

URSUREASCA
(The Bear's Dance)
(Romania)

Music: Romanian Folk Dances Nevafoon 14004
2/4 meter

Formation: Circle of men and women but not linked. Thumbs tucked into one's own vest.

Introduction: 16 measures

<u>Measure</u>	<u>Pattern</u>
	Phrase I
1	Facing LOD lift L (ct 1) stamp R (ct &) step R (ct 2)
2	repeat measure 1 reverse footwork
3	repeat measure 1
4	turn to face RLOD & stamp L (ct 1) hold (ct 2)
5-8	facing RLOD repeat measure 1-4 reversing footwork
9-16	repeat measure 1-8
	Phrase II
1	Facing slightly R step diag. fwd R on heel (ct 1) step in place L (ct &) close R to L no wt (ct 2)
2	repeat measure 1 (phrase II)
3	moving in LOD step R (ct 1) close L (ct &) step R (ct 2) close L (ct &)
4	step R (ct 1) close L (ct &) step R (cts 2&)
5-8	repeat 1-4 reversing footwork & direction
1	Facing and moving twd ctr lift L (ct &) step R (ct 1) step L (ct 2)
2	step R (ct 1) step L bk. (ct 2)
3	continuing bk. step R (ct 1) step L (ct 2)
4	step R (ct &) step L (cts 1-2)
5-6	repeat measures 1-2 of Phrase II
7	in place jump twisting to L (ct 1) jump twisting to R (ct 2)
8	in place facing fwd jump

Presented by Sunni Bloland