

SIRBA DE LA VADOUL LOUI ISAK ROMANIA

Dance Meaning: Loui Isak's Sirba from Vadoul

Pronunciation: Sirba de la Vadoul Loui Isak

Choreography: by Jim Gold in Romanian folk dance style.

Music: Joc Ensemble

Formation: Open Circle, arms in V position

Meter: 4/4

Jim Gold YouTube video: <https://www.youtube.com/watch?v=aDFZ06Lht00>

Introduction: 5 measures

Measures:

FIRST STEP (PART I)

Sevens right and left

- 1 Step to R(ct 1), step L behind R(ct &)
- 2 Step to R(ct 2), step L behind R(ct &)
- 3 Step to R(ct 3), step L behind R(ct &)
- 4 Step to R(ct 4), stamp on L next to R no weight(ct &)
- 5-8 Repeat meas 1-4 opp dir, opp ft.
- 9-16 Repeat meas 1-8

SECOND STEP (PART II)

Into ctr and back

- 1 Step into ctr on R(ct 1), L(ct 2), R(ct 3), hop on R(ct 4)
 - 2 Step bck on L(ct 1), R(ct 2), L(ct 3), hop on L(ct 4)
- #### Grapevine left
- 3 Step R in front of L(ct 1), step L to side of R(ct 2),
Step R behind L(ct 3), step L to side of R(ct 4)
 - 4 Repeat meas 3
 - 5-8 Repeat meas 1-4

THIRD STEP (PART III)

Transition: Lifts and crossing step

- 1 Facing ctr: Step on R in place(ct 1), lift L(ct 2)
Step on L in place(ct 3), lift R(ct 4)
 - 2 Repeat meas 1
- #### Crossing step:
- 3 Cross R over L(ct 1), step on L in place(ct 2),
Step on R in place(ct 3), cross L over R(ct 4)
 - 4 Step on R in place(ct 1), step on L in place(ct 2)
Cross R in front of L(ct 3), step on L in place(ct 4)
 - 5-6 Repeat meas 1-2
- #### Jump and hold step
- 7 Cross R over L(ct 1), step on L in place(ct 2),
 - 8 Jump on both feet spread apart and hold 4 cts (ct 3,4, ct 1, 2)

Jump on both feet(ct 3), bring both feet together (ct 4)

Dance Tag: End of Dance Step:

Into ctr and back

- 1 Step into ctr on R(ct 1), L(ct 2), R(ct 3), hop on R(ct 4)
Step bck on L(ct 1), step on R in place(ct 2)
- 2 Step on L(ct 3-4)

ORDER OF STEPS:

1. First Step: 1x, Second Step: 1x, Third Step: 1x
2. First Step: 1x, Second Step: 1x
Four Lifts: (Meas 1-2 of Third Step)
3. First Step: 1x, Second Step: 1x, Third Step: 1x
4. First Step: 1x, Second Step: 1x,
Four Lifts: (Meas 1-2 of Third Step)
5. First Step: 1x, Second Step: 1x, Third Step: 1x
6. First Step: 1x
Dance tag: Ending