



Statewide 2006

Institute Syllabus

*Cristian Florescu
& Sonia Dion*

with dances from Romania

Samy Makar

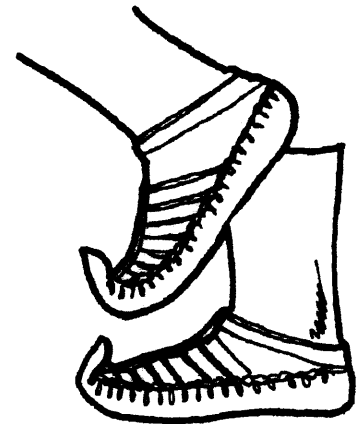
with Salsa Rueda mixers

Institute May 20-21, 2006

West Valley College, Saratoga, CA

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Federation Institute Committee



Hora de la Huși

From Moldova region, Romania

Presented by Sonia Dion & Cristian Florescu

Huși is a city in the Vaslui county and home of some of the best vineyards of Romania. The city is located on a branch of the Iași-Galați railway, nine miles west of the Prut River and the frontier with the Republic of Moldova.

Formation: mixed circle

Position: hands up in W position, facing center

Pronunciation: HOH-rah deh lah HOO-sh(ee)

Music: *Sonia Dion & Cristian Florescu Vol. 3, Band 14*

Style: Bouncing

Meter: 4/4

Pattern of *Hora de la Huși*

Meas. Count

1-8

Introduction (no action)

Figure 1

1	1&	Step on R to R bending both knees
	2	Close L next to R
	&	Step on R
	3&	Step on L to L bending both knees
	4	Close R next to L
	&	Step on L

2	1	Cross R ft in front of L ft to L
	2	Step on L swd to L
	3	Cross R ft behind to L
	4	Close L next to R (no wt)

3-4 Repeat measures 1-2 with opposite ftwk and direction

5-8 Repeat measures 1-4

Figure 2

1	1	Lift on L ft
	&	Step on R heel in front (no wt)
	2&	Step on R fwd
	3	Lift on R ft
	&	Step on L heel in front (no wt)
	4&	Step on L fwd

2	1&	Fall on both ft ('Échappé'), heels open to the sides
	2	Close heels together
	&	Bounce on both ft
	3&	Fall on both ft ('Échappé'), heels open to the sides
	4	Close heels together
	&	Bounce on both ft

Meter: 4/4

Pattern of *Hora de la Huși* (continued)

Meas. Count **Figure 2** (continued)

3 Do 4 walking steps bkwd starting with R ft (R, L, R, L)

4 Repeat measure 2

5-8 Repeat measures 1-4

Figure 3

(body facing LOD and moving LOD)

1 1 Step on R ball

& Step on L

2 Step on R

3 Step on L ball

& Step on R

4 Step on L

2 1 Step on R ball

& Step on L

2 Step on R

3 Step on L bkwd

4 Step on R bkwd

3 1 Turn ($\frac{1}{2}$ t) to the left with one step on L ball (facing RLOD)

& Step on R

2 Step on L

3 Turn ($\frac{1}{4}$ t) to the right (facing center), lift on L

& Step on R heel (no wt)

4& Step on R

4 1 Lift on R

& Step on L heel (no wt)

2& Step on L

3& Step on R bkwd

4& Step on L bkwd

5-8 Repeat measures 1-4

Final pattern:

Repeat 3 times; F1 + F2 + F3

Hora de munte

From Banat region, Romania

Presented by Sonia Dion & Cristian Florescu

The *Hora* is danced by both men and women of all ages, at Sunday dances and weddings and is used as an introductory dance. There are various regional variants of the *Hora* and some have specific names, such as *Hora mare* (large hora), the most common version, or *Hora lente* (slow hora). *Hora de munte* (mountain hora) is coming from the Semenic Mountain. This dance is an open *Hora* and progresses to the right and to the left.

The Semenic Mountains are a part of the southern group of the Occidental Carpathians, culminating with the Piatra Goznei Peak (1447 m) and the Semenic Peak (1445 m) and representing an important hydrographical knot; 'the water castle of Banat.'

