

Hora Banateana

Origin: Banat, Romania

Source: Cipu Ciprian

Formation: Open circle with hands joined and held shoulder height, face centre

Rhythm: slow, slow, quick, quick, slow

Measures: Counts: Pattern:

4 16 **Introduction:**
no action

Figure 1:
1 1 – 2 Move toward centre with 2 steps (R,L)
 3 & 4 Continue towards centre (R,L,R)
2 5 - 6 Move backward with 2 steps (L,R)
 7 & 8 Continue moving back (L,R,L)
3 – 4 9 - 16 Repeat measures 1 and 2.

Figure 2:
1 1 – 2 Face CCW and take 2 steps (R,L)
 3 & 4 Begin to slowly turn to face CW: step on R (beginning to
face centre) (ct 3), step on L behind R (ct &), step on R
and end facing CW (ct 4).
2 5 - 8 Repeat measures 1 – 4, Figure 2 with opposite footwork
and moving in opposite direction ending facing CCW.
3 – 4 9 – 16 Repeat measures 1 – 2, Figure 2.

Figure 3:
1 1 – 2 Facing centre: take 2 steps (R, L) towards the centre
 3 & 4 Moving sideways to the Right: step on R to the R (ct 3),
step on L behind R (ct &), step on R to the right (ct 4)
2 5 - 6 Take 2 steps (L, R) backwards away from centre.
 7 & 8 Repeat measure 1, counts 3&4, Figure 3 with opposite
footwork and direction.
3 – 4 9 – 16 Repeat measures 1 – 2, Figure 3.

Hora Banateana – continued

		Figure 4:
1	1 – 2	Step toward centre on R foot and bring L foot up behind the R (like a flick). Step backwards away from centre on
L		foot and flick R toward the L (in front of L)
	3 & 4	Move toward centre with 3 steps R (3), L (&), R (4).
2	5 – 8	Repeat measure 1, Figure 4 with opposite footwork and opposite direction.
3 – 4	9 – 16	Repeat measures 1 – 2, Figure 4.

		Figure 5:
1	1 – 2	Take 2 steps into the centre (R, L)
	3 & 4	Continue into the centre with 3 more steps (R,L,R)
2	5 – 8	Move sideways to the Left with 7 quick side steps (R,L,R,L,R,L,R)
3 – 4	9 – 16	Repeat measures 1 – 4, Figure 5 with opposite footwork and opposite directions

Presented by Dale and Helga Hyde
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