

Troaca

(Romania)

Troaca ("troh-AH-kah," which means "trough") is a Romanian folk dance from Birca, Dolj, Oltenia. I learned this dance from Tita Sever at a course in Romania in the late 1970s.

MUSIC: "Troaca" (Electrocord ST-EPE 01734) (Folk dances from Dolj, Oltenia)

FORMATION: (Short) lines, may face each other. Back baskethold.

METER: 4/4

PATTERN

Meas

Introduction: 4 measures

1. Facing and moving fwd: Run 3 steps (R,L,R) fwd (1&2), hop on R ft (&). Facing fwd, but moving bwds: Run 3 steps (L,R,L) bkws (3&4), hop on L ft (&). *This resembles a very fast hora dreapta step.*
2. Repeat meas 1.
3. Facing and moving fwd: Jump onto R ft (1), stamp* L ft next to R (&), jump onto L ft (2), stamp R ft next to L (&), jump onto R ft (3), stamp L ft next to R (&), stomp* onto L ft (4). Bring R knee fwd to begin the first "horse step," a large fwd bicycle-like motion (&).
4. Facing fwd and dancing in place, complete the two "horse" steps: after having brought R knee fwd and R ft around in a large bicycle-like motion, slide the R ft into place next to the L ft and take weight on R ft (1), then do the same "horse" step with L knee, leg and ft (2). Do one "brülețuț" step: While hopping slightly on L ft on each beat, touch heel of R ft directly fwd (3), twisting lower body to L, touch ball of R ft diag to R (&), straightening lower body, again touch heel of R ft directly fwd (4), stomp fwd onto R ft (&).
5. Facing and moving fwd: bouncing on R ft, touch heel of L ft fwd (1), jump fwd onto L ft (&), bouncing on L ft, touch heel of R ft fwd (2), jump fwd onto R ft (&), bouncing on R ft, touch heel of L ft fwd, leaning slightly back and shouting "Una!" (3), hold (&). Facing fwd and moving bwd: step bkws onto L ft (4), step on R ft next to L (&).
6. Continuing to move bwd: Touch heel of L ft fwd, leaning slightly back and shouting "două!" (1), hold (&), step bkws onto L ft (2), step on R ft next to L (&), touch heel of L ft fwd, leaning slightly back and shouting "trei!" (3), hold (&), step bwds onto L ft (4), step on R ft next to L and twist L ft up in front of R shin (&).

cont...

7. Facing fwd and dancing a short "indirect crossing step" in place: Step on L ft to L (1), step on R ft in front of L (&), step on L ft in place (2), hop on L ft (&). Facing and moving fwd: run 3 steps (R,L,R) fwd (3&4), hop on R ft (&).
8. Facing fwd and moving bkws: Run 3 steps (L,R,L) bkws (1&2), hop on L ft (&). Facing fwd and dancing in place: Stomp on R ft next to L (3), stomp on L ft next to R (4).

Repeat from the beginning.

** Note on my dance terminology: "Stamp" always means striking a foot (or part of a foot) on the floor to make a noise without taking weight on this foot. "Stomp" means a heavy step (with weight transfer) which makes a noise.*