

Sârba Zărneștenilor

(Muntenia, Romania)

Pronunciation: SUHR-bah zuhr-nehch-TEH-nee-lohr

Music: 2/4 meter *Sonia Dion & Cristian Florescu Romanian Realm Vol. 5, Band 16*

Formation: Mixed circle; hands in V-pos, facing and moving CCW

<u>Meas</u>	<u>2/4 meter</u>	<u>Pattern</u>
1-16	<u>INTRODUCTION</u> No action.	
	I. <u>TWO-STEP AND STAMPING</u>	
1	Step fwd on R heel, R leg straight in front and L knee bent (ct 1); step L near R heel (ct &); step fwd on R (ct 2). Note: cts 1&2 = one Two-Step leading with heel.	
2	Repeat meas 1 with opp ftwk (starting L heel).	
3	Repeat meas 1 (starting R heel). Note: meas 1-3 = three fast Two-Steps.	
4	Step fwd L diag in LOD (ct 1); step R in place behind L heel (ct 2). Optional shout: "Hei hop" (hey HOHP)	
5	Slight hop on R, body facing ctr and slightly raise L in front, knee bent 45° (ct 1); step L slightly to L (ct 2).	
6	Step R across in front of L (ct 1); step L in place (ct 2).	
7	Step R near L (ct 1); stamp L slightly in front (without wt) (ct 2). Optional shout: "una" (OO-nah)	
8	Step L near R (ct 1); stamp R slightly in front (without wt) (ct2). Optional shout: "două" (DOH-uh)	
9-16	Repeat meas 1-8.	
	II. <u>TWO STEP AND FLOREÇICA STEP.</u>	
1-6	Facing ctr, repeat Fig I, meas 1-6.	
7	Step R near L (ct 1); step L in front of R (ct 2).	
8	Step R in place (ct 1); step L near R (ct 2).	
9-16	Repeat meas 1-8	

III. TRAVELLING STEPS AND GRAPEVINE

- 1 Facing ctr, moving to R, step R to R (ct 1); step (slight leap) L next to R with wt (ct 2).
- 2 Step R to R (ct 1); raise L leg (slightly bent knee) in front (ct 2).
Note: meas 1-2 are like *pas chasse*.
- 3 Step L across in front of R (ct 1); raise R leg with knee bent behind 45° (ct 2).
- 4-9 Repeat meas 1-3, two more times (three times total), but on ct 1 of meas 9, step L to L.
- 10 Facing ctr, moving to L, step R across in front of L (ct 1); leap L to L (ct 2).
- 11 Step R crossing behind L (ct 1); leap L to L (ct 2).
- 12 Step R across in front of L (ct 1); raise L leg, knee bent behind 45° (ct 2).
- 13 Large step L to L with bent knee and sway body L, extending R with toes still touching the floor (ct 1); straighten L knee, and end with swaying body L (ct 2).
- 14 Step R in place with bent knee and sway body R, extending L with toes still touching the floor (ct 1); straighten R knee, and end with swaying body R (ct 2).
- 15 Step L in place with bent knee and sway body L, extending R with toes still touching the floor (ct 1); straighten L knee, and end with swaying body to L and lift R leg with knee bent behind (ct 2).
- 16-18 Repeat meas 1-3.
- 19 Large step R to R with bent knee and sway body R, extending L with toes still touching the floor (ct 1); straighten R knee, and end with swaying body R (ct 2).
- 20 Step L in place with bent knee while swaying body L, extending R with toes still touching the floor (ct 1); straighten L knee, and end with swaying body L and lifting R leg with knee bent behind (ct 2).
- 21-40 Repeat meas 1-20.

Sequence:

Introduction

(Fig1, Fig2, Fig3) twice+

Fig1, Fig2, Fig1, Fig3

Fig1, Fig2, Fig1

Ending: Stamp L twice.

Presented by Sonia Dion & Cristian Florescu