

the LAGUNA folk dancers



welcome you!

SYLLABUS

2023

Alunelul înfundat
From Oltenia, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: mixed circle

Position: hands joined up in W pos., facing center

Pronunciation: ah-loo-NEH-lool eun-foon-DAHT

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12*, Band 14

Meter: 2/4 Pattern of *Alunelul înfundat*

Meas. Count

1-16 Introduction (no action)

Pattern

- 1** Moving to the right (LOD), body facing slightly to the right
1& Step fwd on R and swing arms down slightly in back
2& Step fwd on L and swing arms slightly in front
- 2** 1 Step swd on R while body face centre and swing arms in back.
 & Step on L beside R ft
 2& Step on R in place while swinging arms slightly in front
- 3** Moving to the left (RLOD), body facing slightly to the left
1& Step fwd on L and swing arms in back
2& Step fwd on R and swing arms in front
- 4** 1 Step swd on L while body face centre and swing arms in back.
 & Step on R beside L ft
 2 Step on L in place while swinging arms slightly in front
 & Stamp on R slightly in front (no wt and flat ft)

Note: During measures **1-4**, the movement of the arms must be done with outstretched arms.

- 5** 1 Step on R near L ft and bring arms up (elbows bent) in W pos.
 & Stamp on L slightly in front (no wt and flat ft)
 2 Step on L near R ft
 & Cross R in front of L
- 6** 1 Step on L in place
 & Step swd in front on R
 2 Step on L in place
 & Cross R in front of L
- 7** 1 Step on L in place
 & Leap on R slightly in back while body turns diag. to the right
 Moving twd centre
 2& Step on L in front (toes diag. to the right)
- 8** 1& Pivot on L ball of ft and step fwd on R (toes and body diag. to the left)
 2& Pivot on R ball of ft and leap swd on L (body facing LOD)

Meter: 2/4 Pattern of *Alunelul înfundat* (continued)

Meas.	Count	
		Moving away from centre
9	1	Step swd on R and raise slightly L ft to the left
	&	Click L ft (with noise) on R ft
	2	Step bkwd on R, body facing center
	&	Stamp on L slightly in front (no wt and flat ft)
10-14		Repeat measures 5-8 with opp ftwk
15	1	Step on R near L ft
	&	Stamp on L slightly in front (no wt and flat ft)
	2	Step on L near R ft
	&	Cross R in front of L
16	1	Step on L in place
	&	Step swd in front on R
	2&	Step on L in place

Repeat sequence until the end of music.

Ca la Vlașca

From Muntenia, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: mixed closed circle

Position: hands joined up in W pos., facing centre

Pronunciation: KAH LAH VLAHSH-kah

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12, Band 2*

Meter: 2/4 Description of *Ca la Vlașca*

Meas. Count **Introduction**

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

Figure 1 (moving LOD)

- | | | |
|-------------|---|--|
| 1 | 1 | Step fwd on R, body facing (slightly) LOD |
| | 2 | Step fwd on L |
| 2 | 1 | Step fwd on R while body turns face center |
| | 2 | Lift on R heel and raise (slightly) L ft (knee bent 30°) |
| 3 | 1 | Large step bkwd on L |
| | 2 | Step swd on R |
| 4 | 1 | Cross L in front of R |
| | 2 | Click (<i>pinten</i>) with inside R heel to L ft |
| 5-12 | | Repeat measures 1-4 two more times (3 in total) |

Figure 2 (facing center, “Heel-Toe”)

- | | | |
|----------|----|---|
| 1 | 1 | Touch R heel swd to the right (toes facing diag. right), while sway arms to the right |
| | 2 | Touch R ball of ft beside L while sway arms to the left |
| 2 | 1 | Step swd on R, sway arms slightly to the right |
| | & | Step on L beside R, sway arms slightly to the left |
| | 2& | Step swd on R, sway arms to the right |

Note: Simultaneous with ftwk of measures 1-2, arms follow the steps like wipers motion.

3-4 Repeat measures 1-2 with opp ftwk and direction. (starting touch L heel)

5-8 Repeat measures 1-4

Meter: 2/4 Description of Ca la Vlaşca (continued)

Meas.	Count	Figure 3 (Moving twd center)
1	1	Step fwd on R
	2	Step fwd on L
2	1	Turn body diag. left and step fwd on R (Toes facing diag. left) start swinging arms down
	2	Touch L toes beside R, arms down (slightly in back)
3	1	Step bkwd on L while body facing center, bring arms up in W pos.
	2	Touch R toes in front of L
4	Repeat measure 2	
5	1	Step bkwd on L while body facing center, bring arms up in W pos.
	2	Lift on L heel and raise R leg in front with R knee bent 45°
6	1	Cross R in front of L, swing arms down (slightly in back)
	2	Step on L slightly in back, bring arms up in W pos.
7	1	Step bkwd on R
	&	Step on L beside R
	2&	Step bkwd on R

Note: measure 7 = one *two-step* bkwd

8	1	Step bkwd on L
	2	Step bkwd on R

9-16 Repeat measures **1-8** with opp ftwk (starting with L ft)

Figure 3' (Final)

1-16 Execute figure **3** (1-16)

17-24 Repeat measures **1-8**

25 1 Step fwd on L

Final pattern:

$(F1 + F2 + F3) \times 6 + F3'$.

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Ciobăneasca lui Ionel

From Transylvania, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: mixed closed circle

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

Pronunciation: tcheeoh-buh-NEHAHS-kah loo-ee yoh-NEHL

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 12*, Band 6

Meter: 2/4

Description of *Ciobăneasca lui Ionel*

Meas.

Count

Introduction

1-12

No action

13-24

Execute measures **1-12** of **Figure 2**

Figure 1

1

1&
2&

Step swd on R to the right
Pause

2

1&
2&

Sway weight on L ((Feet stay apart on second position)
Pause

3

1&
2&

Sway weight on R
Sway and step on L while body turns slightly diag. left

4

1&
2&

Cross R in front of L ft
Pause

5

1&
2&

Step swd on L to the left while body faces centre
Pause

6-7

Repeat measures **3-4**

8

1&
2&

Step swd on L to the left while body faces centre
Touch on R (ball of ft) near L ft

Rhythm for measures 9-10 (Q-S-S-Q-S)

9-10

Moving and facing LOD

1 Lift on L heel while body turns diag. right
&2 Step fwd on R while body faces LOD

&3	Step fwd on L
&	Step fwd on R
4&	Step fwd on L

Meter: 2/4	Description of Ciobăneasca lui Ionel (continued)
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Meas.	Count	<u>Figure 1</u> (continued)
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11-14	Repeat measures 9-10 two more times (3 in total)	
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15-16	1	Lift on L heel
	&2	Step fwd on R
	&3	Step fwd on L while body turns diag. left
	&	Step fwd on R while body faces centre
	4&	Step on L in place

Figure 2

1-2	Moving RLOD	
	1	Lift on L heel
	&2	Cross R in front of L ft while body turns diag. left
	&3	Step swd on L to the left while body faces centre
	&	Cross R behind L ft
4&	Step swd on L to the left	

3-6	Repeat measures 1-2 two more times (3 in total)
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7-8	Moving LOD	
	1	Stamp with R flat ft (no wt) in place
	&2	Small step swd on R (flat ft) with noise
	&3	Cross L behind R ft
	&	Small leap on R to the right
4&	Cross L in front of R ft	

9-12	Repeat measures 7-8 two more times (3 in total)
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13-24	Repeat measures 1-12
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Figure 3

1	1&	Step swd on R to the right
	2&	Step on L next to R
2	1&	Step swd on R to the right
	2&	Touch L ft (no wt) near R ft

