

TRILISESTI

(Moldavia, Romania)

Source: Martin Koenig, as he learned the dance in the village of Monasterea Humorlui and Pirstesti.

Formation: Long lines or circle facing CCW. Unless otherwise noted outside hand is always on inside shoulder of person in front of you, in hand swings free or is on waist.

Record: Balkan Arts 6H, Cintece Si Jocuri Rominesti, side 1, band 7. 2/4 meter.

Note: Steps are very lively, when walking no scuffing of feet and lean fwd into person in front of you.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
		<u>Figure 1</u> - "Plimbarii" (Walk)
1	1	Facing CCW, step fwd onto L
	2	Continuing CCW, step fwd onto R
2-4		Repeat pattern Meas 1, Figure 1, three more times
5-16		Repeat pattern Meas 1-4, Figure 1, three more times. A total of 64 steps are taken.
		<u>Figure 2</u> - "Pinten Sus" (Clicks in the air)
		<u>Men</u>
1	1	Facing ctr, with hands held down at sides and ft together, jump down in place on both ft, knees flexed
	2	Straightening and locking knees, bounce in place on both heels
	&	Bounce again on both heels
2	1	Jump, with ft apart, onto both ft
	&	Jump up, clicking heels in air directly below you
	2&	Repeat pattern Cts 1&, Meas 2, Figure 2
3-14		Repeat pattern Meas 1-2, Figure 2, six more times
15		Repeat pattern Meas 1, Figure 2
16	1&	Repeat pattern Cts 1&, Meas 2, Figure 2
	2	Come down with ft together in place.
		CUE: Down-Bounce-Bounce-Apart-Click-Apart-Click
		S - Q - Q - Q - Q - Q - Q
		<u>Women</u>
1		Repeat pattern Meas 1, Figure 2, Men
2	1	Repeat pattern Ct 1, Meas 1, Figure 2, Men
	2	Repeat pattern Ct 1, Meas 1, Figure 2, Men
3-16		Repeat pattern Meas 1-2, Figure 2, Women 7 more times
		CUE: Down-Bounce-Bounce-Down-Down
		S - Q - Q - S - S