1-16 but Meas.1-4 should move bckwd(twd. outside)

Brâul din Mărginime

From the region of Sibiu, Transylvania, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: Men's closed circle

Position: facing center, R arm bent, R hand on the L shoulder of the person on the right and L arm free.

Pronunciation: BREWL deen muhr-dzhee-NEE-meh

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

Meter: 2/4

Description of *Brâul din Mărginime*

Meas. Count **Introduction**

1-4 No action, may shout

Shout: *Foaie verde lemn domnesc* (Green foliage from stately trees)
Âsta-i brâul bătrânesc! (That's for sure an age-old dance!)

Figure 1

1	1&	Step on R to right
	2&	Close L near R
2	Repeat measure 1	
3	1	Lift on L heel
	&	Stamp on R (no wt) slightly in front
	2	Lift on L heel
	&	Stamp on R (no wt)
4	1	Lift on L heel
	&	Stamp on R (no wt)
	2&	Lift on L heel
5	1&	Stamp with noise on R (no wt) diag. to the left
	2&	Stamp with noise on R (no wt) diag. to the right
6-10	Repeat measures 1-5 (starting on R)	

Figure 2

(Moving and facing LOD)

1	1&	Step fwd on R
	2&	Step fwd on L

Meter: 2/4

Description of *Brâul din Mărginime* (continued)

Meas.	Count	Figure 2 (continued)
2		Repeat measure 1 (starting R ft)
3	1 &2	Lift on L heel Step fwd on R
4	&1 & 2&	Step fwd on L Step fwd on R Step fwd on L
5-8		Repeat measures 1-4 (starting R ft)
9	1& 2&	Facing center, stamp with noise on R (no wt) diag. to the left Stamp with noise on R (no wt) diag. to the right
10-18		Repeat measures 1-9 (starting R ft)

Final pattern:

Introduction + (F1 + F2) x 4.

Cadâneasca din Măcin

From the region of Dobrogea, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: closed mixed circle

Position: facing LOD, hands joined down in V position

Pronunciation: kah-deu-ne-AHS-kah deen MUH-tcheen

Meter: 9/8; 2 + 2 + 2 + 3 (Quick-quick-quick-slow)

Music: *Sonia Dion & Cristian Florescu, Romanian Realm Vol.8, band 6*

Meter: 9/8

Pattern of *Cadâneasca din Măcin*

Meas. Count **Introduction**

1-8 No action

Figure 1

1	1-2	Step fwd on R
	3-4	Step fwd on L
	5-6	Step fwd on R
	7-9	Step fwd on L
2	Repeat measure 1 (starting R)	
3	1-2	Body facing center moving LOD, leap onto R while bring arms straight in front (45°)
	3-4	Step L across in back while arms come back in original position
	5-6	Step swd on R
	7-9	Step L across in front
4	1-2	Step swd on R
	3-4	Stamp (no wt) on L near R
	5-6	Stamp (no wt) on L in place
	7-9	Step on L in place

5-8 Repeat measures 1-4

Figure 2

1	1-2	Step on R twd center
	3-4	Step on L twd center
	5-6	Step on R twd center
	7-9	Touch on L (flat ft) slightly in front

Note: During the entire measure, bring arms up in W position

Meter: 9/8 Pattern of *Cadâneasca din Măcin* (continued)

Meas. Count **Figure 2** (continued)

2 Repeat measure **1** with opp ftwk and direction (starting L bkwd) and bring arms down in original position (V pos)

3 1-2 Step swd on R
 3-4 Step on L near R
 5-6 Step swd on R
 7-9 Stamp (no wt) on L near R

Note: During the entire measure, bring arms up in W position.

4 Repeat measure **3** with opp ftwk and direction (starting L to the left) and bring arms down in original position

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

Figure 3

1 1-2 Lift on L heel while bring arms straight in front (45°) and raise R ft with knee bent 45°
 3-4 Step R across in front and bring arms in original position
 5-6 Step on L in place while swing arms in back
 7-9 Step on R near L slightly to the right while bring arms in V pos

Note: During the entire measure, arms are moving continuously.

