

BRÂUL CA LA FRUMOASA

Romania

Presented by Mihai David and Alexandru David

Brâul ca la Frumoasa comes from the region of Bucharest (Muntania). It was learned by Mihai David while dancing with the Romanian State Ensemble.

Record : Romania Romania vol 1 Jocuri Populare Romanesti
The Lark Md 3703 45xRPM

Rhythm : 4/4

Formation : line dance, low handhold or belthold, leader is on left

Style : light movements, leader calls yells followed by group, in fig 1 there is a definite bending and straightening action of the knees. when returning in place fig 3,4 it is on balls of the feet.

1-8 hold

Fig 1 travel RLOD

- 1 step L to L (ct1), close R to L (ct3)
- 2-3 repeat ms 1 fig 1 twice
- 4 hold (ct1,2), leap L to L (ct3), cross R in front of L (ct4)
- 5-24 repeat ms 1-4 fig 1

Fig 2 travel RLOD on balls of ft

- 1 leap L to L (ct1), cross R behind (ct2), step L to L (ct3), cross R behind (ct4)
- 2 hold (ct1), leap L to L (ct2), cross R in front (ct3)
- 3-16 repeat ms 1-2 fig 2, on ct3 of ms 16 stamp R no wt

Fig 3 in place on balls of ft

- 1 step R,L,R (ct1,2,3), stamp L no wt (ct4)
- 2 reverse ms 1 fig 3
- 3 repeat ms 1 fig 3
- 4 leap L (ct1), leap R (ct3)
- 5-8 reverse ms 1-4 fig 3
- 9-16 repeat ms 1-8 fig 3

Fig 4

- 1 step R,L,R (ct1,2,3), stamp L no wt (ct4)
- 2 reverse ms 1 fig 4
- 3 repeat ms 1 fig 4
- 4 step L,R (ct1,2), stamp L (ct3), jump be in air (ct4)
- 5 land ft apart (ct1), jump touch ft tog in air (ct2), land ft apart (ct3)
jump touch ft tog in air (ct4)
- 6 land ft apart (ct1), jump touch ft tog in air (ct2), land ft tog (ct3)
- 7 step L,R (ct1,2), stamp L (ct3)
- 8 chug back ft tog on balls of ft (ct1), chug frwd flat, knees bent (ct3)
- 9-16 repeat ms 1-8 fig 4, on last ct ms 16 R leg raised frwd knee bent

Continued...

BRŢUL CA LA FRUMOASA - cont

- Fig 5 travel in and out of center
- 1 hop on L (ct1), run in place R,L,R (cts2,3,4)
 - 2 Run in place L,R,L (cts1,2,3), lift R knee bent (ct4)
 - 3 hop on L lifting R knee (ct1), run R,L (cts2,3), lift R knee (ct4)
 - 4 repeat ms 3 fig 5
 - 5-6 hop on L lifting R knee (ct1), leap R with L knee raised frwd (ct2),
hop on R twice kicking L leg frwd twice (cts4,2), leap L with R
knee frwd (ct3)
 - 7-8 hop on L (ct1), step R back (ct2), hop on R (ct3), step L back (ct4),
hop on L (ct1), step R,L (cts1,8)
 - 9-16 repeat ms 1-8 fig 5

Repeat figs 3,4,5 to finish dance

Dance notes by Maria Reisch

East section - 1-2-3-4-5-6-7

Left Hop - Right st. K L K - step

Right step back slow - Left S slow - Right Q - Left SL

End = Left foot in ctr.