3-4 Repeat measures 1-2 with opp. ftwk and direction

5 1& Step swd on R to the right
2& Step on L next to R

6 1& Step swd on R to the right
2& Step on L near R ft

Meter: 2/4 Description of Ciobăneasca lui Ionel (continued)

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

7-8 1 Lift on L heel while raising R ft in front
&2 Step bkwd on R
&3 Step on L almost near R ft
& Small step fwd on R
4& Step fwd on L

9-10 1 Lift on L heel
&2 Touch R heel in front with toes pointing diag. left
&3 Sway R toes diag. right (R heel still on floor)
& Sway R toes to the left (R heel still on floor)
&4 Raise R ft in front

11-12 Repeat measures **7-8**

Final pattern:

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

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Ciocălăul

From Horodnicu de Sus (Suceava County), Romania

Presented by Sonia Dion and Cristian Florescu

Formation: mixed closed circle

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

Pronunciation: tcheeoh-kuh-LUH-ool

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12, Band 13*

Meter: 2/4

Description of *Ciocălăul*

Meas. Count

Introduction

1-4 No action

Figure 1

1	1	Small step on R to the right
	&	Step on L near R
	2	Small step on R to the right
	&	Step on L near R
2	1	Small step on R to the right
	&	Step on L near R
	2&	Small step on R to the right
3	1&	Step on L to the left while body turning diag. left
	2&	Raise R ft in front (knee bent 45°)
4	1&	Cross R in front of L ft
	2&	Close L to R with a sharp click (<i>pinten</i>) while body facing centre
5	1	Small step on L to the left
	&	Step on R near L
	2&	Small step on L to the left
6	1&	Stamp on R (no wt) slightly in front
	2&	Stamp on R (no wt) in place
7-8	Repeat measures 5-6 with opp ftwk and direction	

Figure 2

1 1& Step on L to the left while body turning diag. left

	2&	Raise R ft in front (knee bent 45°)
2	1&	Cross R in front of L ft
	2&	Close L to R with a sharp click (pinten) while body facing centre

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

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

3	1	Small step on L to the left
	&	Step on R near L
	2	Small step on L to the left
	&	Step on R near L

4	1	Small step on L to the left
	&	Step on R near L
	2&	Small step on L to the left

5-8 Repeat measures **1-4** with opp ftwk and direction

Figure 3

1	1	Small leap to the left onto L ft
	&	Step on ball of R ft across in front of L ft
	2&	Step on L ft in place

2 Repeat measure **1** with opp ftwk and direction

Note: Measures **1-2** = two *Pas-de-basque*

3	1	Step on L near R
	&	Stamp on R (no wt) slightly in front
	2	Step on R near L
	&	Stamp on L (no wt) slightly in front

4	1	Step on L near R
	&	Stamp on R (no wt) slightly in front
	2&	Stamp on R (no wt) in place

5-6 Execute two *Pas-de-basque* starting with R ft

7	1&	Step on R to the right while body turning diag. right
	2&	Raise L ft in front (knee bent 45°)

8	1&	Cross L in front of R ft
	2&	Close R to L with a sharp click (pinten) while body facing centre

Final pattern:

Introduction + (F1 + F2 + F3) x 6.

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De colindat

From Sălaj County, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: closed mixed one circle or several (see Note)

Position: hands joined up in W. Pos., facing centre

Pronunciation: deh koh-leen-DAHT

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12*, Band 1

Note: The dance can be done in several concentric circles (two, three or even four), especially when the dance space is limited, and a large number of dancers participate. In this case the inner circle moves to the left, the second circle to the right, the third to the left and so on. Rotating the circles in opposite directions creates a choreographic effect of rare beauty. The circle(s) moving to the left must do opposition footwork and direction as described. (Starting R ft, moving RLOD)

Meter: 2/4

Description of *De colindat*

Meas. Count

Introduction

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

Pattern (*Grape-vine*)

Moving LOD

- | | | |
|----------|----|------------------------|
| 1 | 1& | Step L across in front |
| | 2& | Step swd on R |
| 2 | 1& | Step L across in back |
| | 2& | Step swd on R |

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

Style: arms movement up and down (from knees motion) on grape-vine

Repeat measures **1-2** until the end of music.

Final pattern:

Repeat sequence until the end of music.

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Hora Călărași

From Muntenia, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: mixed closed circle

Position: hands joined up in W pos., facing centre

Pronunciation: HOH-rah KUH-luh-rahsh(ee)

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12, Band12_*

Meter: 2/4

Description of *Hora Călărași*

Meas. Count

Introduction

1-8 No action

Figure 1

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

2 1& Step fwd on L
2& Touch with R ball of ft near L

3 1& Step bkwd on R
2& Step bkwd on L

4 1& Step bkwd on R
2& Touch with L ball of ft near R

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

9 Moving RLOD

1 Facing RLOD, step fwd on L and sway arms down
& Scuff (flat ft) with R (arms down in V position slightly in back)
2 Step fwd on R and starting to bring arms up
& Scuff (flat ft) with L

10 1 Step fwd on L (arms up in W position)
& Scuff (flat ft) with R
2 Step fwd on R
& Scuff (flat ft) with L

11 1 Body facing center, step swd on L heel (toes pointing diag. L)
& Step on R beside L ft
2 Step swd on L heel (toes pointing diag. L)

& Step on R beside L ft

Meter: 2/4 Description of *Hora Călărași* (continued)

Meas. Count **Figure 1** (continued)

- 12** 1 Step swd on L
 & Stamp (no wt) on R beside L ft
 2& Stamp (no wt) on R in place
- 13** Moving LOD
 1& Facing LOD, step fwd on R and sway arms down in V position
 2 Step fwd on L
 & Scuff (flat ft) with R and starting to bring arms up
- 14** Facing center
 1 Step on R in place
 & Step on L beside R ft
 2 Step on R in place
 & Stamp on L (with noise) in place
- 15** 1 Step on L in place
 & Step on R in place
 2 Step on L in place
 & Stamp on R (with noise) in place
- 16** 1 Step on R in place
 & Step on L in place
 2& Step on R in place
- 17-32** Repeat measures **1-16** (starting L ft)

Figure 2

- 1** 1& Step fwd on L and sway arms down
 2& Touch with R heel in front (arms down in V pos. slightly in back)
- 2** 1& Step bkwd on R and starting to bring arms up
 2& Touch with L heel in place, arms in V pos
- 3** Repeat measure **1**
- 4** 1& Touch R heel across in front of L ft and lean body slightly to the right

		While swinging arms up in W pos.
	2&	Touch R heel swd to the right and lean body slightly to the left
5	1	Step on R across in front of L (body straight)
	&	Step swd on L
	2&	Step on R across in front of L

Meter: 2/4 Description of *Hora Călărași* (continued)

Meas.	Count	Figure 2 (continued)
6	1&	Step swd on L (Feet apart in second position)
	2	Sway weight on R, body diag. to the right
	&	Moving LOD, scuff (flat ft) with L
7	1	Small step fwd on L
	&	Step on R beside L ft
	2	Small step fwd on L
	&	Scuff (flat ft) with R
8	1	Small step fwd on R
	&	Step on L beside R ft
	2&	Facing center, step swd on R
9-16	Repeat measures 1-8 (starting L ft)	

Final pattern:

Introduction + (F1 + F2) x 3.

