

POȘOVAICA  
Banat, Romania

PRONUNCIATION: poh-<sup>h</sup>soh-VAHI-kah

RECORD: ELECTROCORD ST-CS 0185 (LP), Side B, band 4

FORMATION: Either a line or circle joined in "V" pos. Face ctr.

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METER: 2/4

PATTERN

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Meas.

INTRODUCTION: 16 meas

PART I:

- 1 With weight on both ft, turn hips to face L drop into a plie (ct 1); turning to face R, bounce, bounce on both ft (cts &-2).
- 2 Facing R plie on both ft (ct 1); turning to L, bounce bounce on both ft (cts &-2).
- 3 Facing and moving in RLOD, run L-R (cts 1-2).
- 4-6 Repeat meas 1-3.
- 7 Still facing RLOD, step L fwd (ct 1); hop on L (ct &); step R fwd (ct 2).
- 8 Step L fwd (ct 1); stamp R fwd, no wt (ct 2).
- 9-16 Repeat meas 1-8 with opp ftwk.

PART II:

- 1 Facing ctr, leap L to L (ct 1); lift and circle R fwd (ct &); step R across L (ct &); step L back on spot (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Traveling twd ctr, step L-R fwd in plie (cts 1-2).
- 4 Hop on R, lift L knee (ct 1); step L fwd (ct 2).
- 5-6 Repeat meas 4 alternating ftwk (hop L, R fwd; hop R, L fwd).
- 7 Hop L, lift R knee (ct 1); step R-L in place (ct &-2).
- 8 Step R in place (ct 1); stamp L fwd slightly, no wt (ct 2).
- 9 Hop R in place (ct 1); step L-R in place (cts &-2).

*continued...*

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- 10 Step L in place (ct 1); touch R toe fwd and twist heel in (ct &); touch again and twist heel out (ct 2).
- 11 Touch R again and twist heel in (ct 1); step R-L in place (cts &-2).
- 12-13 Repeat meas 10-12 with opp ftwk (R, tch-tch;-tch, LR;).
- 14 Step L-R-L in place (cts 1-&-2).
- 15 Step R in place (ct 1); hop R in place (ct &); step L in place (ct 2).
- 16 Step R in place (ct 1); stamp L in place, no wt (ct 2).
- 14-24 Repeat meas 1-8 moving bkwd.

Repeat dance from beginning. The dance is done a total of 4 times.

Presented by Nicolaas Hilferink  
Idyllwild F.D. Camp, 1987