2 Repeat measure **1** with opp ftwk

3 1-2 Lift on L heel
 3-4 Step swd on R
 5-6 Step on L near R
 7-9 Step swd on R

4 1-2 Leap onto L across in front
 3-4 Step swd on R
 5-6 Step on L across in back
 7-9 Step swd on R

Note: Arms keep moving back and forth, starting with the forward movement like described in measure **1**.

5-8 Repeat measures **1-4** with opp ftwk and direction (starting lift on R)

Final pattern:

Introduction +
(F1 + F2 + F3) x 4.

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Cârligul

From Muntenia, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: closed mixed circle

Position: facing center, hands joined up in W position

Pronunciation: keur-LEE-gool

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band 8

Meter: 2/4

Description of *Cârligul*

Meas. Count **Introduction**

Note: There is no introduction to the music, but the first four measures may be used as one.

Figure 1

(Hands joined up in W pos.)

- | | | |
|----------|--------------|--|
| 1 | 1&
2& | Step on R to right, body slightly diag. to the right
Cross L in front |
| 2 | 1
&
2& | Step swd on R (body facing center) while swinging arms down in V pos.
Close L near R slightly in front
Step R in place while swinging arms up to original position |
- (Rhythm of meas.1-2: S-S-Q-Q-S)
- 3-4** Repeat measures **1-2** with opposite ftwk and direction (starting L to left)
5-8 Repeat measures **1-4**

Note: Last measure, keep arms down

Figure 2

- | | | |
|----------|------------------|---|
| 1 | 1
&
2& | Step on R in place while swinging arms in back
Step on L slightly in front
Step on R in place while swinging arms in front |
| 2 | | Repeat measure 1 with opposite ftwk. |
| 3 | | Repeat measure 1 |
| 4 | 1
&
2
& | Step on L in place while swinging arms in back
Step on R slightly in front
Step on L in place while swinging arms in front
Step on R (leg straight) diag. to the right |

Meter: 2/4

Description of *Cârligul* (continued)

Meas.	Count	<u>Figure 2</u> (continued)
5	1 & 2&	Step on L in place while swinging arms in back Step on R slightly in front Step on L in place while swinging arms in front
6-7	Repeat measures 1-2 (starting R ft)	
8	1& 2&	Jump on both ft, crossing R ft in back of L ft while swinging arms up in W pos. Jump on both ft, crossing L ft in back of R ft

Final pattern:

Repeat the sequences alternately until the end of the music.

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Cioful

From Bucovina, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: open mixed circle

Position: facing LOD, hands joined down in V pos.

Pronunciation: TCHEEOH-fool

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, band 14

Meter: 2/4

Description of *Cioful*

Meas. Count

Introduction

1-8 no action

Figure 1

1 1& Leap fwd on R diag. to the right
 2& Leap fwd on L diag. to the left

2 Repeat measure **1**

Note: *Running-steps*

3 1 Step fwd on R
 & Step on L near R
 2 Small step fwd on R
 & Brush (no wt) on L near R, bend knee

4 1 Follow through with the movement of lifting the L leg in front, bend knee
 & Stamp (no wt) with L near R
 2& Stomp (with wt) on L in place

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

Meter: 2/4 Description of *Cioful* (continued)

1	1&2 &	Do 3 small running steps (R, L, R) (flat ft) twd center Stamp with L near R ft (no wt)
2		Repeat measure 1 with opp ftwk (starting L ft)
3		Repeat measure 1 , but without stamp on L
4	1& 2&	Fall on L ft in place while raising R leg (knee bent 90°) in back Fall on R ft in place while raising L leg (knee bent 90°) in back
5	1& 2&	Fall on both ft in place, knees slightly bent Pause
6	1& 2&	Fall on both ft (‘ <i>Échappé</i> ’), heels open to the sides Close heels together
7-8		Do 2 small <i>running two-step</i> bkwd starting with R ft

Meter: 2/4 Description of *Cioful* (continued)

Meas. Count **Figure 3** (continued)

7 1 Step on L slightly to the left and turn face center
 & Step on R in place
 2& Step on L in place

8 1 Stamp on R slightly in front (no wt)
 2 Stamp on R slightly in front (no wt)

Final pattern:

F1 + F2 + F3 alternately.

