

ALUNELUL

This is an easy Romanian dance. It was introduced in this country by Larisa Lucaci, Romanian dance expert. "Alunelul" means "hazelnuts".

FORMATION: Circle of no partners, all hands joined facing center.

- Part 1 All move sideways to the right 5 steps, start on right foot to the side and bring left foot in back of right as you do the 5 steps. Now stamp left foot twice in place using heel. Repeat the 5 steps to the left with the right foot going in back. Stamp right heel twice. Repeat part 1 again.
- Part 2 Take 3 steps sideways to the right (rlr) with left going in back of right. Stamp left heel once. Repeat 3 times steps to the left (lrl) and stamp right heel once. Repeat part 2 again.
- Part 3 In place, step on right foot, stamp left.
Step on left foot, stamp right.
Step on right foot.
Stamp twice on left foot.
Step on left, stamp right.
Step on right, stamp left.
Step on left, stamp twice on right foot.
Repeat part 3 again.

Repeat dance from beginning. If you had a speed adjuster on your record player, increase it gradually. The steps should be done in a light, lively manner with leaping and running.