Located in the southwest corner of Romania, Banat is a distinct entity in terms of its folklore. The style there is characterized by elegant movements, a nice and proud attitude. The name Banat comes from *ban*, the Romanian word for the military leader of a region.

Formation: open mixed circle **Position:** Hands up in W pos., facing center

Pronunciation: HOH-rah deh MOON-the

Music: *Sonia Dion & Cristian Florescu Vol. 3, Band 6*

Style: All of the steps to the side, and the *two-steps* must be danced in a curved manner as if on the edge of a small circle, curving slightly in on the right and the left.

Meter: 2/4

Pattern of *Hora de munte*

Meas. Count

16		Introduction (no action)
		Figure 1 (singing)
1	1	Step on R swd to R
	2	Close L next to R (no wt)
2	1	Step on L swd to L
	2	Close R next to L (no wt)
3	1	Step on R to R (body facing slightly LOD)
	2	Step on L to R
4	1	Step on R (facing center)
	&	Step on L ball
	2	Step on R
		(1&2 = one two-step)
5-8		Repeat measures 1-4 with opposite ftwk and direction

Meter: 2/4

Pattern of *Hora de munte* (continued)

Meas. Count **Figure 2** (instrumental melody)

1-2 Do 4 walking steps twd center, starting with R ft (R, L, R, L)

3 1 Step on R to R (slightly)
& Step on L ball next to R ft
2 Step on R
(1&2 = one two-step)

4 Repeat measure 3 with opposite ftwk and direction

5-6 Repeat measures 1-2 bkwd

7-8 Repeat measures 3-4

Final pattern: (according to the singing and instrumental music)

F1 + F1 + F1 + F2 +
F1 + F1 + F1 + F2 +
F1 + F1 + F1 + F1 + F2 + F2 +
F1 + F1.

Presented by Sonia Dion & Cristian Florescu, © 2006

Song for Hora de munte (Banat)

C-am venit cu voie bună hai bună seara
Să petrecem împreună hai bună seara (2x)
Vom petrece și-om juca hai bună seara
Inima ne-om bucura hai bună seara

I have gladly come, good evening
To rejoice with you
We will celebrate and dance
Our hearts will be very happy

C-am venit aici la voi hai bună seara
Să vă petreceți cu noi hai bună seara (2x)
C-am venit cu voie bună hai bună seara
Să petrecem împreună hai bună seara

I have come here
To rejoice together
I have gladly come
To rejoice with you

Haida oameni buni jucați hai bună seara
Și paharele-nchinați hai bună seara (2x)
Astă seară-i seară mare hai bună seara
Cu vin bun și lăutare hai bună seara(2x)

Let's dance good people
Take glasses of wine and cheers
This evening is a special evening
With great wines and musicians

Dragu mii unde-am venit hai bună seara
Și cu șin m-am întâlnit hai bună seara
Ca aici-as oameni buni hai bună seara
Nu moi duce până luni hai bună seara

I like this place where I came
And the people I have met
Because there are good people here
I don't leave this lovely place until Monday!

Hora șchioapă

From Basarabia, Moldavia

Presented by Sonia Dion & Cristian Florescu

Hora, plural *Hore* (same reading as Greek *Horae*), is the name of an ancient circular dance, which survived up to now days in Romania. In the ancient times, naked women danced it. In Romania there were found three clay depictions of this dance, two of them having five dancers and one with six dancers. The last one, which is the most famous, was found at Bodești-Frumusica, in Moldavia. All of them are dating from 4000 – 3000 BC.

The word *șchioapă* means limping and this dance is a great example of very old *Hore*.

Formation: mixed circle

Position: hands up in W pos, facing center

Pronunciation: HOH-rah CHKIOHAH-peu

Music: *Sonia Dion & Cristian Florescu Vol. 3, Band 10*

Meter: 2/4

Description of *Hora șchioapă*

Meas. Count

Introduction

1-4

no action

5-16

Do 24 walking steps moving and facing slightly to the right (LOD), starting R ft. Do tiny circles with your hands (up first, twd center,...) On the last count turn to face center.

Figure 1

1-2

1-3
4

Do 3 steps R, L, R twd center
Touch with L ball (no wt) next R ft

3-4

1-3
4

Do 3 steps L, R, L bkwd
Stamp on R (no wt) beside and slightly in front of L ft, R toes pointing diag. to the left (20°)

&

Stamp on R (no wt) beside and slightly in front of L ft, R toes pointing diag. to the right (20°)

5-8

Repeat measures 1-4

Figure 2 (grapevine)

(facing center and moving to the left)

1

1
2

Step on R across in front of L ft
Step on L to the side

2

1
2

Step on R behind L ft turning body slightly twd right
Touch on L ball (no wt) slightly across R ft

Joc de bâță

From the Mureș region (Mid-Eastern part of Transylvania), Romania
Presented by Sonia Dion & Cristian Florescu

Joc de bâță means «dance of the sticks». Originally, this dance was done only by middle aged men. They used a stick to allow for better agility in the execution of their steps. Today, this dance can be found only in a few villages and the dancers do not necessarily use a stick.

Formation: mixed circle

Position: free hands, facing LOD

Pronunciation: ZHOK deh Buh-tuh

Music: *Sonia Dion & Cristian Florescu Vol.3, Band13*

Style: The arms should move in a natural movement and in harmony with the footwork.

Exactly like walking movement (ex: step on R ft and bring L arm in front) or using a stick.

Meter: 4/4

Description of *Joc de bâță*

Meas. Count

1-2 Introduction (no action)

Figure 1

(facing and moving LOD)

1	1	Touch with L heel (no wt), L leg straight in front of the body. Bent R knee
	2	Step on L in place
	3	Raise R leg, knee bent at 45° and R ft close to L calf
	4	Step on R fwd (slightly)

2 Repeat measure 1

3	1	Raise L leg, knee bent at 45° and L ft close to R calf
	2	Step on L fwd (slightly)
	3	Raise R leg, knee bent at 45° and R ft close to L calf
	4	Step on R fwd (slightly)

4-6 Repeat measure 1, three times

7	1	Raise L leg, knee bent at 45° and L ft close to R calf
	2	Step on L fwd
	3	Step on R fwd
	4	Step on L fwd (slightly diag. to the left)

8	1	Click R ft to L, turn body facing center
	2	Clap hands together in front (chin level)
	3	Clap hands together in front (chin level)
	4	No action

Meter: 4/4 Description of *Joc de bâță* (continued)

Meas.	Count	Figure 2 (facing center)
1	1	Lift on L heel and twist outside R low-leg (<i>rond de jambe ext.</i>)
	2	Cross R ft behind L ft
	3	Step swd on L to the left
	4	Close R ft next L ft
2	1	Touch L heel in front (no wt) and bent R knee
	2	Touch L ball swd (no wt)
	3	Close L ft next R ft and lift R ft (slightly)
	4	Step on R and lift L ft (slightly)
3-4	Repeat measures 1-2 with opposite ftwk and direction	
5-6	Repeat measures 1-2	
7	1	Lift on R heel, twist outside L low-leg (<i>rond de jambe ext.</i>)
	2	Step on L behind R ft
	3	Lift on L heel, twist outside R low-leg (<i>rond de jambe ext.</i>)
	4	Step on R behind L ft
8	1	Click L ft to R
	2	Clap hands together in front (chin level)
	3	Clap hands together in front (chin level)
	4	No action
Figure 3		
1	1	Stamp on R in front (toes pointing to the left) (no wt)
	2	Stamp on R in front (toes pointing to the right) (no wt)
	3	Kick with R ft in front
	4	Step on R in place
2	Repeat measure 1 with opposite ftwk and direction	
3	1	Raise R leg, knee bent at 45° and R ft close to L calf
	2	Step on R twd center
	3	Raise L leg, knee bent at 45° and L ft close to L calf
	4	Step on L twd center
4	Repeat measure 1	
5	Repeat measure 2	
6	Repeat measure 1	
7-8	Repeat measures 7-8 of figure 2 (starting lift on R heel)	

Meter: 4/4

Description of *Joc de băță* (continued)

Final pattern:

F1 + F2 + F3 + F3 +

F1 + F2 + F3 +

F1 + F2 + F3 + F3 +

F1 + F2 + F3.

