

Ardeleana De La Otelul Rosu

Source: Taught by Nicolaas Hilferink at Autumn Leaves XXL, Nashville International Folk Dancers, 2004

Formation: Circle of couples standing face-to-face, w/M on the outside and W on the inside, holding hands low w/straight elbows. M's palms face up. Elbows must be held slightly rigid to make arm movements possible. Rhythm: 4/4 Introduction – 16 counts.

Measure	Count	Pattern	Variation B – Switch Places
1	1–2	M travelling to his R, arms move to R, step R to R	M and W are going to switch places 4 times very quickly, so strong arm work is essential. The arms are straight and pull you towards each other during switch.
	3–4	Arms move to L, step L beside R	
2	1–2	Arms move to R, step R to R	1 1 Switch places, passing L shoulders, both M and W hop on L
	3–4	Arms stay on R, close L beside R nbw	2 Step FWD on R
3	1–4	M travelling to his L, REPEAT measure 1 w/opposite footwork	3–4 Step FWD on L
4	1–2	Arms move to L, step L to L	2 1–2 Facing each other, bounce on both feet
	3–4	Arms keep moving up and around to bent elbows, close R beside L	3–4 Bounce again
5	1	Arms sway to R, step R to R	3–4 Switch places again, passing R shoulders REPEATING measures 1–2 w/opposite footwork (hop R)
	2	Step L beside R	
	3–4	Step R	5–8 REPEAT measures 1–4, arms finish w/bent elbows in front
6	1	Arms sway to L, step L to L	<u>Variation C</u>
	2	Step R beside L	1 1 Arms sway to R, M steps R to R
	3–4	Step L	2 Step L beside R
7	1–2	Releasing W's R hand and turning her once to her L under M's R arm, step R to R	3–4 Step R
	3–4	Step L beside R	2 1 Arms sway to L, M steps L to L
8	1–2	Step R to R	2 Step R beside L
	3–4	Close L to R nbw Arms finish down in starting position NOTE: W does opposite footwork to M, including turning once to M's L during 7–8	3–4 Step L
9–16		REPEAT measures 1–8 w/opposite footwork	3 1–2 Releasing W's R hand and turning once to her L under M's R arm, step R to R
			3–4 Step L beside R
			4 1 Step R to R
			2 Step L beside R
			3–4 Step R
			NOTE: W does opposite footwork to M, including turning once to M's L during 3–4
			5–8 REPEAT measures 1–4 w/opposite footwork, arms finish down in starting position

SEQUENCE – A, B, C A, B, C A, B, C