

BRIUL PE OPT

Pronunciation: BREW peh OHPT
 Translation: "8-Count Belt Dance"
 Region: Muntenia
 Formation: Semicircle holding neighbors' belts
 Meter: 2/4
 Tempo: Medium to Fast

Note on meter: Figures 2, 3 & 4 utilize quick and slow counts for ease of description. A quick count has a value of an eighth note (♪) and a slow count has the value of a quarter note (♩) or (♪).

FIGURE 1

<u>Measure</u>	<u>Count</u>	<u>Description</u>
1-4	-	Introduction - wait four measures.
5	1	Step sideward to the R onto the ball of the R ft
	&	lower the R heel to the floor.
	2	Step onto the ball of the L ft beside the R ft
	&	lower the L heel to the floor.
6	1	Step sideward to the R onto the ball of the R ft
	&	lower the R heel to the floor.
	2	Step onto the ball of the L ft beside the R ft
	&	keeping the ball of the R ft on the floor, tap the R ft in place.
7	-	Repeat measure 2 with opposite ft work and direction
8-16	-	Repeat measures 5 thru 7 three (3) more times.

FIGURE 2

1-2	Quick	Facing the front, bounce on the L heel
	Slow	Step onto the R ft to the R diagonal
	Slow	Step onto the L ft behind the L ft
	Quick	Leap to the R onto the R ft
	Slow	Step onto the L ft crossing in front of R ft
3-16	-	Repeat measures 1-2 seven (7) more times.

FIGURE 3

1-2	Quick	Facing slightly to the R, bounce on the L heel
	Slow	Stamp fwd onto the R ft
	Slow	Swing the L ft fwd scuffing the L heel beside the R ft
3	Quick	Tap the L heel fwd
	Slow	Step fwd onto the L ft
	1	Hop on the L ft
	&	Step fwd onto the R ft
	2	Step fwd onto the L ft
4	-	Repeat measure 3
5-16	-	Repeat measures 1-4 three (3) more times.

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FIGURE 4 (Note: This figure can be done either in place or moving to the R)

<u>Measure</u>	<u>Count</u>	<u>Description</u>
1-2	Quick	Hop on the L ft, kicking the R ft fwd in the air in front of the L ft
	Slow	Step onto the R ft, kicking the L ft fwd in the air in front of the R ft
	Slow	Hop on the R ft, kicking the L ft fwd in the air in front of the R ft
	Quick	Hop on the R ft, kicking the L ft fwd in the air in front of the R ft
	Slow	Step onto the L ft, kicking the R ft fwd in the air in front of the L ft
3	1	Hop on the L ft kicking the R ft fwd in the air in front of the L ft
	&	Begin a "scissors step" by stepping in place onto the R ft & kicking the L ft fwd into the air
	2 (&)	Step onto the L ft in place, while kicking the R ft fwd into the air
4	-	Repeat measure 3
5-16	-	Repeat measures 1-4 three (3) more times.

FIGURE 5 - "Scissors"

1	1	Facing fwd, hop on the L ft, lifting the R ft in the air in front of the L ft
	&	Step back onto the R ft in place swinging the L ft fwd into the air
	2	Repeat count "&" of this measure with opposite ftwk
2	&	Repeat count "&" of this measure
	1	Step back onto the L ft in place lifting the R ft fwd into the air
	&	Repeat count "1" with opposite ftwk
3	2 (&)	Repeat count "1"
	1	Hop on the L ft lifting the R ft in the air in front of the L ft
	&	Step back onto the R ft swinging the L ft fwd into the air
4	2 (&)	Repeat count "&" of this measure with opposite ftwk and direction
	-	Repeat measure 3
5-16	-	Repeat measures 1-4 three (3) more times.

FIGURE 6 - "Clicks"

1	1	Step (or hop) to the L onto the L ft and extend the R ft in the air to the R
	&	Click the R ft to the L ft displacing the L ft into the air
	2 &	Repeat counts "1&"
2	1 &	Repeat counts "1&" of measure 1
	2 (&)	Step to the L onto the L ft
3	1	Hop on the L ft & extend the R ft in the air to the R
	&	Click the R ft to the L ft displacing the L ft into air
	2 (&)	Step in place onto the L ft
4	-	Repeat Measure 3
5-8	-	Repeat meas. 1-4 with opposite ftwk & direction
9-16	-	Repeat Measures 1-8

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FIGURE 7 - "Short Cross"

<u>Measure</u>	<u>Count</u>	<u>Description</u>
1	1	Hop (or step) on the L ft
	&	Step onto the R ft across in front of the L ft
	2	Step back in place on the L ft
2	&	Step onto the R ft in place beside the L ft
	1	Step onto the L ft across in front of the R ft
	&	Step in place onto the R ft
	2	Step onto the L ft in place beside the R ft
3-4	-	Repeat measures 3 & 4 of Figure 6
5-16	-	Repeat measures 1-4 three (3) more times.