Presented by Sonia Dion & Cristian Florescu, ©2006

Maneaua

Gypsy dance, Romania

Presented by Sonia Dion & Cristian Florescu

Maneaua is a gypsy dance from the south of Romania which reflects the oriental influence. It is usually done in Oltenia, Muntenia and Dobrogea (costal area of Danube) and also in few Bulgarian villages of the north.

Formation: free, single or couple

Position: free hands

Pronunciation: mah-NAH-oo-ah

Music: *Sonia Dion & Cristian Florescu Vol. 3, Band 8*

Meter: 2/4

Pattern of *Maneaua*

Meas. Count

Introduction

1-8 Improvisation

Figure 1

- | | | |
|-------|---|---|
| 1 | 1 | Body facing center, step (partial wt) on R ft slightly in front of L ft |
| | 2 | Step (<i>čukče</i>) on L ft in place |
| 2 | 1 | Step (partial wt) on R ball behind |
| | 2 | Step (<i>čukče</i>) on L ft in place |
| 3-8 | | Repeat measures 1-2 three more times (4 total) |
| 9 | 1 | Step on R crossing in front (wt) |
| | 2 | Pause |
| 10 | 1 | Step swd on L ball to the left and lift R heel slightly |
| | 2 | Step on R heel in place |
| 11-12 | | Repeat measures 9-10 with opp ftwk and direction |
| 13-16 | | Repeat measures 9-12 |

Figure 2

- | | | |
|-----|---|--|
| 1 | 1 | Standing on L leg, step swd on R ball to the right |
| | 2 | Step on L, lifting R ft close to L calf |
| 2-3 | | Repeat measure 1 two times |
| 4 | 1 | Fall (without accent) on both ft in place |
| | 2 | Fall on R, lifting L ft close to R calf |

Note: Turn ½ t. to the left (CCW) with the ftwk of measures 1-4.

Meter: 2/4 Pattern of *Maneava* (continued)

Meas. Count **Figure 2** (continued)

5-8 Repeat measures 1-4 with opp ftwk and direction

9-16 Repeat measures 1-8

Style: The supporting leg should be bouncing especially in this figure.

Transition 1

1-2 Hands clapping: Q-S-Q-S-S

Transition 2

1-2 Hands clapping: Q-S-Q-S-S

3-4 Hands clapping: Q-S-Q-S-S

5 Hands clapping: Q-Q

Figure 3

1 & Lift L heel (slightly)
 1 Step R in front twd center
 2 Pause

2 1 Touch with L toes (no wt) behind
 2 Hop on R while scuffing L heel fwd

3-4 Repeat measures 1-2 with opp ftwk

5 1 Jump on both ft, crossing R ft in front of L ft

6 1 Bounce on both ft, turn ¼ t. to the left (CCW)
 2 Bounce on both ft, turn ¼ t. to the left (CCW). Finish back to the center

7-8 Do 4 walking steps R, L, R, L (twd outside the circle)

9-16 Repeat measures 1-8 (Back to the center)

Figure 4 (women) *

1 1 Step on R in place, push R hip to R side
 2 Push R hip to R side

2 1 Step on L in place, push L hip to L side
 2 Push L hip to L side

3-8 Repeat measures 1-2 three more times (4 total)

Opincuța

From Basarabia, Moldavia

Presented by Sonia Dion & Cristian Florescu

Opincuța is a fast Hora from the Balți region. One of the remarkable characteristics of the Hora family is the arm movement, as the arms are held in W position. Usually the hands create small circles and thus give a dynamic and enticing feel to the dance. However, the movement should always be done with a certain nimbleness and subtlety.

This dance is performed through a magnificent interpretation of a popular song by a choir of Moldavian children. The crystal clear and warm voices of these kids make you want to dance with pleasure and vigor.

Formation: mixed circle

Position: Hands up in W pos., facing center

Pronunciation: oh-PEEN-khoo-tsah

Music: *Sonia Dion & Cristian Florescu, Vol. 3, Band 3*

Meter: 2/4

Description of *Opincuța*

Meas.	Count	
1-16	32	Musical introduction Feet together, hands doing tiny circles (up first, twd center of circle ...) in W position <u>Figure 1</u>
1	1	Step on R swd to R and swinging forearms to R (windshield mvt.)
	2	Close L next to R (with wt) and swinging forearms to L (wind. mvt.)
2	1	Step on R swd to R and swinging forearms to R (windshield mvt.)
	2	Close ball of L ft next to R (no wt) and swinging arms to take original pos.
3-4		Repeat measures 1-2 with opp ftwk and direction
5	1	Moving to the right, step on R (flat ft) slightly diag. to the right, hands doing tiny circles (up first, twd center of circle,...)
	&	Close L next to R (with wt)
	2	Repeat count 1.
	&	Stamp on L slightly diag. to the center near R ft
6		Repeat measure 5 with opp ftwk to the right
7		Repeat measure 5
8	1	Step on L (entire foot)
	&	Step on R
	2	Step on R
		(1&2 = one <i>two-step</i>)
9-16		Repeat measures 1-8

Meter : 2/4

Description of *Opincuta* (continued)

Meas.	Count	Figure 2
1-2		Repeat measures 1-2 of figure 1.
3	1 2	Step on L to the left Close R next to L (with wt)
4	1 & 2 &	Step on L to the left Brush with R heel, bend knee. Leg crossed in front of other leg Follow through with the movement of lifting the R leg to obtain 90° Bring down R ft (no wt) close to L ft (heel in the middle L ft)
5	1 2	Set down R ft twd the right, slightly oriented twd the line of direction (LOD) but the body remains facing center. The arms begin to swing down twd the back to a V pos. Cross L ft in front, the arms continue to swing back
6	1 2	Step on R ft to the right and bring back the arms to W pos. Step on L ft in place while changing direction (RLOD).
7-8		Do 2 <i>two-steps</i> to the left starting with R ft
9-16		Repeat measures 1-8

Final pattern:

Repeat 4 times; F1 + F2

Song for Opincuța

Frunzuliță iasomie diridi-diridaida
Astă hora-mi place mie diridi-dirididaida (2x)
De micuță am jucat diridi-diridaida
Cum-mama mo-nvățat diridi-dirididaida

Small leaves of jasmine
That's the dance I enjoy
I am dancing this one since I was a child
Likes my mother showed me

Și se joacă pe-nserat diridi-diridaida
Când-e sărbătoare-n sat diridi-dirididaida (2x)
Cântă fete sprâncenate diridi-diridaida
Cu flăcăi din multe sate diridi-dirididaida

And dance during evening
When it is a party into the village
Sing the pretty girls
With the young boys of the village

Zi cobzare zi cu foc diridi-diridaida
Cu drag să intrăm în joc diridi-dirididaida (2x)
Hora să se facă roată diridi-diridaida
Căi horă de altădată diridi-dirididaida

And the player of lute plays with fire
So, with pleasure we will dance
Hora will be like a wheel
Because it's a very old *Hora*

Nici moșnegii nu se lasă diridi-diridaida
Strigă babele de-acasă diridi-dirididaida (2x)
Să vină la hora mare diridi-diridaida
În haine de sărbătoare diridi-dirididaida
Căi horă moldovenească diridi-diridaida
Toată lumea să poftescă diridi-dirididaida

Even old men don't give up!
They invite their old wife to come from home
To join the huge *Hora*
With their most beautiful 'Sunday dress'
Because it is *Hora* moldovan
Everybody enjoy!

Saturday

guapea
un fly
dame

el uno

enchufia
enchufia doble

sombrero

Sunday

entra
pasala con las manos

hombres cero
hombres derecha
mujeres derecha
vente dos

la rosa

SALSA RUEDA

**Notes by Sammy Makar
Statewide 2006, May 20-21
Saratoga, California**

Saturday Class

Styling Points

- Keep step sizes small
- Always start with the toes
- Idealy heels should never touch the ground
- Keep knees bent
- Always change weight on 1 2 3, 5 6 7.
- Always pause on beats 4 and 8
- Ladies make sure arm goes straight up to avoid hurting partner
- No thumbs

