

Trei Păzește Noroc
(three times take care)

TREI PĂZEȘTE-TEH

There are many dances from the southern part of Romania entitled Trei Păzește. This one is from the Village Birca in South Oltenia. Most of the dances bearing this title utilize variations on a cross step often with a leg thrust at the ending of the motif. The steps are light—taken on the ball of the feet. It is done on all occasions for dance and is for both men and women.

Position - back basket hold

Formation - line

Steps & Styling

Music - 2/4



no introduction or musical

Three times take care!

Rhythm

Introduction



The introduction can be done any number of times but once the dance itself has begun the introduction is never repeated.

Step forward R, kick L forward gently.

Step back L, kick R forward gently.

For the sake of the musical phrasing dance the intro. *2 times* in all (8 meas.)

The Dance



Lunge diagonally forward R on R foot (no weight), Draw R foot back to L.

Repeat

Lunge diagonally forward R on R foot no weight (as if to repeat again),

Moving diagonally backward L, draw R foot to left clicking feet

Step L, repeat this click and step 2 more times (3 times in all).

step diagonally back to L on R
In place with small steps—~~in place L~~, in place L, cross R in front, in place L, diagonally R back with R, in place L on the last longer count step R across in plie as L leg thrusts forward—this is a strongly accented movement.

Facing forward and moving to the right, step L across, step R, step L across, step R, step across L, step R, step L as R foot is thrust forward.

Facing forward and moving to the left, step R across, step L, step R across, step L, step R across, step L, step R across, step L.

In place with small steps

Step sideways to right with R, cross in front L, step in place R, step sideways left with L, Cross R in front, step in place L, step sideways R with R, cross L in front.

Repeat until end of music

Romanian Notations:

Formation - Lines

Men and Women

Back basket hold

Introduction:



↑ D S ↓ S D | nx

Dance:

