

DAMA  
(Romania)

Dama, an open circle dance from the area of Gorj in Oltenia, Romania, was originally learned by Alexandru David from the Ensemble Perinita.

Record: Romania, Romania

4/4 meter.

Formation: Open circle, arms stay in W hold.

Meas

Pattern

No Introduction.

- FIGURE I. Small circle CCW, CW.
- 1 Walk R to R (ct 1); cross L in front (ct 2); R fwd (ct 3); L fwd (ct 4).
  - 2 Cross R in front (ct 1); L back (ct 2); R back (ct 3); stamp L, no wt (ct 4).
  - 3-4 Reverse action of meas 1-2.
  - 5-8 Repeat action of meas 1-4.

- FIGURE II. Travel LOD, RLOD, raise knees slightly on triplets.
- 1 Travel LOD, R, close L, R (cts 1,&,2), L close R, L (cts 3,&,4).
  - 2 Face ctr, slight body lean to R side, step R to R (ct 1); cross L behind (ct 2); body up R,L,R in place turning to face RLOD (cts 3,&,4).
  - 3-4 Reverse action of meas 1-2.
  - 5-8 Repeat action of meas 1-4.

- FIGURE III. High knee lifts.
- 1 Repeat action of meas 1, Figure II.
  - 2 Repeat action of cts 1,&,2 of meas 1, Figure III. Leap L, R lifting knees high (cts 3,4), turning to face RLOD.
  - 3-4 Reverse action of meas 1-2.
  - 5-8 Repeat action of meas 1-4.

Repeat entire dance twice more.

Dance notes by Maria Reisch.

Presented by Mihai David