

Presented by Stephen Kotansky

PROMOROACA
Romania

PRONUNCIATION: Pro-mo-rroah-kah "WHITE FROST"

RECORD: Dances of Romania, DR-792 (LP), Side 2, Band 1

STYLE: Bouncy throughout; second figure heavy, like a bear in the woods.

FORMATION: Lines with hands joined in "V" pos, facing LOD.

METER: 2/4 PATTERN

Meas.

1-8 INTRODUCTION:
Do ftwk of Fig. I and repeat it again in Fig. I (16 meas in all)

1-8 FIG. I:
Do 8 sharp two-steps in LOD, beginning with R and lead with heel on ct 1 of each meas. Body is bent very slightly fwd and shldr sways slightly in direction of leading heel.

1 FIG. II:
Facing ctr, step R to R (ct 1); close L to R (ct 2). Tilt body sdwd R (ct 1); straighten (ct 2).

2 Repeat meas 1.

3 Continuing sdwd R, step R to R (ct 1); close L to R (ct &); step R to R (ct 2).

4 Brush L fwd (ct 1); bring L back twd R - do not brush ft bkwd (ct 2).

5-7 Repeat meas 1-3 with opp ftwk and direction

8 Stamp R twice (no wt) and bend body slightly fwd with each stamp (cts 1-2).

Repeat dance from Fig. I. Music ends with Fig. I, and instead of the last two-step, end with a stamp fwd on L.

Dance notes by Karen Wilson

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Background: From the Suceava region
Formation, change to read: Circle or lines with.....