

# 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)

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Meter: 2/4                      Description of *Cioful* (continued)  
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Meas.	Count	<b>Figure 2</b> (Facing center)
<b>1</b>	1&2 &	Do 3 small running steps (R, L, R) (flat ft) twd center Stamp with L near R ft (no wt)
<b>2</b>		Repeat measure <b>1</b> with opp ftwk (starting L ft)
<b>3</b>		Repeat measure <b>1</b> , but without stamp on L
<b>4</b>	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
<b>5</b>	1& 2&	Fall on both ft in place, knees slightly bent Pause
<b>6</b>	1& 2&	Fall on both ft (' <i>Échappé</i> '), heels open to the sides Close heels together
<b>7-8</b>		Do 2 small <i>running two-step</i> bkwd starting with R ft

**Figure 3**

<b>1</b>	1 & 2 &	Step on R in place Step on L in place Step on R in place Stamp on L in place (no wt)
<b>2</b>		Repeat measure <b>1</b> with opposite ftwk (starting L ft), but without stamp on R
<b>3</b>	1 & 2 &	Small step on R heel to the right Step on L near R Small step on R heel to the right Step on L near R
<b>4</b>	1 &	Small step on R heel to the right Step on L near R

RLOD)	2&	Small step on R to the right, while body turns slightly to the left (twd
<b>5</b>	1& 2&	Lift on R heel while raising L leg, knee bent 45° Step on L twd RLOD
<b>6</b>	1& 2&	Lift on L heel while raising R leg, knee bent 45° Step on R twd RLOD

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

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Meas.	Count	<b><u>Figure 3</u></b> (continued)
<b>7</b>	1 & 2&	Step on L slightly to the left and turn face center Step on R in place Step on L in place
<b>8</b>	1 2	Stamp on R slightly in front (no wt) Stamp on R slightly in front (no wt)

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Final pattern:

F1 + F2 + F3 alternately.

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