


Băltăreasca  
(Buhl tuhr aska)

Băltăreasca is a dance from the village Traian, Judet (county) Teleorman in Muntenia near the Bulgarian border. It is a men's dance but is also performed by men and women on all dance occasions. It is characteristic of the many stamping dances of this region of Romania and includes another common movement—the heel lift or virf-toc.

Virf-toc or heel lift may be likened to a hop which does not leave the ground—it is usually followed by a step or stamp on the other foot. With the weight on the left foot, lift the heel and place it forcefully down (♫), stamp R (♫) or virf toc (♫) followed by a step (♫).


Arm symbols are placed above foot mvt.:


Position - "W" 


Formation - Closed circle


Music - 2/4


Introduction - 

W  = vibrate arms in W position

 = arms come down to "V" position

 = arms go up to "U" position

 = swing up

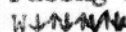
 = swing down

W = normal position

Rhythm

Part I

Facing forw. moving to the left

W 

Cross step R, step L, cross R, step L

Heel-lift L, stamp R, step R, step L

Heel Lift L, stamp R, step R, step L

W 

Heel Lift L, stamp R, stamp R (hold)

Repeat Part I one more time

Part II *Slow*

Facing diag. right and moving right

Step R, cross in back L, step R, stamp L

Step L sideways left, stamp R

Step R, cross in back L, step R, stamp L

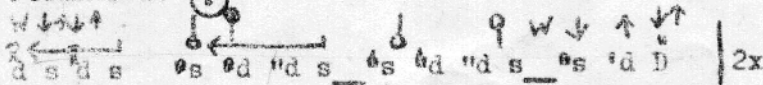
Leap L sideways to left, cross back R, step L, stamp in place R, stamp in place R, (hold)

Repeat Part II one more time

Romanian Notation

Position:

Formation:

  
II. 