

# Troaca

(Romania)

Troaca (which means “trough”) is a Romanian folk dance from Bărca, Dolj, Oltenia. I learned this dance from Tita Sever at a course in Romania in the late 1970s.

Pronunciation: troh-AH-kah

Music: “Troaca” (Electrocord ST-EPE 01734) (Folk dances from Dolj, Oltenia) 4/4 meter

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

Steps: “Horse” step: After having brought R knee fwd and R ft around in a large bicycle-like motion, slide the R ft into place next to the L ft and take wt on R (ct 1); can repeat with L knee, leg and ft (ct 2).

“Brăulețul” step: While hopping slightly on L on each beat, touch heel of R ft directly fwd (ct 1); twisting lower body to L, touch ball of R ft diag to R (ct &); straightening lower body, again touch heel of R ft directly fwd (ct 2); stamp fwd onto R, with wt (ct &).

## Meas

## Pattern

### FIGURE

- 1 Facing and moving fwd, run 3 steps (R,L,R) fwd (cts 1,&,2); hop on R (ct &); facing fwd, but moving bkwd, run 3 steps (L,R,L) bkwd (ct 3,&,4); hop on L (ct &). *This resembles a very fast hora dreapta step.*
- 2 Repeat meas 1.
- 3 Facing and moving fwd, leap onto R (ct 1); stamp L next to R, no wt (ct &); leap onto L (ct 2); stamp R next to L, no wt (ct &); leap onto R (ct 3); stamp L next to R, no wt (ct &); stamp L, with wt (ct 4); bring R knee fwd to begin the first “Horse step” (ct &).
- 4 Facing fwd and dancing in place, complete two “Horse” steps (with R leg and L leg) (cts 1,2); do 1 “Brăulețul” step (cts 3,&,4,&).
- 5 Facing and moving fwd, bouncing on R, touch heel of L ft fwd (ct 1); leap fwd onto L (ct &); bouncing on L, touch heel of R ft fwd (ct 2); leap fwd onto R (ct &); bouncing on R, touch heel of L ft fwd, leaning slightly back and shouting “Una!” (ct 3); hold (ct &); Facing fwd and moving bkwd, step bkwd on L (ct 4); step on R next to L (ct &).
- 6 Continuing to move bkwd, touch heel of L ft fwd, leaning slightly back and shouting “doue!” (ct 1); hold (ct &); step bkwd on L (ct 2); step on R next to L (ct &); touch heel ft fwd, leaning slightly back and shouting “trei!” (ct 3); hold (&); step bkwd on L (ct 4); step on R next to L and twist L ft up in front of R shin (ct &).
- 7 Facing fwd and dancing a short “indirect crossing step” in place: step on L to L (ct 1); step on R in front of L (ct &); step on L in place (ct 2); hop on L (ct &); facing and moving fwd, run 3 steps fwd (R,L,R) (cts 3,&,4); hop on R (ct &).
- 8 Facing fwd and moving bkwd, run 3 steps bkwd (L,R,L) (cts 1,&,2); hop on L (ct &); facing fwd and dancing in place, stamp on R next to L, with wt (ct 3); stamp on L next to R, with wt (ct 4).

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Presented by Lee Otterholt

## Errata

81

### **Troaca**

CD: *Balkan and Beyond, Vol. 2*—Stockton Folk Dance Camp 2004, Band 8.

Steps: “Horse” step: ... large fwd bicycle-like motion...

Add: Introduction: 4 measures

After meas 8: add Repeat from the beginning.