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Hora vrânceană

From Moldova, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: mixed closed circle

Position: hands joined up in W pos., facing centre

Pronunciation: HOH-rah vreun-TCHEHAH-nuh

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

Meter: 2/4

Description of *Hora vrânceană*

Meas. Count

Introduction

1-16 No action

Figure 1

1	1& 2&	Step swd on R to the right and sway arms very slightly to the right Touch on L near R ft
2	1& 2&	Step swd on L to the left and sway arms to the left Touch on R near L ft
3	1& 2&	Step swd on R to the right and sway arms to the right Step on L near R ft and sway arms to the left
4	1& 2&	Step swd on R to the right and sway arms to the right Touch on L near R ft
5	Moving RLOD 1& 2&	Step on L to the left, body facing diag. left while sway arms down Touch on R near L ft and keep moving arms slightly in back
6 while	1& 2&	Step on R still moving RLOD, R toes and body almost facing centre starting to bring arms up Touch on L near R ft, facing centre and arms in W pos.
7	1& 2&	Step swd on L Cross R behind L ft while bending knees slightly
8	1& 2&	Step swd on L Touch on R near L ft
9	Moving twd centre	

	1&	Step fwd on R
	2&	Step fwd on L
10	1&	Step fwd on R
	2&	Touch on L near R ft

Meter: 2/4	Description of <i>Hora vrânceană</i> (continued)	

Meas.	Count	<u>Figure 1</u> (continued)
11	Moving away from centre	
	1&	Step bkwd on L
	2&	Step bkwd on R
12	1&	Step bkwd on L
	2&	Touch on R near L ft
13-14	Repeat measures 1-2 (starting R ft swd)	
15	1&	Step swd on R and start swaying arms down
back	2&	Cross L behind R ft (bending knees) and keep moving arms slightly in
16	1&	Step swd on R to the right and starting to bring arms up
	2&	Touch on L near R ft and bring arms in W pos.
17-32	Repeat measures 1-16 with opp ftwk and direction (starting L ft)	

Figure 2

1-2	Moving LOD, execute two <i>two-steps</i> starting with R (Q-Q-S, Q-Q-S), body facing slightly to the right	
3	1&	Body facing centre, step swd on R and start swaying arms down
back	2&	Cross L behind R ft (bending knees) and keep moving arms slightly in
4	1&	Step swd on R to the right and starting to bring arms up
	2&	Step on L near R ft but slightly in front and bring arms in W pos.
5	Moving twd centre	
	1&	Step fwd on R
	2&	Step fwd on L
6	1&	Step fwd on R
	2&	Touch on L near R ft

- 7** Moving away from centre
 1& Step bkwd on L
 2& Step bkwd on R
- 8** 1& Step bkwd on L
 2& Step bkwd on R
- 9-16** Repeat measures **1-8** with opp ftwk and direction (starting L)

Meter: 2/4 Description of *Hora vrânceană* (continued)

Final pattern:

Introduction + (F1 + F2) x 4.

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Horodnicul

From Horodnic de Sus (Suceava County), Romania
Presented by Sonia Dion and Cristian Florescu

Formation: mixed circle

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

Pronunciation: hoh-ROHD-nee-kool

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12, Band 7*

Meter: 2/4

Pattern of *Horodnicul*

Meas. Count

1-4

Introduction (no action)

Pattern

1	1	Step fwd on L and swinging arms in front
	2	Touch on R near L ft and swinging arms back
2	1	Step bkwd on R and swinging arms in front
	2	Touch on L near R ft and swinging arms back
3	1	Step swd on L to the left and swinging arms in front
	2	Touch on R near L ft and swinging arms back
4	1	Step swd on R to the right while body turns slightly diag. right and swinging arms in front
	2	Cross L in front of R ft and swinging arms back
5	1	Step swd on R to the right swinging arms in front
	2	Touch on L near R ft while body facing centre swinging arms back

Note: During the whole sequence, the movement of the arms must be done with outstretched arms.

Repeat sequence until the end of music.

Final last count: Stamp on L in place and bring arms up (elbow bent) in W pos.

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Lămâița

From Dobrogea, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: open mixed circle

Position: hands joined up in W pos., facing centre

Pronunciation: luh-meuh-EE-tsah

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12*, Band 3_

Meter: 7/8

Description of *Lămâița*

Meas.	Count	<u>Introduction</u>
1-16		No action
		<u>Figure 1</u>
1	1-4 5-6-7	Step on R twd centre Lift on R heel
2	1-4 5-6-7	Step on L bkwd Lift on L heel
3	1-4 5-6-7	Step swd on R Step on L near R ft
4 turn	1-4 5-6-7	Step swd on R Lift on R heel and raise L ft (knee bent at 45°) slightly in front while body slightly to diag. right.
5 45°)	1-4 5-6-7	Cross L in front of R ft Lift and twist on L to face diag. left while raising R ft (knee bent at slightly front.
6	1-4 5-6-7	Cross R in front of L ft Step swd on L while body face centre
7	1-4 5-6-7	Cross R behind L ft Step swd on L
8	1-4	Cross R behind L ft

5-6-7 Raise L ft in front (knee bent at 45°)

9-16 Repeat measures **1-8** with opp ftwk and direction (starting L twd centre)

Meter: 7/8 Description of *Lămâița* (continued)

Meas.	Count	<u>Figure 2</u>
1	1-2	Step on R in place
	3-4	Cross L in front of R
	5-6-7	Step on R in place
2	1-2	Step on L in place
	3-4	Cross R in front of L
	5-6-7	Step on L in place

Note: measures **1-2** = two "*pas-de-basque*"

3	Moving diag. to the right	
	1-2	Step fwd on R
	3-4	Step L near R ft
	5-6-7	Step fwd on R

Note: measure **3** = one *two-step*

4	1-2	Stamp on L (no wt) in place
	3-4	Stamp on L (no wt) in place
	5-6-7	Step on L slightly diag. to the left
5	1-4	Cross R in front of L ft
	5-6-7	Lift on R heel
6	1-4	Step on L bwd
	5-6-7	Step on R bwd
7	1-2	Step swd on L
	3-4	Step on R near L ft
	5-6-7	Step swd on L
8	1-4	Stamp on R near L (with strong noise)
	5-6-7	Pause
9-16	Repeat measures 1-8	

Final pattern:

$(F1 + F2) \times 4.$

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Mocănește din Râșca

From the region of Transylvania, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: mixed circle or couples spread on the dance floor

Position: facing centre, hands joined down in V position or
partners facing each other, hands on partner's shoulders,
M's arms are outside of the W's arms



Pronunciation: moh-kun-NEHSH-the deen REUSH-kah

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12*, Band 9

Style: The dance style for both (men and women) is characterized by continuous knee flexions with emphasis on the accent beats. The vibrations created by these bounces are transmitted through the entire body. In general, the movements of woman are more discrete.

The steps described are the same for both formations (circle or couples).

Meter: 2/4

Description of *Mocănește din Râșca*

Meas. Count

Introduction

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

Figure 1

(Rhythm: Q-S-S-Q-S)

1-2	1	Lift on L heel
	&2	Step swd on R
	&3	Step on L beside R ft
	&	Step swd on R
	4&	Close L (no wt) near R ft, bend slightly knees

3-4 Repeat measures **1-2** with opp ftwk and direction (starting lift on R heel)

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

Meter: 2/4 Description of *Mocănește din Râșca* (continued)

Meas. Count **Figure 2**

1-2 1 Lift on L heel
&2 Turn body facing LOD, step fwd on R
&3 Step fwd on L
& Step fwd on R
4& Step fwd on L

3-6 Keep moving LOD, repeat measures **1-2** two more times (3 in total)

7-8 1 Lift on L heel
&2 Step fwd on R
&3 Step fwd on L
& Turn body facing centre, step swd on R
4& Close L (no wt) near R ft, bend slightly knees

Note: The couple turns on its own axis (CCW)

On the first measure, both partners modified their position (face to face) to be in a close position, slightly in diag. L hips facing each other.

