

Întoarsa de la Păuliș

(Arad [Banat], Romania)

Pronunciation: eun-TOHAHR-sah deh lah puh-oo-LEECH

Music: 2/4 meter *Sonia Dion & Cristian Florescu Romanian Realm Vol. 5, Band 7*

Formation: Longways set. Partners facing each other holding hands;
M's R hand holding W's L hand, straight arms down;
M's L hand holding W's R hand, straight arms down.



Steps & Styling: Basic Step: Elegant and soft. (M's ftwk described; W opp ftwk starting R)

Meas.

- 1 Step L (ct 1); step R next to L (ct &); step L (ct 2)
Note: meas 1 = very small running Two-Step
- 2 Repeat meas 1 with opp ftwk
- 3 Step L (ct 1); step R (ct 2)
- 4 Repeat meas 1 with opp ftwk.
- 5-8 Repeat meas 1-4 (Basic Step) with opp ftwk.

Meas 2/4 meter

Pattern

1-4 INTRODUCTION There is no introduction to the music, but the first four meas may be used as an introduction and start with meas 5.

I. SIDE TO SIDE (M's ftwk described)

1 Starting with L, 1 Two-Step to L, swinging arms to L.
See illustration.

2 Repeat meas 1 with opp ftwk, arms and direction.

3 Step swd on L to L, swinging arms to L (ct 1); step R
next to L, swinging arms to R (ct 2).

4 Repeat meas 1.

5-8 Repeat meas 1-4 with opp ftwk, arms and direction.

9-16 Repeat meas 1-8.

Note: On the last meas (16), arms execute a half circle CCW (from M's perspective) between ptrs (downward, sdwd, upward) to end arms up over the head. See illustrations below.



II. SIDE TO SIDE AND W TURNS, ARMS UP

1-8 Repeat Fig I, meas 1-8, with arm motion over head.
See illustration.

9-10 Repeat Fig I, meas 9-10, with arm motion over head.

11-12 Starting with L, with same ftwk as Fig I, meas 11-12:

M leads W to turn CW under his L arm. M's R hand free. W's L hand is free, elbow bent arm slightly in front at chest level. See illustration.

13-14 Repeat Fig I, meas 13-14, with arms motion over head.

15-16 Starting with R, with same ftwk as Fig I, meas 15-16:

M leads W to turn CCW under his R arm. M's L hand free. W's R hand is free, elbow bent arm slightly in front at chest level.



III. ÎNTOARSE - COUPLE TURN

1-8 With two Basic Steps starting M's L, W's R, cpl executes one full turn CCW in "up" reverse social dance pos. See illustration.

On the first meas ptrs change arms and couple pos, M's R holding W's L, arms up; M's L hand holding W's R shldr blade, W's R hand on M's L shldr.

On the meas 7-8 pts change hands, arms and couple pos.

9-16 Repeat meas 1-8 with same ftwk but opp direction (CW) and opp arms pos—"up" social dance pos. See illustration.

On the last meas ptrs end face-to-face and change hands and arms pos. Free the hands, elbows bent arms slightly in front at chest level, then join hands as described and illustrated below:

M crossing hands at chest level, R hand over L hand.
M's R hand holding W's R hand; M's L hand holding W's L.



IV. WOMAN TURNS AROUND M

- 1-8 With two Basic Steps starting with L, M leads W to turn (CW) and move around. See illustrations and more detailed descriptions below.



Meas 1-2, arms go up and W executes 3/4 turn CW in place.
 Meas 3-6, W turns around her ptr's arms.
 Meas 7-8, W turns 1 1/4 (CW) in place to end facing her ptr.

- 9-16 Repeat meas 1-8 with same ftwk but opp direction.

V. PROMENADE

- 1-2 Do 2 Two-Steps twd bottom of the set, side by side (W on M's L).

Facing same direction and holding hands; inside hands joined & held at shldr level, outside hands joined & held at waist level, forearms parallel with the floor and twd ptr.

See illustration.



- 3 Turn face to face with two steps (M: L-R; W R-L) making a 1/4 turn to M's L and W's R. End facing each other, arms bent and held in front at chest level.

- 4 M turns 1/4 L with one Two-Step starting with L; W does opp ftwk and direction. End facing the top of the set, holding hands like meas 1-2.

Note: The steps of meas 3-4 are done almost in place.

- 5-8 Repeat meas 1-4 with opp ftwk and direction (twd the top of the set) and arm pos.

- 9-16 Repeat meas 1-8.

VI. PROMENADE AND W TURNS

- 1-16 Repeat same ftwk as Fig V.



During meas 3-4 and 11-12, M leads with his R hand so that W turns 1/2 CCW. During meas 7-8, M leads his ptr to turn 1/2 CW. Free hands stay in the same position; elbows bent, arms up at chest level. See illustrations.



Meas. **3-4** and **11-12**



Meas. **7-8**

Note: On the last two meas 15-16, ptrs end face-to-face (W turns 3/4 CW).

Sequence:

Fig 1, Fig 2, Fig 3, Fig 4, Fig 5, Fig 6

Fig 1, Fig 2, Fig 3, Fig 4, Fig 5, Fig 6

Presented by Sonia Dion & Cristian Florescu