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De horit

From Maramureș, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: mixed circle

Position: facing center, hands joined up in W position,

Pronunciation: deh HOH-reet

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band 1

Meter: 2/4

Description of *De horit*

Meas. Count

Introduction

1-2

no action

3-16

Clapping (optional):

Clap hands together (Q-Q-S), on each measure

Figure 1 (singing) (*grape-vine* moving RLOD)
(hands joined up in W pos.)

1

1&
2&

Step R across in front
Step swd on L

2

1&
2&

Step R across in back
Step swd on L

Note: measures **1-2** = one *grape-vine* moving RLOD

3-16 Do seven (7) more *grape-vine* moving RLOD, 8 in total.

Figure 2 (instrumental)

1

1
&
2
&

Facing diag. to the left, small step on R moving RLOD
Small step on L
Small step on R
Stamp on L near R ft (no wt)

2

Repeat measure **1** with opp ftwk (starting L)

Note: measures **1-2**, all the steps are flat-footed and moving RLOD

3-6

Repeat measures **1-2** two more times

7

Repeat measure **1**

8

1
&
2&

Small step on L
Small step on R
Small step on L

Meter: 2/4 Description of *De horit* (continued)

Meas. Count **Figure 3** (instrumental – strings)

1 1& Step R across in front
 2& Step swd on L

2 1& Step R across in back
 2 Step swd on L
 & Scuff with R ft, (flat-footed) near L

3 1 Facing center, step on R in place
 & Step on L in place
 2 Step on R in place
 & Stamp on L in place (no wt)

4 Repeat measure **3** with opposite ftwk (starting L ft)

Style: The footwork of measures **3-4** should be done flat foot.

5-92 Repeat measures **1-4**, twenty-three more times (24 in total). (Until the end of music)

Final pattern:

Introduction +
(F1 + F2) x 4 + F3.

Described and presented by Sonia Dion & Cristian Florescu, © 2015

Hora gospodarilor

From Suceava, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: closed mixed circle

Position: hands joined in W pos., facing center

Pronunciation: HOH-rah GOHS-poh-dah-ree-lohr

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band16

Meter: 2/4

Description of *Hora gospodarilor*

Meas. Count

Introduction

1-16

no action

Figure 1 (Basic steps of *Hora mare*)
(Facing and moving diag. to the right)

1

1&
2&

Step on R fwd
Step on L fwd

2

1&
2&

Step on R fwd
Touch with L ball (no wt) near R ft, facing center

3-4

Repeat measures **1-2** with opp ftwk, moving bkwd and facing diag. to the left

5-8

Repeat measures **1-4**

Figure 2
(Facing diag. to the right and moving in LOD)

1

1
&
2&

Step fwd on R
Close L near R
Step fwd on R

2

1
&
2&

Step fwd on L
Step fwd on R
Step fwd on L

Note: measures **1-2** = two *two-steps*

3

1&
2&

Turn ½ t. to L and step bkwd on R (still moving in LOD) and bring arms down in V pos.
Step bkwd on L

4

1&
2&

Step bkwd on R
Step bkwd on L

Meter: 2/4

Description of *Hora gospodariilor* (continued)

Meas. Count

Figure 2 (continued)

5	1	Facing and moving twd center, step fwd on R while bring arms up in W pos.
	&	Step on L near R
	2&	Step fwd on R
6	1&	Step fwd on L
	2&	Step R across in front while swing arms down and bend slightly upper body in front
7	1&	Step bkwd on L while bring arms up in W pos.
	2&	Step bkwd on R
8	1	Step bkwd on L
	&	Step on R near L
	2&	Step bkwd on L

Final pattern:

Introduction +
(F1 + F2) x 9.

Described and presented by Sonia Dion & Cristian Florescu, © 2015

Joc din Gântaga

From Hunedoara, Transylvania, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: cples spreaded around the dance floor

Position: facing each other, hands on partner's shoulders,
M's arms are outside of the W's arms.