M's L hand on W's R shoulder blade
M's R hand on W's L shoulder (upper arm)

9-16 Repeat measures 1-8 with opp ftwk and direction (starting lift on R heel)

Figure 3 (Variation of figure 1)

1-2 1 Lift on L heel
&2 Step swd on R
&3 Step on L beside R ft
& Step swd on R

- 4& Strong stamp with noise with L (no wt) near R ft
- 3-4 Repeat measures 1-2 with opp ftwk and direction (starting lift on R heel)
- 5-16 Repeat measures 1-4 three more times (4 in total)

Meter: 2/4 Description of *Mocănește din Râșca* (continued)

Meas.	Count	Figure 4 (Variation of figure 2)
1-2	1	Lift on L heel
	&2	Turn body facing LOD, step fwd on R
	&3	Step fwd on L
	&	Step fwd on R
	4&	Step fwd on L
3-6		Keep moving LOD, repeat measures 1-2 two more times (3 in total)
7-8	1	Lift on L heel
	&2	Step fwd on R
	&3	Step fwd on L
	&	Turn body facing centre, step swd on R
	4&	Strong stamp with L (no wt) near R ft
9-16		Repeat measures 1-8 with opp ftwk and direction (starting lift on R heel)

Final pattern:

(F1 + F2) x 3 + (F3 + F4) x 3.

Described and presented by Sonia Dion and Cristian Florescu, ©2022

Pe picior

From Bihor, Romania

Presented by Sonia Dion & Cristian Florescu

Formation: Men's closed circle

Position: free hands, facing center

Pronunciation: PEH pee-TCHEEHOOR

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 12*, band 15

Meter: 4/4

Description of *Pe picior*

Meas. Count

Figure 1 (Clap hands)
(Rhythm: Slow-Quick-Slow-Quick-Slow)

1-2 1-8 Clap hands together (chest level) while both feet together, knees bouncing on the same rhythm

Figure 2

1 1&2 Large step on R to the right, body slightly diag. to right
&3& Cross L ft in front of R
4& Step swd on R, body facing center

2 Repeat measure **1** with opp ftwk and direction (starting L ft)

3-4 Repeat measures **1-2**

5 Repeat measure **1**

6 1 Large step on L to the left, body slightly diag. to left
& Scuff with R heel, leg extend in front of L leg
2 Lift on L heel
& Step on R in front of L
3 Point (no wt) L toes in place (behind R ft)
& Lift on R heel
4 Step on L in place, facing center
& Brush back with R ball of ft (no wt)

7 Repeat measure **6** with opp ftwk and direction (starting R ft)

8 Repeat measure **6** but without the last brush with R ball of ft

Meter: 4/4 Description of *Pe picior* (continued)

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

9 1 Click (*pinten*) R ft to L while bending slightly knees together
 & Straight up knees
 2 Open both heels apart (very small)
 & Click both heels together while bending knees
 3 Straight up knees
 & Open both heels apart (very small)
 4 Click both heels together while bending knees
 & Straight up knees

10-13 Repeat measures **6-9**, with opp ftwk and direction (starting R ft)

Figure 3

1 1 Fall on L ft in place
 & Stamp on R (no wt) slightly in front
 2 Step on R near L
 & Fall on L ft in place
 3 Stamp on R (no wt) slightly in front
 & Step on R near L
 4 Fall on L ft in place
 & Stamp on R (no wt) slightly in front

2 Repeat measure **1** with opp ftwk (starting R ft)

3-4 Repeat measures **1-2**

5 Note: same ftwk as measure **1** with hands clapping

level 1 Fall on L ft in place
 & Stamp on R (no wt) slightly in front while clapping hands at chest
 2 Step on R near L while clapping hands at chest level
 & Fall on L ft in place
level 3 Stamp on R (no wt) slightly in front while clapping hands at chest
 & Step on R near L while clapping hands at chest level
 4 Fall on L ft in place

level & Stamp on R (no wt) slightly in front while clapping hands at chest

6 Repeat measure **5** with opp ftwk

7 Repeat measure **5**

Meter: 4/4

Description of *Pe picior* (continued)

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

8 1 Fall on R ft in place
level & Stamp on L (no wt) slightly in front while clapping hands at chest

 2 Step on L slightly in back while clapping hands at chest level
 & Step on R in place
 3& Step fwd on L
 4& Click R ft to L

Figure 4

1 1 Step on L in place
 & Slap R hand on inside R low leg while raising R ft diag. to the right,
 knee slightly bent (*Attitude*)
 2 Step on R slightly to the right
 & Step on L near R
 3 Slap R hand on inside R low leg while raising R ft diag. to the right,
 knee slightly bent (*Attitude*)
 & Step on R slightly to the right
 4 Step on L near R
 & Slap R hand on inside R low leg while raising R ft diag. to the right,
 knee slightly bent (*Attitude*)

2 Repeat measure **1** with opp ftwk and direction

3 1 Step on L in place
 & Slap R hand on inside R low leg while raising R ft diag. to the right,
 knee slightly bent (*Attitude*)
 2 Step on R slightly to the right
 & Step on L near R
 3 Slap R hand on inside R low leg while raising R ft diag. to the right,

		knee slightly bent (<i>Attitude</i>)
	&	Step on R slightly to the right
	4	Slap L hand on inside L low leg while raising L ft diag. to the left,
		knee slightly bent (<i>Attitude</i>)
	&	Step on L slightly to the left
4	1	Step on R near L
	&	Slap L hand on inside L low leg while raising L ft diag. to the left,
		knee slightly bent (<i>Attitude</i>)
	2	Step on L in place
	&	Slap R hand on inside R low leg while raising R leg straight and
		slightly diag. to the right
	3	Stamp (no wt) R extended leg diag. to the right, supporting leg (L)
		bent
	&	Pause
	4	Slide back R ft near L while extending L leg
	&	Pause

Meter: 4/4

Description of *Pe picior* (continued)

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

5-8 Repeat measures **1-4** (starting L ft)

Figure 5

1	1	Step on L in place
	&	Slap L hand on L thigh
	2	Slap R hand on outside R heel (see illustration)
	&	Touch ball of R ft slightly in front
	3	Slap L hand on L thigh
	&	Slap R hand on outside R heel
	4	Step on R ft near L
	&	Clap hands together at chest level
2	1	Click L ft to R
	&	Clap hands together at chest level
	2	Slap L hand on outside L heel
	&	Cross L ft in front of R
	3	Slap L hand on L thigh
	&	Slap R hand on outside R heel
	4	Click R ft to L (<i>Assemblé</i>)
	&	Clap hands together at chest level



3-4 Repeat measures **1-2**

5	1	Step on L in place
	&	Clap hands together while raising R leg in front, knee bent 90°
	2	Twist R low leg outside while slapping, in the same time,
		R hand on outside R heel and L hand on outside R knee
	&	Touch ball of R ft in front
	3	Clap hands together while raising R leg in front, knee bent 90°
	&	Twist low leg outside while slapping, in the same time,
		R hand on outside R heel and L hand on outside R knee
4	Step on R near L ft	
&	Clap hands together at chest level	

6	1	Touch ball of L ft in place
	&	Clap hands together while raising L leg in front, knee bent 90°
	2	Twist L low leg outside while slapping, in the same time,
		L hand on outside L heel and R hand on outside L knee
	&	Touch ball of L ft in front
	3	Clap hands together while raising L leg in front, knee bent 90°
	&	Twist L low leg outside while slapping, in the same time,
		L hand on outside L heel and R hand on outside L knee
4	Step on L near R ft	
&	Clap hands together at chest level	