FIGURE 8 - "Reel Step"

1	1	Hop on the L ft
	&	Step onto the R ft directly behind the L ft
	2	Step onto the L ft in place in front of the R ft
	&	Step onto the R ft in place behind the L ft
2	-	Repeat measure 1 with opposite ftwk
3-8	-	Repeat measures 1 & 2 three (3) more times

FIGURE 9 - "Leap-Stamp"

1	1	Hop on the L ft
	&	Step behind the L ft onto the R ft
	2	Step sideward to the L onto the L ft
	&	Step behind the L ft onto the L ft
2	1	Pause slightly
	&	Leap to the L onto the L ft
	2 (&)	Stamp the R ft across in front of the L ft (Note: No weight on the R ft)
3-8	-	Repeat measures 1 & 2 three more times.

FIGURE 10 (Note: Facing to the L but traveling backward to the R)

1	1	Hop on the L ft
	&	Step behind the L ft onto the R ft
	2	Step in place onto the L ft in front of the R ft
	&	Step onto the R ft in place behind the L ft
2	1	Pause slightly
	&	Hop on the R ft
	2 (&)	Step behind the R ft onto the L ft
3-8	-	Repeat measures 1 & 2 three (3) more times.

FIGURE 11

1	1	Hop on the L ft
	&	Step fwd onto the R ft across in front of the L ft
	2	Close the L ft to the heel of the R ft
	&	Step fwd onto the R ft across in front of the L ft
2	1	Pause slightly
	&	Hop on the R ft
	2 (&)	Step onto the L ft across in front of the R ft
3-8	-	Repeat measures 1 & 2 three (3) more times.

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FIGURE 12 - "Grapevine"

<u>Measure</u>	<u>Count</u>	<u>Description</u>
1	1	Hop on the L ft
	&	Step sideward to the R onto the R ft
	2	Step onto the L ft in front of the R ft
2	&	Step sideward to the R onto the R ft
	1	Step onto the L ft behind the R ft
	&	Step sideward to the R onto the R ft
	2 (&)	Step onto the L ft in front of the R ft
3	1	Hop on the L ft
	&	Step sideward to the R onto the R ft
	2 (&)	Step onto the L ft behind the R ft
4	1	Hop on the L ft
	&	Step sideward to the R onto the R ft
	2 (&)	Step onto the L ft across in front of the R ft
5-16	-	Repeat measures 1-4 three (3) more times.

FIGURE 13 - "Scissors with Kicks"

1	1	Facing to the L diagonal, step (or hop) on the L ft in place, swinging the R ft fwd into the air.
	&	Step onto the R ft back in place and swing the L ft fwd into the air
	2 &	Repeat counts "1&" of this measure
2	1&	Repeat counts "1&" of measure 1
	2 (&)	Step onto the L ft back in place and swing the R ft fwd into the air
3-4	1-2-1-2	Kick the R ft (4) times in the air in front of the L ft while hopping four (4) times on the L ft & turning to the R diagonal
5-8	-	Repeat measures 1-4 with opposite ftwk & direction
9-16	-	Repeat measures 1-8.

FIGURE 14 - "Reel with Jumps"

1	1	Step (or land) on the L ft in place
	&	Step onto the R ft behind the L ft
	2	Hop on the R ft
2	&	Step onto the L ft behind the R ft
	1	Hop on the L ft
	&	Step onto the R ft behind the L ft
	2	Execute a small quick jump onto both feet about shoulder width apart
3	&	Jump into the air, clicking the heels together underneath the body
	1	Land on the L ft
	&	Stamp the R ft slightly in front
4	2 &	Repeat counts "2&" of measure 2
	-	Repeat measure 3
5-12	-	Repeat measures 1-4 two (2) more times
13-15	-	Repeat measures 1-3 once more
16	1	Land on the L ft extending the R ft in the air
	&	Click the R ft to the L ft displacing L ft into the air
	2 (&)	Step in place onto the L ft.

