

ARDELEANA DE LA OTELUL ROSU

Source: Taught by Nicolaas Hilferink at Autumn Leaves XXL, Nashville International Folk Dancers, 2004

Formation: Circle of couples standing face-to-face, w/M on the outside and W on the inside, holding hands low w/straight elbows. M's palms face up. Elbows must be held slightly rigid to make arm movements possible.

Rhythm: 4/4 Introduction - 16 counts.

Measures Variation A - Sides/Turns

- 1 M travelling to his R, arms move to R, step R to R (1, 2), arms move to L, step L beside R (3, 4)
 - 2 Arms move to R, step R to R (1, 2), arms stay on R, close L beside R nbw (3, 4)
 - 3 M travelling to his L, repeat measure 1 w/opposite footwork
 - 4 Arms move to L, step L to L (1, 2), arms keep moving up and around to bent elbows, close R beside L (3, 4)
 - 5 Arms sway to R, step R to R (1), step L beside R (2), step R (3, 4)
 - 6 Arms sway to L, step L to L (1), step R beside L (2), step L (3, 4)
 - 7 Releasing W's R hand and turning her once to her L under M's R arm, step R to R (1, 2), step L beside R (3, 4)
 - 8 Step R to R (1, 2), close L to R nbw (3, 4) arms finish down in starting position
NOTE: W does opposite footwork to M, including turning once to M's L during 7-8
- 9-16 REPEAT measures 1-8 w/opposite footwork

Variation B - Switch Places

M and W are going to switch places 4 times very quickly, so strong arm work is essential. The arms are straight and pull you towards each other during switch.

- 1 Switch places, passing L shoulders, both M and W hop on L (1), step FWD on R (2), step FWD on L (3, 4)
- 2 Facing each other, bounce on both feet (1, 2), bounce again (3, 4)
- 3-4 Switch places again, passing R shoulders repeating measures 1-2 w/opposite footwork (hop R)
- 5-8 REPEAT measures 1-4, arms finish w/bent elbows in front

Variation C

- 1 Arms sway to R, M steps R to R (1), step L beside R (2), step R (3, 4)
 - 2 Arms sway to L, M steps L to L (1), step R beside L (2), step L (3, 4)
 - 3 Releasing W's R hand and turning once to her L under M's R arm, step R to R (1, 2), step L beside R (3, 4)
 - 4 Step R to R, (1), step L beside R (2), step R (3, 4)
NOTE: W does opposite footwork to M, including turning once to M's L during 3-4
- 5-8 REPEAT measures 1-4 w/opposite footwork, arms finish down in starting position

SEQUENCE - A, B, C A, B, C A, B, C

