

COUNTRY Dobrogea, Romania

PRONUNCIATION Pah-poo-SHELL-lay-lay

MUSIC The rhythm is 7/8, counted slow (1,2) slow (3,4), quick (5), slow (6,7). The record is Nevofoon 15005.

FORMATION Open circle of women, hands held down at sides.

- Meas. Ct.
i-iv INTRODUCTION
- 1 S Facing to R, step forward on R ft.
S Step forward on L ft.
Q Step forward on R ft.
S Stamp L ft in place, without taking weight.
- 2 Repeat Meas. 1 with opposite footwork.
- 3-4 Repeat Meas. 1-2.
- 5 S Turning to R, jump onto both feet in place, clapping hands once with arms held straight in front of body.
S Repeat 1st. Ct. of Meas. 5 without turning.
Q Repeat 1st. Ct. of Meas. 5 without turning.
S Repeat 1st. Ct. of Meas. 5 without turning.
- 6 Repeat Meas. 5 in opposite direction.
- 7-8 Repeat Meas. 5-6.
- 9 S With hands on waist, step sideways on R ft.
S Step sideways behind R ft on L ft.
Q Step sideways on R ft.
S Stamp L ft in place.
- 10 Repeat Meas. 9 with opposite footwork and direction.
- 11-12 Repeat Meas. 9-10, turning to face center on Meas. 12.
- 13-16 Repeat Meas. 5 four more times, making one full circle.
- 17-20 Repeat Meas. 13-16 in opposite direction.
- 21 S Facing center, hands joined at shoulder height, leap slightly forward onto R ft, swinging arms down to sides.
S Leap slightly forward onto L ft, swinging arms backward.
Q Leap slightly forward onto R ft, swinging arms forward and up.
S Stamp L ft in place, bringing hands back to shoulder height.
- 22 Repeat Meas. 21 with opposite footwork and direction, arm movements remaining the same.
- 23-24 Repeat Meas. 21-22.

