

Galaonul de la Ostroveni

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

Formation: Hands held down. Rhythm: 4/4 Introduction: 8 measures.

Measure	Count	FIG. A	Measure	Count	FIG. C	Measure	Count	FIG. D
1	1	Facing center and travelling FWD, bounce (hop) on L w/R heel in front	1	1	Facing center and travelling FWD, step R on heel	1	1	Facing center and travelling CCW, step R to R
	2	Step R	&c		Step L behind R		2	Step L FWD across R
	3	Bounce (hop) on R w/L heel in front	2		Step R		3	Step R to R
	4	Step L	3		Step on L heel		4	Step L beside R
			&c		Step R behind L	2	1, 2	Stamp R beside L nbw
2	1	Step R FWD across L	2	1, 2	Step R, L		3	Step R to R
	2	Step L to L	3, 4		Step R on 'plie' turning to face LLOD		4	Step L FWD across R
	3	Travelling CW BKWD, step R across behind L	3	1	Facing LLOD step L beside R	3	1	Step R to R
	4	Step L BACK	2		Step R to R on 'plie'		2	Step L beside R
3-4	—	REPEAT measures 1-2	3		Travelling away from center, step L to L		3, 4	Stamp R beside L nbw
5-8	—	REPEAT measures 1-4	4		Step R beside L	4	1	Step R to R
			2		Step R to R on 'plie'		2	Step L FWD across R
			3		Travelling away from center, step L to L		3	Step R to R
			4		Step R beside L		4	Step L beside R
			5	1, 2	Kick R FWD	5	1, 2	Stamp R beside L nbw
			3, 4		Kick R 2 more times		3	Travelling FWD, bounce (hop) on L kicking R FWD
							4	Step R
			4	1	Step L to L	6	1	Bounce (hop) on R kicking L FWD
			2		Step R beside L		2	Step L
			3, 4		Step L to L, turning to face center		3	Bounce (hop) on L kicking FWD
							4	Step R
			5	1, 2	Kick R FWD	7	1	Step L FWD across R
			3, 4		Kick R 2 more times		2	Travelling BKWD step
							3, 4	Step L, R
			6	1	On the spot, step R to R	8	1, 2	Step L, R
			2		Step L FWD across R		3, 4	Stamp L beside R (3, 4)
			3		Step R BKWD			
			4		Step L to L			
			7	1	Step R FWD across L			
			2		Step L BKWD			
			3		Step R to R			
			4		Step L FWD across R			
			8	1	Step R BKWD			
			2		Step L to L			
			3, 4		Stamp R beside L nbw			

SEQUENCE: A, B, C, D A, B, C, D
A, B, C, D A, B, C, D