

TROACA

Source: Troaca (troh-AH-kah, which means *trough*) is a Romanian folk dance from Bîrca, Dolj, Oltenia. Lee Otterholt learned this dance from Tita Sever at a course in Romania in the late 1970s.

Presented by: Lee Otterholt, Autumn Leaves, 2006

Meter: 4/4

Formation: Short lines, may face each other. Back basket-hold.

Measures Counts

1-4		Introduction - no action
1	1, &, 2, & 3, &, 4, &	Facing and moving FWD, run 3 steps (R, L, R) FWD; hop on R foot. Facing FWD, but moving BKWD, run 3 steps BKWD; hop on L foot. <i>This resembles a very fast hora dreapta step.</i>
2	–	REPEAT measure 1.
3	1, & 2, & 3, & 4, &	Facing and moving FWD, jump onto R foot; <i>stamp*</i> L foot next to R. Jump onto L foot; stamp R foot next to L. Jump onto R foot; stamp L foot next to R. <i>Stomp*</i> onto L foot; bring R knee FWD to begin the first ‘horse-step,’ a large FWD bicycle-like motion. <i>* NOTE: “Stamp” in these notes refer to the striking of your foot (or part of your foot) on the floor to make a noise without taking weight on this foot. “Stomp” means a heavy step (with weight transfer) which also makes a noise.</i>
4	1 2 3, & 4, &	Facing FWD and dancing in places, complete the two “horse” steps: after having brought R knee FWD and R foot around in a large bicycle-like motion, slide the R foot into place next to the L foot and take weight on R foot. Do the same “horse” step with L knee, leg and foot; Do one “brîulețul” step: While hopping slightly on L foot on each beat, touch heel of R foot directly FWD; twisting lower body to left, touch ball of R foot diagonally to R Straightening lower body, again touch heel of R foot directly FWD; stomp FWD onto R foot.
5	1 &, 2 &, 3, & 4, &	Facing and moving FWD, bouncing on R foot, touch heel of L foot FWD Jump FWD onto L foot; bouncing on L foot, touch heel of R foot FWD Jump FWD onto R foot; bouncing on R foot, touch heel of L foot FWD, leaning slightly back and shouting “UNA!”; hold. Facing FWD and moving BKWD, step BKWD onto L foot; Step on R foot next to L

continued on next page...



Measures	Counts	
6	1, &	Continuing to move BKWD, touch heel of L foot FWD, leaning slightly back and shouting "DOUA!"; hold.
	2, &	Step BKWD onto L foot; step on R foot next to L.
	3, &	Touch heel of L foot FWD, leaning slightly back and shouting "TREI!"; hold.
	4, &	Step BKWD onto L foot; step on R foot next to L and twist L foot up in front of R shin.
7	1, &	Facing FWD and dancing a short "indirect crossing step" in place, step on L foot to L; step on R foot in front of L.
	2, &	Step on L foot in place; hop on L foot.
	3, & 4, &	Facing and moving FWD, run 3 steps (R, L, R) FWD; hop on R foot.
8	1, & 2, &	Facing FWD and moving BKWD, run 3 steps (L, R, L) BKWD; hop on L foot.
	3, 4	Facing FWD and dancing in place, stomp on R foot next to L; stomp on L foot next to R.

REPEAT from the beginning.