Count	Partner	English Meaning	Count
	Guapea	Handsome	
	Men		
1	Back on left foot (put weight on it)		Ladies
2	Replace weight on right foot without moving		1 Back on right foot (put weight on it)
3	Left foot back together		2 Replace foot on left foot without moving
4	pause		3 Right foot back together
5	Diagonal forward on right foot		4 pause
6	Replace weight on left foot weightout moving		5 Straight forward on left foot
7	Right foot back together		6 Replace weight on right foot without moving
8	pause		7 Left foot back together
			8 pause
	Un Fly	Fly ball (in baseball)	
	Men		
1-6	Same as Guapea		Ladies
7	Face center		1-6 Same as Guapea
8	Twist to right about 80 deg.		7 Face center
1	Freeze feet . clap		8 Twist to left about 80 deg.
2	Freeze feet. Twist back to center		1 Freeze feet, clap
3	Freeze feet. Keep twisting towards partner		2 Freeze feet. Twist back to center
4	pause		3 Freeze feet. Keep twisting towards partner
			4 pause

5-8 same as guapea

Dame
Men

1-8 Same as first part of Un Fly

1-8 dile que no

Gimmie another

El-Uno
Men

- 7 Change hands right to right (end of guapea)
- 1 Rock back on left foot
- 2 Replace weight on right foot while turning towards center. Right hand comes straight down
- 3 Big side step with left foot to other side of partner. Get hold of left hand (left to left)
- 5 Rock back on right foot
- 6 Replace weight on left foot while turning towards center

Number one

- 7 Big side step with right foot to other side of partner, turning slightly to face partner

- 1 Rock back on left foot
- 2 Replace weight on right foot while turning towards center. Right hand starts coming up
- 3 Big side step with left foot to other side of partner. Right hand goes over partner's head
- 5 Rock back on right foot. Both hands go down
- 6 Replace weight on left foot but stay in place. Both hands start coming up

- 7 Feet together. Right hand goes over partner's head, Left hand goes over your head

1-8 dile que no

Enchuffa

Plug it in

5-8 same as guapea

Ladies

1-8 Same as first part of Un Fly

1-8 dile que no

Ladies

- 7 Allow man to change hands right to right
- 1 Rock back on right foot
- 2 Replace weight on left foot while turning towards center
- 3 Big side step with right foot to other side of partner in hammerlock
- 5 Rock back on left foot
- 6 Replace weight on right foot while turning towards center. Right hand comes straight down
- 7 Big side step with left foot to other side of partner. End up in hammerlock. Turn slightly to face partner

- 1 Rock back on right foot
- 2 Replace weight on left foot while turning towards center
- 3 Big side step with right foot to other side of partner and right hand come over your head
- 5 Rock back on left foot
- 6 Replace weight on right foot while turning towards center. Right hand comes straight down
- 7 Feet together. Right hand goes over your head, Left hand goes over man's head

1-8 dile que no

Men

- 1 Rock back on left foot
- 2 Replace weight on right foot while turning towards center. Left hand starts coming up
- 3 Big side step with left foot to other side of partner. Left hand goes over partner's head and comes down after changing sides
- 5 Rock back on right foot.
- 6 Replace weight on left foot moving in front of partner
- 7 Big forward step to next partner.

1-8 dile que no with new partner

dile que no

- 1 Right hand on ladies back. Left foot rock forward
- 2 Replace weight on right foot moving slightly back
- 3 Left foot back together
- 4 pause
- 5 Lead lady in direction, while taking tiny step back with right foot
- 6 Take small step with left foot turning to left leading lady through woosh
- 7 Together step with right foot, ending in guapea position

Tell her no

Enchufia Doble

Men

- 1 Rock back on left foot
- 2 Replace weight on right foot while turning towards center. Left hand starts coming up
- 3 Catch lady on left shoulder with right hand, while still changing sides

- 5 rock back on right foot, keep hand on shoulder
- 6 replace weight on left foot

Plug it in twice

Ladies

- 1 Rock back on right foot
- 2 Replace weight on left foot while turning towards center
- 3 Big side step with right foot to other side of partner. Turn to face partner
- 5 Rock back on left foot
- 6 Replace weight on right foot while turning towards center.
- 7 Feet together, facing center

1-8 dile que no with new partner

- 1 Left hand goes straight up. Rock back on right foot
- 2 Replace foot on left foot moving slightly into circle
- 3 Right foot back together
- 4 pause
- 5 Forward on left foot facing CW on circle (starting a left turn)
- 6 Big step on right foot to get to other side of man (continuing turn)
- 7 Turn some more to face man

Ladies

- 1 Rock back on right foot
- 2 Replace weight on left foot while turning towards center
- 3 Big side step with right foot to other side of partner. Man's left hand will be on your back
- 5 Rock back on left foot
- 6 Replace weight on right foot while turning towards center.