Meter: 4/4	Description of <i>Pe picior</i> (continued)
------------	---

Meas.	Figure 5 (continued)
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7	1	Touch ball of R ft in front
	&	Clap hands together while raising R leg in front, knee bent 90°
	2	Twist R low leg outside while slapping, in the same time,
		R hand on outside R heel and L hand on outside R knee
	&	Touch ball of R ft in front
	3	Clap hands together while raising R leg in front, knee bent 90°
	&	Twist low leg outside while slapping, in the same time,
		R hand on outside R heel and L hand on outside R knee
4	Step on R near L ft	
&	While bending waist in front (90°), clap hands together at knees level	

8 leg) L, R)	1	Slap hands on low legs (R hand on R low leg and L hand on L low
	&	Clap hands together at knees level
	2&	Slap hand alternately three times (R, L, R) on corresponding thigh (R,
	3	While raising straight up body, clap hands together at chest level
	&	Clap hands together
	4	Clap hands together
	&	Pause

Final pattern:

$(F1 + F2 + F3 + F4) \times 2 +$
 $(F1 + F2 + F3 + F5) .$

Described and presented by Sonia Dion & Cristian Florescu, © 2023



Şaraiman

From the region of Muntenia, Romania
Presented by Sonia Dion and Cristian Florescu

Formation: Women open or closed circle

Position: hands free

Pronunciation: shah-RAHY-mahn

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 12*, Band 11

Style : Rom style; exuberant, snapping fingers, shaking shoulders, Eastern movements with hands, shaking necklaces

Meter : 2/4

Description of *Şaraiman*

Meas. Count

Introduction

(Start counting when drums begin)

1-16

No action

Figure 1

Facing and moving to the right (LOD)

1

1

Lift on L heel

2

Step fwd on R

2

1

Step fwd on L

2

Step fwd on R

3

1

Lift on R heel

2

Step fwd on L

4

1

Step fwd on R

2

Step fwd on L

5-8

Repeat measures **1-4**

9

1

Lift on L heel while turn facing center

2

Step R across in front of L

10

1

Step swd on L to the left

2

Step on R in place

11

1

Touch with L ball of ft slightly in front

2

Step on L beside R ft

12

1

Touch with R ball of ft slightly in front

2

Step on R beside L ft

13-16

Repeat measures **9-12** with opp ftwk (Lift of R heel)

17-32

Repeat measures **1-16** (Starting lift on L heel)

Meter : 2/4

Description of *Şaraiman* (continued)

Meas. Count

Figure 2

- 1-10** Execute measures **1-10** of **figure 1**
- 11** Moving twd center
 1 Step fwd on L slightly diag. right
 2 Very small step fwd on R (keep R behind L ft)
- 12**
 1 Step fwd on L slightly diag. left
 2 Very small step fwd on R (keep R behind L ft)
- 13**
 1 Step fwd on L slightly diag. right
 2 Step on R in place
- 14** Moving bkwd
 1 Lift on R heel
 2 Step bkwd on L
- 15**
 1 Lift on L heel
 2 Step bkwd on R
- 16**
 1 Lift on R heel
 2 Step bkwd on L

Figure 3

- 1-10** Execute measures **1-10** of **figure 1** (lift on L heel)
- 11**
 1 Step on L in front slightly diag. right
 2 Step on R in place
- 12**
 1 Step on L slightly in back
 2 Step on R in place
- 13**
 1 Lift on R heel
 2 Step L across in front of R
- 14**
 1 Step swd on R to the right
 2 Step on L in place
- 15**
 1 Step on R in front slightly diag. left
 2 Step on L in place
- 16**
 1 Step on R slightly in back
 2 Step on L in place
- 17-32** Repeat measures **1-16**

Transition

- 1-8** Execute measures **1-8** of **figure 1**
- 9**
 1 Touch with R ball of ft slightly in front
 2 Step on R beside L ft

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

Meas. Count **Transition** (continued)

- 10**
 1 Touch with L ball of ft slightly in front
 2 Step on L beside R ft

11-14 Repeat measures **9-10** two more times (3 in total)

Note: During measures **9-14**, do a full turn CCW in place.

Final

(Facing center)

1	1	Touch with R ball of ft slightly in front
	2	Step on R beside L ft

2	1	Touch with L ball of ft slightly in front
	2	Step on L beside R ft

3-6 Repeat measures **1-2** two more times (3 in total)

Note: During measures **1-6**, do a full turn CCW in place.

7	1	Step fwd on L
	2	Close R beside L

Final pattern:

Introduction

(F1 + F2 + F3) x 2 +

Transition + F1 + F2 + F3 + Final.

Described and presented by Sonia Dion and Cristian Florescu, © 2022

Sârba de la Vâlcea

From Oltenia, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: mixed circle

Position: facing centre, hands joined up in W pos.

Pronunciation: SEUHR-bah deh lah VEUHL-tch(eh)ah

Music: *Sonia Dion & Cristian Florescu Romanian Realm vol. 12*, Band 4_

Meter: 4/4

Description of *Sârba de la Vâlcea*

Meas.	Count	Introduction
1-18		No action
		<u>Figure 1</u> (Moving LOD)
1 right	1-2	Step on R, swing arms down in V pos. while turn body slightly diag.
	3-4	Cross L in front of R ft and swing arms up in W pos.
2	1	Step swd on R while body faces centre
	2	Step on L near R ft
	3-4	Step swd on R
3	1-2	Cross L in front of R ft, swing arms down in V pos. while turn body slightly diag. right
	3-4	Step swd on R, swing arms up in W pos. and body faces centre
4	1	Cross L behind R ft while body turns slightly diag. left
	2	Leap swd on R while body faces centre
	3-4	Cross L in front of R ft
5-8	Repeat measures 1-4 (starting R ft)	

Figure 2 (Side-to-side)

1 forearms	1	Step swd on R while sway forearms slightly in front and diag. right, almost parallel with the floor.
	2	Step on L near R ft while sway forearms slightly to the left
	3	Step swd on R while start moving forearms to the right

	4	Stamp on L slightly in front while keep moving forearms to the right
2	1	Step on L near R ft while start moving forearms to the left
	2	Stamp on R slightly in front while keep moving forearms to the left
	3	Step on R near L ft while start moving forearms to the right
	4	Stamp on L slightly in front while keep moving forearms to the right

Meter: 4/4

Description of *Sârba de la Vâlcea* (continued)

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

3-4 Repeat measures **1-2** with opp ftwk and direction (starting to the left with L ft)

5-6 Repeat measures **1-2** (starting to the right with R ft)

7	1	Step swd on L while sway forearms slightly to the left
	2	Step on R near L ft while sway forearms slightly to the right
	3	Step swd on L while start moving forearms to the left
	4	Stamp on R slightly in front while keep moving forearms to the left
8	1	Step on R near L ft
	2	Stamp on L slightly in front while bring arms in W pos.
	3-4	Step on L in place

Figure 3

1	1	Step swd on R heel
	2	Step on L near R ft
	3	Step swd on R heel
	4	Step on L near R ft
2	1	Step swd on R heel
	2	Step on L near R ft
	3	Step on R in place
	4	Stamp on L (flat-footed) slightly in front (no wt)
3	1	Step on L near R ft
	2	Stamp on R (flat-footed) slightly in front (no wt)
	3	Step on R near L ft
	4	Stamp on L (flat-footed) slightly in front (no wt)
4	1	Step on L near R ft
	2	Stamp on R (flat-footed) slightly in front and toes pointing diag. left
	3-4	Stamp on R (flat-footed) and toes pointing diag. right

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

Figure 4 (Toward centre and back)

1	1-2	Step twd centre on R and sway arms down
	3-4	Step twd centre on L and sway arms up

Meter: 4/4

Description of *Sârba de la Vâlcea* (continued)

Meas.	Count	<u>Figure 4</u> (continued)
-------	-------	------------------------------------

2	1	Step on R near L ft
	2	Cross L in front of R ft
	3	Step on R in place
	4	Step on L near R ft
3	1	Cross R in front of L ft
	2	Step on L in place
	3	Step on R near L ft while raise L ft (knee bent) in front of R
	4	Small kick in front with L ft
4	1	Step on L near R ft
	2	Stamp on R slightly in front
	3-4	Stamp on R in place (no wt)
5		Repeat measure 1 with same ftwk and opp direction (starting R bwkd)
6-8		Repeat measures 2-4 (starting R ft)

Final pattern:

(F1 + F2 + F3 +F4) x 4 +
F1 + F2 + F3 (8 measures).

