

Lămița

(Romania)

Lămița (luh-muh-EET-sah), meaning "little lemon", is a dance from northern Muntenia. This is the dance as presented by Mihai David at the 1979 Stockton Folk Dance Camp, University of the Pacific.

MUSIC: Record: Romanian Tour "77 Side 2, Band 7. 4/4 meter

FORMATION: M and/or W in a line in front basket hold (L over R) with the leader at the L end of the line.

STEPS Buzz* or Closed Rida Step*, Schottische Step*, Step-Hop*, Stamp.

and
STYLING:

*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Stree, Room 111, Hayward, California 94541.

MUSIC 4/4

PATTERN

Measures

NO INTRODUCTION

I. RIDA STEP L AND R.

- 1-4 Moving to the L (RLOD), dance eight Closed Rida or Buzz Steps but on last ct swing L ft in an arc, out and across in front of R ft.
- 5-8 Repeat action of meas 1-4 with opp ftwk and opp direction (R or LOD).

II. TO THE CTR AND OUT.

- 1 Moving diag L into ctr dance one Schottische Step as follows: Step R across L (ct 1); step L close to R (ct 2); step R across L (ct 3); low hop on R swinging L in an arc across R and turning to face diag R of ctr.
- 2 Moving diag R into ctr, repeat action of meas 1 (Fig II) with opp ftwk.
- 3 Moving fwd twd ctr, dance two low Step-Hops as follows: Step-Hop on R in front of L (cts 1-2); Step-Hop on L in front of R (cts 3-4).
This will create a slight twisting motion.
- 4 Stamp R, no wt (cts 1-2); stamp R again, no wt (cts 3-4)
- 5-6 Moving bkwd away from ctr dance two Schottische Steps as follows: Step bkwd on R (ct 1); close L to R (ct 2); step bkwd on R (ct 3); low hop on R (ct 4); repeat with opp ftwk.
- 7 Still moving bkwd dance two low Step-Hops (R,L).
- 8 Stamp R, no wt (cts 1-2); stamp R, no wt (cts 3-4).

Repeat entire dance from the beginning four more times. Dance goes through five times in all.