


# POSOVOIACA

(Banat, Romania)

Rythm: 2/4 described as 

Formation: Circle dance, hands held down. Facing centre.

## Meas. Movement

### A. 16 meas. introduction

- 1 With weight on both feet, turn hips to face LLOD, pli   (ct 1,2), turning to face RLOD, bounce (ct 3), bounce (ct 4).
- 2 Facing RLOD, pli   (ct 1,2), turning to face LLOD, bounce (ct 3), bounce (ct 4).
- 3 Facing and traveling CW, step L (ct 1,2), step R (ct 3,4).
- 4-6 Repeat Meas. 1-3.
- 7 Step L fwd (ct 1,2), hop on L (ct 3), step R fwd (ct 4).
- 8 Step L fwd (ct 1,2), stamp R with no body weight (ct 3,4).
- 9-16 Repeat Meas. 1-8 with opposite footwork.

### B.

- 1 Facing centre, step L to L (ct 1,2), step R across L (ct 3), step L on spot (ct 4).
- 2 Repeat Meas. 1 with opposite footwork.
- 3 Traveling fwd, step L on pli   (ct 1,2), step R on pli   (ct 3,4).
- 4 Hop on R, lifting L (ct 1,2), step L (ct 3,4).
- 5 Hop on L, lifting R (ct 1,2), step R (ct 3,4).
- 6 Hop on R, lifting L (ct 1,2), step L (ct 3,4).
- 7 Hop on L, lifting R (ct 1,2), step R beside L (ct 3), step L beside R (ct 4).
- 8 Step R beside L (ct 1,2), stamp L with no body weight (ct 3,4).
- 9 Hop on R (ct 1,2), step L beside R (ct 3), step R beside L (ct 4).
- 10 Step on L (ct 1,2), touch R toe, heel fwd (ct 3), touch R toe, turning in (ct 4).
- 11 Touch R toe, heel fwd (ct 1,2), step R beside L (ct 3), step L beside R (ct 4).
- 12 Step R beside L (ct 1,2), touch L toe, heel fwd (ct 3), touch L toe, turning in (ct 4).
- 13 Touch L toe, heel fwd (ct 1,2), step L beside R (ct 3), step R beside L (ct 4).
- 14 Step on L (ct 1,2), step R beside L (ct 3), step on L beside R (ct 4).
- 15 Step on R beside L (ct 1,2), hop on R (ct 3), step on L beside R (ct 4).
- 16 Step on R beside L (ct 1,2), stamp L, with no body weight (ct 3,4).
- 17-24 Repeat measures 1-8, traveling backward.

Sequence: A B A B A B A B