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Described and presented by Sonia Dion and Cristian Florescu,

Șchioapa dunăreană

From Muntenia, Romania

Presented by Sonia Dion and Cristian Florescu

Formation: mixed circle

Position: facing center, hands joined down in V position

Pronunciation: CHKIOHAH-pah doo-nuh-REHAH-nuh

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 12*, band 5

Meter: 5/8

Description of Șchioapa dunăreană

Meas. Count

Introduction

(Solo clarinet without rhythm)

No action

Figure 1

(Q-Q-Q-S)

- | | | |
|------------|-----|---|
| 1 | 1 | Step swd on R |
| | 2 | Cross on L behind R |
| | 3 | Step swd on R |
| | 4-5 | Stamp with noise (no wt) with L (flat ft) beside R ft |
| 2 | | Repeat measure 1 with opp ftwk and direction (starting swd on L) |
| 3-8 | | Repeat measures 1-2 three more times (4 in total) |

Figure 2

- | | | |
|------------|-----|--|
| 1 | | Facing and moving LOD |
| | 1 | Step fwd on R |
| | 2 | Step fwd on L |
| | 3 | Step fwd on R |
| | 4-5 | Step fwd on L while body turns slightly to left |
| 2 | 1 | Leap with R onto R while facing center |
| | 2 | Cross on L behind R |
| | 3 | Step swd on R |
| | 4-5 | Stamp with noise (no wt) with L (flat ft) beside R ft |
| 3-4 | | Repeat measures 1-2 with opp ftwk and direction (starting L ft) |
| 5-8 | | Repeat measures 1-4 |

Meter: 7/16

Description of *Șchioapa dunăreană* (continued)

Meas. Count **Figure 3**

1 Facing and moving LOD

1 Step fwd on R

2 Step fwd on L

3 Step fwd on R

4-5 Step fwd on L while body turns slightly to left

2 1 Leap with R onto R while facing center

2 Cross on L behind R

3 Step swd on R

4-5 Step across with L in front of R ft

3 Repeat measure 2

4 1 Leap with R onto R while facing center

2 Cross on L behind R

3 Step swd on R

4-5 Stamp with noise (no wt) with L (flat ft) beside R ft

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

Final pattern:

Introduction +

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

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Kolomyika

(Southwest Ukraine, Karpaty Mountains)

One of the traditional folk dances in the Southwest part of Ukraine, in the Carpathian (Karpaty) mountains. This dance was used for celebrating weddings and other social occasions, or just for fun.

Pronunciation: Koh-loh-MEE-kah

Music: 4/4 meter

Formation: Couples in a circle, facing ctr, not holding hands, M to the L

Steps & Styling: Strong and playful

<u>Meas</u>	<u>4/4 meter</u>	<u>Pattern</u>
4 meas	<u>INTRODUCTION.</u> Stand with thumbs in vest armholes, elbows straight out to the side, twisting upper body from R to L and bouncing energetically in rhythm with music	
	I.	<u>SLOW SIDE-TOGETHER</u>
1	Facing ctr and moving to R (LOD): Big step to R on Rft, twisting upper body to R and looking R (1), step on Lft next to R and look a little L (2). Repeat on cts 3 and 4.	
2	Repeat meas 1.	
	II.	<u>CIRCLE PARTNER: FIRST R THEN L</u>
1-2	Turn twd partner and jog 16 steps, R shldr to R shldr (circling CW) while shaking shldr and looking at each other, stepping on Rft on cts and Lft on "&'s	
3-4	Turn 180° to R to stand L shldr to L shldr and jog 15 steps (now circling CCW) while shaking shldr and looking at each other. (Wt is now on Rft.)	
	III.a	<u>SHORT GRAPEVINE</u>

- 1 Take hands low and facing ctr and moving R: Step on Lft in front of Rft (1), step on Rft to R (&), step on Lft behind Rft (2), step on Rft to R (&), step on Lft in front of Rft (3), step on Rft to R (&), step on Lft behind Rft (4), step on Rft to R (&). Hands swing fwd on odd counts and back on even counts.
- 2 Repeat Fig III, meas 1, but stop after 7 steps, to keep Rft free.

III.b LONG GRAPEVINE

- 1-3 Dance Fig IIIa, meas 1 three times.
- 4 Repeat Fig III, meas 1, but stop after 7 steps, to keep Rft free.

IV. SCISSORS TO CENTER AND BACK

- 1 Facing ctr and moving twd ctr with body leaning a little forward from waist, 8 “scissor steps”: Leap onto Rft, kicking L ft fwd (1), leap onto Lft, kicking Rft fwd (&). Continue (2&3&4&). *Bring shaking hands gradually up in front of you while moving twd ctr.*
- 2 Repeat Fig IV, meas 1, but moving bkws away from ctr and bringing shaking hands gradually lower.
- 3-4 Repeat Fig IV, meas 1-2.

Sequence:

Fig I, Fig II, Fig IIIa,
 Fig I, Fig II, Fig IIIb, Fig IV, Fig IIIa,
 Fig I, Fig II, Fig IIIb, Fig IV, Fig IIIa,
 Fig I, Fig II, Fig IIIb, Fig IV, Fig IIIb, end with feet together and joined hands raised high on last beat of music.

Dance description copyrighted by Lee Otterholt

Leeotterholt@yahoo.com

Dance description proofread by Martha Awdziewicz

Kyivsky Vals

(Ukraine, Kyiv)

A waltz from Kyiv. High school students in Kyiv compete every year in a festival called “Kyivsky vals” to choreograph and dance the best waltz like this one, which is named “Kyivski vals.”

Pronunciation: Kee-YIV-skee vahls Translation Kyiv waltz
:

Music: 3/4 meter

Formation: Circle, low (“V”) handhold, facing CCW

Steps & Styling: Fast waltz

<u>Meas</u>	<u>3/4 meter</u>	<u>Pattern</u>
-------------	------------------	----------------

16 meas	<u>INTRODUCTION.</u>
------------	----------------------

I. CIRCLE R, CIRCLE L

1-4	Facing and moving R (LOD) and starting w Rft: 4 fast waltz steps (one step on each beat). <i>“Up” accent on every “1” ct after bent knee accent on every “3” ct.</i>)
4-8	Release hands and holding R hand fwd and L hand out to side, turn to own R, dancing in a circle with 4 fast waltz steps (one step on each beat) and rejoin hands facing L (RLOD).
9-16	Repeat meas 1-4 with opp dir and ftwk

II. TO CENTER AND BACK (FAST STEPS)

1-4	Facing ctr and moving twd ctr: 4 fast waltz steps, beginning w Rft.
5-8	Take back baskethold and sway R, L, R, L, looking each time in the direction of the sway. (3 cts on each sway.)
9-12	Turn 180° to R and dance 4 fast waltz steps away from ctr.

