

RUSTEMUL

Source: Rustemul comes from southern Romania, the region of Muntenia. It was learned by Mihai during the years 1963-65 while dancing w/ the Romanian State Folk Dance Ensemble.

Rhythm: 4/4 *Introduction:* Two measures - hold, take no action

Formation: Line dance, with arms down, swing back and forward.

<u>Measures</u>	<u>Counts</u>	<u>FIG. 1 - In place, facing centre</u>
1	&, 1	On upbeat, hop L raising bent R knee FWD; Step R to R w/bent knee, arms swinging BKWD
	&, 2	Cross L flat in front of R; Step R in back
	&, 3	Arms swinging FWD, hop R; W/bent L knee raised FWD, step L to L bent knee
	&, 4	Arms swinging BKWD, cross R flat in front of L; Step L BKWD
	&	Arms swinging FWD, hop L w/bent R knee raised in front
2	1, &	Step R to R, bent knee; Arms swing back, cross L flat in front of R
	2, &	Step BKWD R; Arms swing FWD, step L flat to L
	3, &	Retaining some weight on R, step R in place; Arms swing BKWD, cross L flat in front of R
3-4		REVERSE measures 1-2

		<u>FIG. 2 - Diagonally in and out of centre</u>
1		REPEAT measure 1 of FIG. 1, with arms swinging, end by leaping onto R on count &, with L knee raised and very bent, hold arms in low handhold
2	1, &	Step L crossing in front of R; Travel on R diagonally into centre, close R to L
	2	Step L FWD
	3, &	Cross R in front of L travel on L diagonally into centre; Close L to R
	4	Step R FWD
3	1	Stamp L into centre, turning to face LOD
	2	Step R travel sideways out of circle
	3	Close L to R
	4, &	Step R to R; Hop R, turning to face centre, L knee raised and bent.
4		REVERSE measure 1, FIG. 1
5-8		REVERSE measure 1-4, FIG. 2

		<u>FIG. 3 - Travel LOD, RLOD, arms swinging continuously</u>
1	&, 1	Turn to face LOD, hop L on upbeat; R knee slightly bent, step R
	&, 2, &, 3, &, 4, &	Arms swing back continue in LOD, alternating footwork
2		Face centre, REPEAT measure 1, FIG. 1
3	&, 1	On upbeat, hop L; Step R behind
	&, 2	Hop R; Step L behind R
	&, 3, &, 4	REPEAT measure 1 FIG. 1 (counts &, 1, &, 2) for these
4-6		REVERSE measures 1-3, FIG. 3, travel RLOD

TO FINISH DANCE REPEAT
FIG. 1 (1-4), FIG. 2 (1-8), FIG. 1 (1-4), FIG. 3 (1-6)



