

POȘOVICA DIN GLIMBOCA

Source: As taught by Nicolaas Hilferink, NIFD, Autumn Leaves XXI, 2004

Formation: Hands held down or shoulder hold. No introduction.

Measures	Counts	FIG. A
1	1, 2	Facing center, turning hips to face slightly RLOD, step onto R on plie, knees are together and L toe touches floor.
	3	Bounce on R, L toe still touches floor
	4	Bounce on R, L heel touches floor in front
2	1-4	REPEAT measure 1 w/opposite footwork
3-6		REPEAT measures 1-2 two more times
7	1, 2	Facing and travelling RLOD, step R
	3, 4	Step L
8	1, 2	Facing center, hop on L in plie lifting R knee
	3	Step R beside L
	4	Step L beside R
9-12		REPEAT measures 7-8 two more times
13-24		REPEAT measures 1-12

		FIG. B			
1	1, 2	Facing center, step R on plie	28	1, 2	Facing center, bounce on L, lifting R knee
	3	Step L beside R		3, 4	Step R FWD across L
	4	Step R beside L	29	1, 2	Travelling FWD, bounce on R, lifting L
2	1-4	REPEAT measure 1 w/opposite footwork		3, 4	Step L across R
3	1, 2	Travelling FWD, step R on plie	30	1, 2	Bounce on L, lifting R
	3, 4	Step L across R on plie		3, 4	Step R across L
4	1, 2	Facing center, bounce on L, lifting R knee	31	1, 2	Travelling BKWD, bounce on R, lifting L
	3, 4	Step R FWD across L		3, 4	Step L BKWD
5	1, 2	On the spot, hop on R, lifting L knee	32	1, 2	Bounce on L, lifting R knee
	3, 4	Step L; Step R		3, 4	Step R BKWD
6	1, 2	Step L	33	1, 2	Bounce on R
	3, 4	Step R; Step L		3, 4	Step L beside R, step R beside L
7	1, 2	Step R FWD across L	34	1, 2	Step L beside R
	3, 4	Step L BKWD		3, 4	Stamp R beside L (no weight)
8	1, 2	Hop on L, lifting R knee			
	3, 4	Step R BKWD			
9	1, 2	On the spot, bounce on R, lifting L knee			
	3, 4	Step L; Step R			
10	1, 2	Step L			
	3, 4	Step R; Step L			
11-16		REPEAT measures 3-8			
17-24		REPEAT measures 9-16			
25-26		REPEAT measures 9-10			
27	1, 2	Travelling FWD, step R on plie			
	3, 4	Step L across R on plie			

SEQUENCE:

A A B

A A B

A A B

