

Brîul de la Făgăraș

Romanian

- Dance introduced by: As originally taught by Sunni Bloland
- Formation: Short lines
- Starting arm position: Shoulder Hold
- Meter: 2/4 - Because of the syncopation, the dance will be notated using S and Q where S is a quarter note and a Q is an eighth note.
- Steps used: Stamp, Stomp

In her notes, Sunni Bloland states

Făgăraș is a town in the western part of Județ Brașov. It is also the name given to a sub-zone of the larger folklore zone of South Transylvania. This dance belongs to the category of Carpathian Briu diffused among the villages situated along the roads which shepherds took each year from the South Carpathians to the grazing grounds of the Danube meadows and Dobrogea. The simpler variants of the Carpathian Briu such as this one from Făgăraș are done by both men and women, although I suspect this one leans heavily on the masculine side due to the high leaps and leg gestures called for in certain motifs.

Measure Count Step

Part I

- 1-2 QSSQS Stamp on R foot in place (Q), stomp on R foot to R and hold (S), leap backward on to L foot, kicking R leg forward, knee straight, leg parallel to floor (S), leap on R foot to R (Q), step on L foot, slightly in front of R foot (S)
- 3-16 Repeat measures 1-2 seven more times

Part II

- 1-2 SSQQS Hop on L foot, swinging R foot across L, keeping R leg straight and touching R toe to floor (S) hop on L foot touching R toe to R side (S) hop on L foot, moving slightly forward (Q) step on R foot in place (Q) step on L foot in place while kicking R foot slightly forward with an accent (S)
- 3-4 QSSQS Hop on L foot, moving slightly backward (Q), step on R foot in place (S) step on L foot in place (S) step on R foot forward (Q) step on L foot forward (S)
- 5-16 Repeat measures 1-4 three more times

Part III

- 1 SS Moving to R, hop on L foot twice, clicking R foot to L foot each time
- 2 QQS Hop on L foot (Q), step on R foot to R (Q), step on L foot in front of R foot (S)
- 3-4 QSSQS Stamp on R foot in place (Q), Stomp on R (S), leap onto L foot behind R foot (S), leap on R foot to R (Q), step on L foot slightly in front of R foot (S)
- 5-16 Repeat measures 1-4 three more times

Part IV

- 1 SS Hop on L foot, swinging R leg across L (S), hop on L foot again, swinging R leg diagonally R (S). Keep R leg straight on both swings.
- 2 SS Hop on L foot, swinging R foot behind L foot, knee bent (S), hop on L foot again, swinging R foot diagonally to the R, knee straight (S)
- 3-4 QSSQS Hop on L foot, moving backward (Q), step on R foot to R (S), step on L foot in place (S), step on R foot forward (Q), heavy step on L foot in place (S)
- 5-16 Repeat measures 1-4 three more times

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Revised December 25, 2003