MOLDAVIAN MORA

Source: A dance with over 3,000 variations and names. The dance described is a collection of steps arranged to the music. Sources from both here and in Moldavia assisted in the approval of the arrangement.

Formation: A circle of dancers, hands joined. Circle can be open or closed. If open, leader is at right end. Each part consists of 8 measures.

Parts

Moving to R, step R to side, L behind R, R to side, hop R swinging L over R.

Moving to L, step L to side, R behind L, L to side, hop L swinging R over L.

Move FWD toward center, step R, L, R, hop R swinging L over R.

Move BKWD away from center, step L, R, L, hop L, and stamp R foot next to L.

REPEAT PART 1 AGAIN 3 TIMES, 4 TIMES IN ALL.

Moving to R, step R to side, L behind R, R to side, hop R, swing L over to R. Step L to side, R behind L, L to side, hop L, swing R over L. Step R to side, L behind R, R to side, hop R, swing L over R. Step and hop L, swinging R over L, flick the R foot in air 2 times, then stamp R in place 2 times (Count is R, L, R hop, L, R, L, hop, R, L, R hop, L hop, flick, flick, and stamp, stamp)

REPEAT THIS STEP ONE MORE TIME, 2 TIMES IN ALL.

Part 3 is done a total of 4 times. One sequence takes 8 measures of music. Entire sequence takes 32 measures.
Step R to side, L behind R, R to side, hop R, swinging L foot FWD.
Hop 2 more times on R foot, brushing L foot BKWD and FWD.
Step L to side, R behind L, L to side, hop L, swinging R foot FWD.
Hop 2 more times on L foot, brushing R foot BKWD and FWD.
Then step R to side, L behind R and step in place quickly R, L, R

REPEAT step again, starting to L w/L foot. Step L to side, R behind L, L to side, hop L, hop on L 2 more times, brushing R BKWD and FWD, etc....

Step R to side, L behind R, R to side, hop R, swing L over R.
Step L to side, R behind L, L to side, Hop L, swing R over L.
THEN: Flick R foot in air 2 times and stamp R foot 1 time
Flick R foot in air 2 more times, PAUSE for 2 quick counts, and stamp R in place 3 times.

REPEAT PART 4 ONCE MORE, 2 TIMES IN ALL.