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FIGURE 15 - "Swings Across"

<u>Measure</u>	<u>Count</u>	<u>Description</u>
1	1	Hop on the L ft
	&	Step onto the R ft across in front of the L ft
	2 (&)	Step in place onto the L ft
2	1	Leap onto the R ft and sharply swing the L ft in the air across in front of the R ft keeping the L leg relatively straight
	2	Repeat the movements of count "1" with the opposite ftwk
3	1	Hop on the L ft
	&	Step fwd onto the R ft
	2 (&)	Close the L ft beside the R ft
4	-	Repeat measure 3
5-16	-	Repeat measures 1-4 three (3) more times.

FIGURE 16 - "Toes, Heel, and Down"

1	1	Hop on the L ft
	&	Step onto the R ft behind the L ft
	2	Hop on the R ft
2	&	Step onto the L ft behind the R ft
	-	Repeat measure 1
3	1	Hop on the L ft
	&	Step onto the R ft behind the L ft
	2 (&)	Execute a quick Jump onto the balls of both feet about shoulder width apart, keeping the heels in the air and the knees together
4	1 (&)	Bring the heels together underneath the body and switch the weight to the heels with the toes in the air and the feet at a 90 degree angle
	2 (&)	Chug slightly fwd onto both feet together
5-16	-	Repeat measures 1-4 three (3) more times.

FIGURE 17 - "Long Cross"

1	1	Hop on the L ft
	&	Step onto the R ft across in front of the L ft
	2	Step in place on the L ft (behind the R ft)
2	&	Step onto the R ft in place beside the L ft
	1	Step onto the L ft across in front of the R ft
	&	Step in place onto the R ft (behind the L ft)
	2	Step in place onto the L ft beside the R ft
	&	Step onto the R ft across in front of the L ft
3	1	Step onto the L ft in place (behind the R ft)
	&	Step onto the R ft beside the L ft
	2	Step onto the L ft across in front of the R ft
4	&	Step in place onto the R ft (behind the L ft)
	1	Step onto the L ft beside the R ft
	&	Step onto the R ft across in front of the L ft
5	2 (&)	Step in place onto the L ft (behind the R ft)
	1	Hop on the L ft, swinging the R ft in the air to the R diagonal
6	&	Click the R ft to the L ft displacing the L ft into air
	2 (&)	Step in place onto the L ft beside the R ft
	-	Repeat Measure 5

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FIGURE 17 (Cont.)

<u>Measure</u>	<u>Count</u>	<u>Description</u>
7	1	Hop on the L ft swinging the R ft in the air to the R diagonal
	&	Click the R ft to the L ft (<u>DO NOT DISPLACE THE L FT THIS TIME</u>)
	2	Execute a small quick Jump onto both feet about shoulder width apart
	&	Jump into the air and click the heels underneath the body
8	1	Land on the L ft extending the R ft in the air to the R diagonal
	&	Click the R ft to the L ft displacing the L ft into the air
	2 (&)	Step in place onto the L ft beside the R ft
9-16	-	Repeat measures 1-8.

FIGURE 18 - "Double Jumps"

1	1	Execute a small quick Jump onto both feet about shoulder width apart
	&	Jump into the air and click the heels underneath the body.
	2	Land on the L ft
2	&	Stamp the R ft slightly in front of the L ft
	1	Execute a small quick Jump onto both feet about shoulder width apart
	&	Jump up into the air & click the heels underneath the body
	2	Land on both feet about shoulder width apart
	&	Jump up into the air & click the heels underneath the body
	3	Repeat measure 1 with opposite ftwk
4	-	Repeat measure 2
5-8	-	Repeat measures 1-4

FIGURE 19 - "Single Jumps"

1	1	Execute a small Jump (or land) onto both feet about shoulder width apart
	&	Jump up into the air and click the heels underneath the body
	2	Land on the L ft
2	&	Stamp the R ft slightly in front of the L ft
	-	Repeat measure 1 with opposite ftwk
	3-6	-
7	-	Repeat measure 1 again
8	1	Stamp onto the R ft
	&	Stamp onto the L ft
	2 (&)	Stamp onto the R ft.