7 big step back to starting point

2 x (1-8) enchufia

Sombrero

Men

- 1-5 same as guapea
- 6 place her left hand in your right hand. Get left to left under right to right
- 7 tap with left foot

Hat

- 1 bring hands down
- 2 bring hands up and turn lady to right
- 3 bring hands down
- 5 bring hands down

- 6 hands straight up.
- 7 right hand goes over ladies head, left hand goes over man's head, no turning

1-8 dile que no

7 Big side step with left foot to other side of partner. End up back where you started

2 x (1-8) enchufia

Ladies

- 1-5 same as guapea
- 6 allow hand change

7 tap with right foot towards center

- 1 step into circle with right foot
- 2 big side step facing partner turning another 90% to right
- 3 turn another 90% to right facing center, opposite side of start
- 5-7 Same as guapea. Follow man's lead for arms

1-8

Sunday Class

Styling Points

- Keep step sizes small
- Always start with the toes
- Ideally heels should never touch the ground
- Keep knees bent
- Always change weight on 1 2 3, 5 6 7.
- Always pause on beats 4 and 8
- Ladies make sure arm goes straight up to avoid hurting partner
- No thumbs

Count	Pattern	English Meaning	Count
	Entra	Entry Position	
	Everyone face center		
	Intersperse Men and Ladies		
	Men's palms face down		
	Ladies' palms face up		
	Hold hands		
	Men		
1	Step forward on left foot (put weight on it)		
2	Replace weight on right foot without moving		
3	Move left foot back to start position (put weight on it)		
4	pause		
5	Step back on right foot (put weight on it)		
6	Replace weight on left foot without moving		
7	Move right foot back to start position (put weight on it)		
8	pause		
	Ladies		
1	Step back on right foot (put weight on it)		
2	Replace weight on left foot without moving		
3	Move right foot back to start position (put weight on it)		
4	pause		
5	Step forward on left foot (put weight on it)		
6	Replace weight on right foot without moving		
7	Move left foot back to start position (put weight on it)		
8	pause		
	Pasata Con Las Manos	pass the ladies	
	NOTE: This step repeats until the call: <i>¡e no mas</i> (that's it no more)		
1	all footwork same as entra		1 same as entra
2			2
3	lead ladies to twist to left		3 Right foot moves forward instead of together
4			4 twist to left
5			5 step in front of partner
6	lead ladies across		6 turn 90 degrees to face partner

7 turn 180 degrees to face center and end up left of prev partner
8 pause

Men zero

Hombres Cero
step is done with no hands held

1-8 6 forward steps around partner on right. End up in starting position

- 1 Forward on left foot
- 2 Without picking feet from floor, turn to right facing out of circle
- 3 Keep right foot on floor, turn 180 degrees to face in circle
- 4 pause
- 5 hook right foot behind left foot
- 6 turn to right in place, step on left foot
- 7 keep turning and step on right foot, End up facing center
- 8 pause

Men to the right

Hombres Derecha

- 1 Go into circle with left foot crossing towards right
 - 2 Big sides step past partner on right
 - 3 Back step (left foot) on circle
- 5-7 entra

1-8 entra

Ladies to the right

Mojeres Derecha

- 1-8 entra footwork
- 5 Go into circle with left foot crossing towards right
 - 6 Big sides step past partner on right
 - 7 Back step (left foot) on circle

twenty two

Vente Dos

- 1-8 Homres Dereche - Mojeres Dereche
1-8 Homres Dereche - Mojeres Dereche
2 x (1-8) Homres Cero

La Rosa

entra footwork no modification

1 Bend knees and body hands stretched towards center.

Clap

2 Start bringing hands up

3 Hand above head and straighten body

5-7 entra

The Rose

1-3 entra

5 Bend knees and body hands stretched towards center

6 Start bringing hands up

7 Hand above head and straighten body

Video for
Joyce

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