Pronunciation: ZHOK deen geun-TSAH-gah

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, Band 10 or
Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band 13

Note: this dance could be done in threesome or foursome sets, hands on neighbor's shoulders

Meter: 2/4		Description of <i>Joc din Gânțaga</i>
Meas.	Count	
Introduction		
1-16		No action
<u>Figure 1</u>		
1	1	Step swd on R to the right
	2	Step on L near R
2	1	Step swd on R to the right
	&	Step on L near R
	2&	Step on R in place
3-4	Repeat measures 1-2 with opp. ftwk and direction (starting L ft)	
5-8	Repeat measures 1-4	
<u>Figure 2</u>		
1-3	Do 6 walking steps starting with R ft, facing diag. right and moving LOD	
4	1	Step on R to the right while turning ¼ t. to the left to be facing partner
	&	Step on L near R ft
	2&	Step on R in place
5-8	Repeat measures 1-4 with opp. ftwk and direction (starting L ft)	

Meter: 2/4

Description of *Joc din Gânțaga* (continued)

Meas.	Count	<u>Figure 3</u>
1	1 & 2&	Step swd on R to the right Step on L near R Step on R in place
2	1 & 2&	Step swd on L to the left Step on R near L Step on L in place
3	1& 2 &	Large step on R diag. to the right Cross L ft in front of R Step on R
4	1 & 2&	Cross L ft in front of R Step on R Cross L ft in front of R
5-16	Repeat measures 1-4 , three more times (4 in total).	

Final pattern:

Introduction +
(F1 + F2+ F3) x 4.

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Song for
Joc din Gânța

//Nevastă de când ne-am luat trai, la, lai, la, la
Nici un lucru n-ai lucrat trai, la, lai, la, la //
Că hainele-s nespălate lai, la, lai, la, la
Și cămașa-i ruptă-n spate lai, la, lai, la, la.

//My wife, since we've been married
You haven't done a single chore//
No clothes are washed
And the back of my shirt is torn

//Lasă-mă bărbate-n pace lai, la, lai, la, la
Și mie necaz nu-mi face lai, la, lai, la, la//
Că lumea ziua de-ntâi lai, la, lai, la, la
O ține pentru copii lai, la, lai, la, la.

//Leave me alone, husband
And don't give me grief//
The first day (Monday)
Everyone reserves for making babies.

//Iar marțea doamne ferește lai, la, lai, la, la
Cine lucră bolnăvește lai, la, lai, la, la//
Miercurile zile grele lai, la, lai, la, la
Și eu mă feresc de ele lai, la, lai, la, la.

//And on Tuesday, oh my goodness!
Whoever works falls ill//
And Wednesday is a difficult day
And I avoid it.

//Joi cusu-i cu ață neagră lai, la, lai, la, la
Și-am zăcut o vară-n treagă lai, la, lai, la, la//
Vinerea nu coase nime lai, la, lai, la, la
Nici eu nu te cos pe tine lai, la, lai, la, la
Sâmbăta-i ziua din urmă lai, la, lai, la, la
Nici de râs și nici de glumă lai, la, lai, la, la, la.

//Thursday I sewed with black thread
And was sick in bed all summer//
On Friday, no one sews
And neither do I!
Saturday, the last day
No laughing, no funny business.

From Banat, Romania
Presented by Sonia Dion and Cristian Florescu

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

Description of *Marșul lui Cinară*

Step on L twd center

Meter: 4/4

Description of *Marșul lui Cinară* (continued)

Meas.	Count	<u>Figure 2</u> (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)
	3-4	Step on L in place while raising R ft in front with knee bent 45° (bicycle mvt)

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

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

Final pattern:

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

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Moșu și Baba

From Bucovina, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: individuals in a circle

Position: facing LOD, free hands

Pronunciation: MOH-shoo shee BAH-bah

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band 12

Meter: 2/4

Description of *Moșu și Baba*

Meas. Count

Introduction

1-4 no action

Figure 1 (Promenade)

1-8 Do 16 walking steps, starting with R ft moving LOD.