- 13-16 Turning slowly to own R with 4 pripadannya steps: Fall on Rft, bending knee (1-2), step on ball of Lft behind Rft, straight knee (3), four times, ending facing ctr.

III. TO CENTER AND BACK (SLOW STEPS)

- 1-2 Facing ctr and moving twd ctr, stepping on ct 1 of each measure: Step on R, leaning R and looking R while making gesture outward w R hand (123), step on L, leaning L and looking L while making gesture outward w L hand.
- 3-4 Take 2 slow steps bkwd, away from ctr, leaning R then L while crossing both hands to upper chest.
- 5-8 Repeat Fig III, meas 1-4, now with high hand gestures while going twd ctr.
- 9-16 Hands still on upper chest: Dance 8 pripadannya steps turning slowly to own R: Fall on Rft, bending knee (1-2), step on ball of Lft behind Rft, straight knee (3), 8 times, ending facing ctr.
- 17-18 Join hands low

Sequence: Fig I, Fig II, Fig III

Fig I (meas 1-16), Fig II, Fig III

Fig I (meas 1-16), Fig II, Fig III but only 4 pripadannya steps, then slowly: 1) lower hands, 2) bring hands up in front of body (ballet 1st pos), 3) extend arms out to sides (ballet 2nd pos), place both hands on upper chest and bow.

Presented by Asya Gorska and Svitlana Selska

Dance description copyrighted by Lee Otterholt

Leeotterholt@yahoo.com

Dance description proofread by Martha Awdziejewicz

Kyivsky vals lyrics, translated

The sea is playing green,
the day is quiet above the mountain.
The slopes of the Dnieper have become dear to me
,
Where the winds
of lovers' dreams sway...
How can I not love you,
my Kiev!

Cannas look into my eyes,
my heart overflows with them.
Let them tell the beloved,
How I truly love.
I will dream and live
On the wings of hope...
How not to love you,
my Kiev!

The tired city sleeps
in a peaceful, gentle sleep.
Gene lights, like a necklace,
Bloomed over the Dnieper.
Evenings are velvet,
Like happiness surf...
How not to love you,
my Kiev!

Evenings are velvet,
Like happiness surf...
How not to love you,
my Kiev!

Dmytro Hnatiuk - How not to love you, my Kiev!

Nich yaka misiachna (Ніч яка місячна)

(Central Ukraine)

This dance is from the Central region of Ukraine and is a typical lyrical-style dance.

Pronunciation:	NEECH ya-KA MEE-syach-nah	Translation	Moonlit Night
Music:	3/4 meter	:	
Formation:	Closed circle		
Steps & Styling:	Elegant		

<u>Meas</u>	<u>3/4 meter</u>	<u>Pattern</u>
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INTRODUCTION

- | | |
|-----|--|
| 1-2 | 1-2 Bring hands up in front of body (ballet 1 st pos) |
| 3 | Extend hands to sides (ballet 2 nd pos) |
| 4 | Hands crossed over heart |
| 5-6 | Small bow of head |
| 7-8 | Straighten up and take hands low (“V”) |

I. WALKING TO R

- | | |
|-----|--|
| 1 | Facing R (LOD) and moving R: Step fwd on Rft, leaving toe of Lft on floor (123). |
| 2 | Step fwd on Lft, leaving toe of Rft on floor(123). |
| 3 | Step fwd on Rft, leaving toe of Lft on floor. (12), step fwd on Lft (3). |
| 4 | Step fwd on Rft leaving toe of Lft on floor (123) |
| 5-8 | Repeat meas 1-4 w opp ftwk |

II. PRIPADANNYA CIRCLE R

- 1-8 Release hands and circle to R individually using 8 pripadannya steps, ending facing ctr. *One pripadannya step is: Fall on Rft, bending knee (1-2), step on ball of Lft behind Rft, straight knee (3).*

III. TOWARD CENTER AND BACK, SWAY

- 1-2 Facing ctr and beginning w Rft: 4 fast steps fwd, twd ctr, (1,2,3,1), hold, with toe of Rft still on floor (2,3) while raising arms overhead in front of you, R hand slightly higher than L
- 3-4 Same steps as Fig II, meas 1-2 but moving bkwd away from ctr while bringing hands down
- 5-7 With hands low and out to the sides, and slowly sway and twist upper body R, L, R, looking over shoulder twd ctr on each sway (3 cts on each sway)
- 8 Close Lft to Rft and join hands low (“V”).

Sequence: Fig I, Fig II, Fig III, (Repeat 3 more times, 4 times in all)

Ending: raise hands out to the sides and up over the head, lower hands down to the sides.

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(Ukraine)

Pronunciation: PLESS-kach

Translation Clap Dance

:

Formation: Individuals facing CCW in a circle, hands on hips with fingers forward. The dance is a couple dance (not necessarily M/W), so dancers need to be paired, the dancer in front here named “#1” and the dancer behind #1 named here “#2.” (Dancer #1 and #2 use same footwork.)

Meas 6/4 meter

Pattern

8 beats INTRODUCTION. No action.

I. MOVING CCW AROUND CIRCLE

1 Hands on hips, facing and moving CCW around circle: Leap/run 6 steps (123456) beginning with Rft.)

2 Continue moving CCW around circle with 3 “leaping two-steps” (1&2, 3&4, 5&6).

3-4 Repeat meas 1-2. (#1 turns L 180° to face #2 on last two-step.)

II. CHANGE PLACES AND CLAP

1 Use 4 long and low steps to change place w ptnr: each person turns to own R, passing L back to back (1234), bend knees, lean slightly fwd and clap own thighs twice (5,6).

2 Repeat Fig II, meas 1, but clap hands twice in front of own chest.

3-4 Repeat Fig II, meas 1-2.

III. CLAP LOW AND HIGH

- 1 Facing ctr: Bend fwd from waist and lean to R (1), clap hands low and to the L (2), straighten up but continue to lean R (3), clap hands near R ear (4), lean a little L and clap twice near L ear (5,6).
- 2 Repeat Fig III, meas 1, opp dir.
- 3-4 Repeat Fig III, meas 1-2.

IV. TOWARD CENTER, CLAP, AWAY FROM CENTER, CLAP

- 1 Put hands on hips. Twisting shldrs L, place R heel on floor fwd (1), take wt on Rft (2), twisting shldrs R, place Lft on floor fwd (3), take wt on Lft (4), feet together, bending knees and leaning slightly fwd, clap own thighs twice (5,6).
- 2 Repeat Fig IV, meas 1, taking 2 step bkwd away from ctr, standing tall and clapping hands twice in front of chest
- 3-4 Repeat Fig IV, meas 1-2.

V. SIDE, TOE, SIDE, TOE, CLAP, CLAP

- 1 Facing ctr, bending forward slightly from waist and dancing in place: Step on Rft to R, moving arms (bent at elbows) back (1), touch L toe crossed well behind Rft while clapping in (2), step on Lft to L (3), touch R toe crossed well behind Lft while clapping (4), ft tog, bend knees, lean slightly fwd and clap own thighs twice (5,6).
- 2-4 Repeat Fig II, meas 1 three more times (4 times in all.)

Sequence: Fig I, Fig II, Fig III, Fig IV, Fig V. Repeat sequence (2 times in all.) Then on third time do Fig I, Fig II, Fig III, Fig IV, and Fig V meas 1 only twice and end by clapping hands 6 times while moving hands in a large circle from lower R side, up and over head and ending lower L side on 6th clap, then placing hands on hips on ct 7.

