

CIMPOI  
(Romania)

Source: Cimpoi is from southern Romania, the region of Oltenia. This dance was learned by Mihai David, between 1963-1965, while with the Romanian State Folk Dance Ensemble.

Music: "The Lark" FLDR  
side one, band two 4/4

Formation: Open circle.

Style: When down, arms swing with the movement. When hands held at shoulder level with elbows bent, arms move up and down slightly.

---

Measure

- 1-10 Hold, facing center of circle, arms raised.  
Figure 1 - Travelling left and right.
- 1 On the upbeat (ct.6) hop on L with R knee raised in front; arms start swinging down. Step R to R (ct.1) with arms swinging back. Step L, flat crossing in front of R (ct.6), step R back (ct.2) arms swing fwd. Hop R (ct.6) with L knee raised in front. Step L, bending knee, to L (ct.3) arms swing back, step R flat crossing in front of L (ct.6), step L in back (ct.4) arms swing fwd., come up and hold.
- 2 Leap onto R (ct.1) with L knee raised in front, hop on R twice (cts.2,3) L leg circling to back, the knee straightening on each landing, cross L behind R (ct.4), step R to R (ct.5), cross L in front of R (ct.4), lift R leg to circle to front (ct.6).
- 3-4 Grapevine to L - crossing R in front of L (ct.1), L to L (ct.6), R behind (ct.2), L to L (ct.4) continuing to end, with R crossing front and back, to finish with R closing in place on last count (4)
- 5-8 Repeat measures 1-4 reversing footwork.  
Figure 2 - Travelling in and out of circle
- 1-2 Repeat measures 1-2 of fig.1 ending with a hop on L (ct.6), lifting R knee fwd. arms coming up and hold.

continued

CIMPOI  
(continued)

Measure

- 3 Step R crossing in front of L (ct.1), close L behind R on (ct.2), step R crossing in front of L (ct.2), hop on R (ct.3) lifting L knee fwd., step L crossing in front of R (ct.3), close R behind L (ct.4), step L crossing in front of R (ct.4), hop on L bending R knee (ct.5)
- 4 Step R crossing in front of L (ct.1), hop on R (ct.2) step L crossing in front of R (ct.2) hop on L (ct.3), step R crossing in front of L (ct.3) hop on R (ct.4), step L crossing in front of R (ct.4).
- 5 Hop on L 3 times (cts. 1,2,4) with R knee raised straightening on each land, step R to R bending knee (ct.3) arms swinging back, step L flat crossing in front of R (ct.4), step R behind (ct.4) start arms swinging back up.
- 6 Reverse measure 5, fig. 2
- 7-8 Repeat measures 1-2, fig. 1.
- 9-10 Repeat measures 3-4, fig.1 straight out of circle facing RLOD, ending with R stamp no weight on last (ct.4). Repeat figures 1,2.