Figure 2 (*Întoarsa*) (means turned) (S-S-S-S-Q-S-S-Q-S)

1 1& Step fwd on R
 2& Step fwd on L

2 1& Step fwd on R while body turn diag. to the left
 2& Scuff with L (flat ft) while body face center

3 1 Lift on R heel
 &2 Step on L twd RLOD

4 &1 Step fwd on R (moving RLOD)
 & Step fwd on L
 2& Step fwd on R

5-8 Repeat measures **1-4** with opp ftwk and direction (starting L ft moving RLOD)

Meter: 2/4 Description of *Moşu şi Baba* (continued)

Meas. Count **Figure 3** (*Moşu*) (means old man)
(Facing LOD)

1 1 Lift on L heel
& Step on R heel in front (no wt)
2& Step on R fwd (almost in place)

2 1 Lift on R heel
& Step on L heel in front (no wt)
2& Step on L fwd (almost in place)

3 1 Step on R heel diag. to the right
& Step on L near R ft
2 Step on R heel diag. to the right
& Step on L near R ft

4 1 Step on R heel diag. to the right
& Step on L near R ft
2& Step on R almost in place

5-7 Repeat measures **1-3** with opp ftwk (starting lift on R heel)

8 1& Step on L in place, body almost facing center
2& Click with R ft near L, facing center

Figure 4 (*Baba*) (means old woman)

1 1 Bounce on both feet
& Bounce on both feet
2 Fall on both ft, heels open to the sides
& Lift and close heels together

2-3 Repeat measure **1**, two more times (3 in total)

4 1 Fall on both ft, heels open to the sides
& Lift and close heels together
2 Fall on both ft, heels open to the sides
& Lift and close heels together

5 1 Lift on L heel
&2 Step on R twd center

6 &1 Step fwd on L
& Step fwd on R
2& Small step fwd on L

Meter: 2/4 Description of *Moşu şi Baba* (continued)

Meas. Count **Figure 4** (continued)

7-8 Repeat measures **5-6** with opp direction (starting lift L heel and moving bkwd)

Final pattern:

Introduction +
(F1 + F2 + F3 + F4) x 4.

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Song for Moșu și Baba

Foaie verde ș-un dudău
Am fost gospodar și eu mă
Avea-m mâțe și gâsac
Și făină într-un sac.
Avea-m car cu două roate și doi cai cu
urechi plate.
Avea-m câine, avea-m țap dar
s-au dus cu lumea-n cap.
Mi-a plăcut crâșma și țuica
Ș-amu trag de coadă mătă

Ușurel și numai lin,
Anul nou ca să cinstim.
Hop hop hop ha ha
Cât îi moșu di bătrân!
Tot așteaptă măr din sân
Dar să-ș puie pofta-n cui că nui măr de
seama lui măi.

Cât îi baba de bătrână
Tot așteaptă voie bună
De trei ori pe săptămână
Și de zece ori pe lună
Joacă moșu cu baba nu ti da nu ti lăsa,
haida.

Joacă moșu și cu baba
Parcă-s ursul și cu capra
Joacă baba și cu moșu
Parcă-s zdreanța și cucoșu
La pământ cu spatili să-ți arăt păcatili
La pământ cu șelili să-ți arăt greșelili.
Haida! Să jucăm pi masă
S-a ducem noroc în casă,
hop hop și numa-ș!

Green foliage on the trees
I was a good worker in the past
I had cats and geese
And flour in a bag.
I had a two-wheel cart and two horses
with flat ears.
I had a dog, I had a billy goat, but
I lost everything.
I loved the tavern and the brandy (*țuica*),
And now I twiddle my thumbs.

Quietly and calmly
We will honour the New Year.
Hop hop hop ha ha
How the old man has aged!
He expects everything to fall into his lap
Forget it, no fruit is going to fall.

How the old woman has aged!
She expects to be satisfied
Three times a week
And ten times a month.
Dance old man and old woman, don't stop,
Keep going!

Dance old man with the old woman
Like the bear and the she-goat
Dance old woman with the old man
Like the poodle and the rooster
With my back to the floor, I show you the sins
With my belly to the floor, I show you the flaws
Come! We'll dance on the table,
To bring happiness into the house,
hop hop, that's it!