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Silskyi Tanets

(Central Ukraine)

Silskyi tanets means, quite simply, “village dance.” Traditionally danced at weddings and other social occasions.

Pronunciation: SILL-skee TAH-nets Translation Village dance
:

Music: 4/4 meter

Formation: Couples in a circle

Steps & Fun loving
Styling:

Meas 4/4 meter Pattern

18 INTRODUCTION. No action.
beat

I. DIAGONAL WALK, R ELBOWS

- 1 Two by two standing next to each other, left shoulders twd ctr, that is facing CCW around circle “like spokes on a wheel.” Person on R places L hand in fist on L side of stomach and person on L places R forearm through other person’s elbow. Other hands on waist. Both take a step diag fwd and to the R on Rft, straight leg (1), fall on Lft behind Rft, bending knee (2), step diag fwd and to the R on Rft, straight leg (3), touch L next to R, bending R knee (4).
- 2 Repeat meas 1 with opp dir (diag fwd and to the L) and ftwk, person R turning L (twd ptnr) on ct 4 to link R elbows with ptnr.
- 3-6 Starting w Rft, walk 16 steps, rotating CW as a cpl. L arms bent at elbow, palms down. Arms swing fwd on odd cts and back on even cts. Partners lean slightly back and look at each other. Be sure that person on L is facing in LOD (CCW) at the end of the 16 steps.
- 7 Person on L takes 2 steps in place while person on R turns uses one step and one touch to turn 180° to R, ending in “skater hold.” (Both facing same direction, R hands together and L hands together, L arms over R arms. *(Only 2 cts in this measure.)*)

Note: Meas 7 is always 2 cts. Each partner uses those 2 beats (either 2 steps or 1 step and one touch) to get on the correct foot for the next figure.)

II. FORWARD AND BACK, L ELBOWS

Silsky Tanets — continued

- 1 *(Note that person on R begins w Lft, person on L begins w Rft, that is “inside foot.”) Walk fwd 3 steps while both turn twd each other to end up facing opp dir (RLOD) (1,2,3), touch heel of inside foot fwd (4).*
- 2 Repeat Fig II, meas 1 w opp dir and ftwk but ending with feet tog on ct 4.
- 3-6 Link L elbows and, beginning w Rft, walk 16 steps. Arm movements as in Fig I.
- 7 Use 2 cts to face each other and place hands on ptnrs upper arms. *(Person on R takes 2 steps, person on L takes one step and one touch.)*

III. SIDE-TOGETHER, THEN TURN AWAY AND TURN TO FACE

- 1 *(Person on R begins w Rft, person on L begins w Lft.) Moving in LOD, both take a step to side, leaning in that dir (1), step tog (2), step to side (3), step tog (4).*
- 2 Repeat Fig III, meas 1.
- 3 Holding inner hands (L hand for person on R, R hand for person on L) take 3 steps fwd (beginning with “outside ft”) while turning to face away from each other, hands out to side (1,2,3), stamp w/o wt (4).
- 4 Take 3 steps fwd while turning to face each other (1,2,3), stamp w/o wt, touching palms (4).
- 5-6 Repeat Fig III, meas 3-4, but end up both facing ctr.
- 7 Person on on R takes 2 steps in place while person on L takes one step and one touch, so both can begin next fig w Rft.

IV. STAMPING TWD CTR AND BACK

- 1 Facing and moving twd ctr: Both leap onto R ft (1), stamp Lft w/o wt (&), leap onto L ft (2), stamp Rft w/o wt (&), leap onto R ft (3), stamp Lft w/o wt (&), leap onto L ft (4), stamp Rft w/o wt (&). Hands are held high (“W”) and move a little R on the cts (leaps) and a little R on the “&s” (stamps).
- 2 Repeat Fig IV, meas 1.
- 3-4 Continuing to face ctr but moving bkwd away from ctr, do 8 leap-stamps, as in Fig IV, meas 1-2. Ending w cpl facing CCW around circle
- 5 Take 2 steps in place while resuming opening position of Fig. I.

Sequence: Fig I, Fig II, Fig III, Fig IV,
 Fig I, Fig II, Fig III, Fig IV,
 Fig I, Fig II, Fig III,
 Fig I, Fig IV,

Fig I, Fig II, then freestyle leap-stamps while turning individually until end of music.

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Tropotianka

(Western Ukraine)

Tropotianka is a common dance in the Western regions of Ukraine, specifically in the Carpathians Mountains. The dance is fast paced and expressive.

Pronunciation: Troh-poh-TIAN-kah

Music: 4/4 meter

Formation: Individuals facing CCW

Steps & Styling: Proud

Meas 4/4 meter

Pattern

4 meas INTRODUCTION. No action.

I. WALK AROUND CCW

1 Facing CCW around the circle w hands on hips: Beginning w Rft, walk 4 steps, twisting upper body and shldr R when stepping on R and L when stepping on L (1,2,3,4)

2 With upper body and shldr twisted R: Step fwd on R heel (1), step on Lft a little behind Rft (&), step fwd on Rft (2), with upper body and shldr twisted L, step on L heel (3), step on Rft a little behind Lft (&), step fwd on L (4).

3-4 Repeat meas 1-2.

5-8 Repeat meas 1-4

II. STAMPING FACING CTR

1 Facing ctr: Touch R heel fwd (1), lift Rft to R side of L knee (2), stamp Rft, taking wt (3), stamp Lft, w/o taking wt (4).

2 Repeat Fig II, meas 1 w opp ftwk.

3-4 Repeat Fig II, meas 1-2.

III. STAMPING WITH HAND GESTURES

1 Facing diag L: Touch R heel fwd, bringing R hand fwd (free hand is always on waist) (1), twisting body to face ctr and moving R hand up, lift Rft to R side of L knee (2), stamp Rft, taking wt and turning diag R and opening hand out to the side (3), stamp Rft, w/o taking wt, now facing diag R (4).

2 Repeat Fig II, meas 1, opp ftwk.

Tropotianka — continued

3-4 Repeat Fig II, meas 1-2.

IV. SIDE-TOGETHER-SIDE-STAMP

1 Facing ctr and looking R: Step on Rft to R (1), step on Lft next to R (2), step on Rft to R (3), stamp Lft next to R, no wt (4).

2 Repeat Fig II, meas 1, opp dir and ftwk.

3-4 Repeat Fig II, meas 1-2.

V. TOUCH TOE BEHIND BODY

1 Facing L and leaning fwd: Touch R toe behind body (1), stamp Rft next to Lft, taking wt (2), touch L toe behind body (3), stamp Lft next to Rft, w/o taking wt (4).

2 Touch R toe behind body (1), turning to face ctr touch R heel diag R (2), stamp on Rft next to Lft, taking wt (3), stamp Lft next to Rft, taking wt (&), stamp Rft next to Lft, taking wt, ending facing R (4).

3-4 Repeat Fig II, meas 1-2 with opp ftwk.

VI. HEELS OUT – HEELS IN

1 Facing CCW around circle: repeat Fig I, meas 1.

2 Nodding head fwd, twist heel out (1), straightening up, bring heels together (2) nodding head fwd, twist heel out (3), straightening up, bring heels together (4).

3-4 Repeat Fig VI, meas 1-2.

5-8 Repeat Fig VI, meas 1-4.

Sequence: Fig I, Fig II, Fig III, Fig IV, Fig V, Fig VI. Repeat whole dance 2 more times. (3 times total) ending with a stamp on the Rft on last beat of music.

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