Paparuda

Ritual dance from Moldova, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: individuals in a circle

Position: free hands, facing center

Pronunciation: pah-pah-ROO-dah

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band 17

Meter: 4/4 Description of *Paparuda*

Meas. Count

Introduction

No action

Figure 1 (In and out toward center)

- | | | |
|----------|---|--|
| 1 | 1 | Step on R twd center |
| | 2 | Step on L twd center |
| | 3 | Step on R twd center |
| | 4 | Lift on R heel while raising L ft (knee bent 45°) near R ankle |

Note: Bring arms straight, up twd sky (palms can be facing up or down) during the entire measure

- | | | |
|----------|---|---|
| 2 | 1 | Step on L bkwd |
| | 2 | Step on R bkwd |
| | 3 | Step on L bkwd |
| | 4 | Lift on L heel while raising R ft slightly in front (knee bent 45°) |

Note: Bring arms down during the entire measure

- 3-8** Repeat measures **1-2**, three more times (4 in total)

Figure 2 (Promenade LOD) (Facing LOD)

- | | | |
|----------|----|--------------------|
| 1 | 1 | Step on R onto LOD |
| | & | Step on L near R |
| | 2& | Step fwd on R |
| | 3 | Step fwd on L |
| | & | Step on R near L |
| | 4& | Step fwd on L |

Note: measure **1** = two *two-steps*

Meter: 4/4	Description of <i>Paparuda</i> (continued)
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Meas.	Count	<u>Figure 2</u> (continued)
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2-8	Repeat measure 1 , seven more times (8 in total)
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Style:

During the figure **2**, arms are moving together from side to side (Onto R and L according to the ftwk). This movement can be done arms down or at waist level or up above head. Freely, the dancers could add some turns during the figure.

Final pattern:

(F1 + F2) x 4.

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Song for Paparuda

Paparudă, rudă,
Sai în sus și udă,
Udă cu cofița
Ca să crească vița.

La-la-la...

Paparudă, rudă,
Sai în sus și udă,
Udă cu găleata
Ca să crească roada.

La-la-la...

Paparudă, rudă,
Sai în sus și udă,
Udă cu ulciorul
Să crească feciorul.

La-la-la...

Paparudă, rudă,
Sai în sus și udă,
Udă cu cănița
Să crească fetița.

La-la-la...
Au-aau...

Paparudă*, rudă**,
Run and water,
Water with a pitcher
So the vine will grow.

La-la-la...

Paparudă, rudă,
Run and water,
Water with a bucket
So the harvest will be plentiful.

La-la-la...

Paparudă, rudă,
Run and water,
Water with a jug
So the young man will grow.

La-la-la...

Paparudă, rudă,
Run and water,
Water with a little cup
So the young girl will grow.

La-la-la...
Au-aau...

*Paparudă is the name of an ancient deity in Romanian mythology.

** Rudă means “relative” (adj.), but here it simply serves as a rhyme.

Roata feciorilor

From Oaş, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: Men's circle

Position: facing center, free hands

Pronunciation: ROHAH-tah feh-TCHEE-OH-ree-lohr

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 8, Band 11

Meter: 4/4

Description of *Roata feciorilor*

Meas. Count

Introduction

1-11

No action

Figure 1

(Rhythm: slow-quick-slow-quick-slow)

1-11

1-44

Clap hands together (chest level) while both feet together, knees bouncing on the same rhythm (S-Q-S-Q-S)

Figure 2 *Tropotul mare*

(Moving and facing LOD)

(Rhythm: quick-quick-quick-quick-quick-slow)

1

1

Small step fwd on R

&

Stomp (with wt) on L near R

2

Step on R in place

&

Very small step fwd on L

3

Stamp (without wt) on R slightly in front

&

Very small step fwd on R

4&

Very small step fwd on L

2-6

Repeat measure 1, five more times (6 in total)

Figure 3 *Țuraiul*

(Rhythm: slow-quick-quick-quick-quick-slow)

1

1&

Stamp (without wt) with noise on R twd center and body facing center

2

Lift on L heel while body turning slightly to the right

&

Step diag. bkwd to the right on R

3

Step on L near R

&

Small step swd on R

4&

Step on L near R

2-6

Repeat measure 1, five more times (6 in total)

Meter: 4/4

Description of *Roata feciorilor* (continued)

Meas. Count **Figure 3'** (Final of the dance)

1-5 Repeat measures **1-5** of **figure 3**

6 1& Stamp on R in front while raising up R arm.

Final pattern:

Introduction +
(F1 + F2 + F3) x 4 +
F1 + F2 + F3'.

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