

## Sunt din Bucovina

(Bucovina, Romania)

Sunt din Bucovina (Soont deen boo-koh-VEE-nah) means, “I am from Bucovina.” This dance was choreographed by Marta Berdel to a song by Alexandru Brădăţan. It was presented by Roberto Bagnoli at the 2023 Stockton Folk Dance Camp held at the University of the Pacific in Stockton, California.

Music: 2/4 Meter For the music, contact Roberto Bagnoli at [morenu@mac.com](mailto:morenu@mac.com).

Video: *2023 SFDC Downloads*. To view, contact a camper who purchased the downloads or contact Roberto Bagnoli at [morenu@mac.com](mailto:morenu@mac.com). Note that on the video, Roberto states the dance was choreographed by Daniel Sandu from whom Roberto learned the dance, and he corrected that later as stated in these notes, but the video was not changed.

Formation: Closed mixed circle of dancers facing center, hands joined in W-pos.

Steps & Styling: Joyful.

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Meas	2/4 meter	PATTERN
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16 INTRODUCTION. No action. Begin with the lyrics.

I. FIGURE I.

- 1 Step R to R (ct 1); step L beside R (ct 2).
- 2 Step R to R (ct 1); touch L beside R (ct 2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5 Strong step R to R (ct 1); hold (ct 2).
- 6 Step L beside R (ct &); step R to R (ct 1); stamp L beside R (ct 2).
- 7-8 Repeat meas 5-6 with opp ftwk and direction.

II. FIGURE II.

- 1 Facing R (CCW), beg R, 2 steps fwd (cts 1, 2).
- 2 Step R fwd (ct &); step L beside R (ct 1); step R fwd and face CW (ct 2).
- 3 Beg L, 2 steps fwd (cts 1, 2).
- 4 Step L fwd (ct 1); light stamp R next to L (ct 2).
- 5-8 Repeat meas 1-4, end facing ctr.

III. FIGURE III.

- 1 Facing ctr, step fwd R, swinging arms down (ct 1); small hop on R, lifting L back (ct 2).
- 2 Step back onto L, bringing arms to W-pos (ct 1); small hop on L, lifting R fwd (ct 2).
- 3 Facing CCW, beg R, 3 steps fwd (cts 1, &, 2).
- 4 Repeat meas 3 with opp ftwk in the same direction.
- 5-6 Repeat meas 1-2.
- 7-8 Facing CCW, beg R, 4 steps fwd (cts 1, 2; cts 1, 2), and face ctr.

Sequence: Repeat dance as noted above until the end of the music.



## LYRICS

Sunt din Bucovina,  
Ca aici am văzut lumina, ca și bradul din pădure  
Eu trăiesc cu drag de lume, ca și bradul la izvor  
Am la inimă mult dor.

Spune, omule, măi,  
Cât de bine-i a trăi cu păduri de brazi și fagi  
Și cu oamenii cei dragi, și cu Dumnezeu aproape  
Mamă, tată, soră, frate.

Cum îi pe cer luna, una-n lume-i Bucovina,  
Ca și raiu-n cerul sfânt, îi doar una pe pământ,  
Plină, lină Bucovină, ești a raiului grădină.

Din țara de fagi, unde-s oamenii cei dragi,  
Tot omu-i cu Doamne-ajută, că aiasta nu se uită,  
Că de-l ai pe Dumnezeu, și-atunci raiu' îi a tău.

Și pentru c-aici trăiesc, Bucovină-ți mulțumesc.  
În lumina soarelui ești grădina raiului.

I'm from Bucovina.  
This is where I saw the light, like the fir tree in the forest  
I live with the love of the world, like the fir tree at the spring  
I miss it a lot in my heart.

Say, man,  
How good it is to live with fir and beech forests  
And with loved ones, and with God near  
Mother, father, sister, brother.

As the moon is in the sky, Bucovina is unique in the world  
Like heaven in the holy sky, there's only one on earth,  
Full, smooth Bucovina, you are heaven's garden.

From the land of beech trees, where the dear people are  
Every man is with God helped, that she doesn't forget,  
That you have God and then heaven is yours.

And because I live here, Bucovina, thank you.  
In the sunlight you are the garden of heaven.

## THE MENTORING PROJECT

### Passing the folk dance torch!

The Mentoring Project, sponsored by the National Folk Organization, is beginning to attract dance teachers seeking a mentor. Two new dance teachers approached The Mentoring Project in late August!

A staff of experienced dance teachers has been assembled from around the country, and those teachers are willing and ready to share their expertise and advice on such things as starting a club or class, maintaining or growing a club, forming a 501(c)(3) non-profit organization, publicizing dance events, using virtual platforms, and more. **If you are a dancer wanting to become a dance teacher, or if you know someone who is looking for guidance or support**, please contact The Mentoring Project. Visit [nfo-usa.com/the-nfo-mentoring-project/](http://nfo-usa.com/the-nfo-mentoring-project/) or send an email to [NFO.MentoringGroup@gmail.com](mailto:NFO.MentoringGroup@gmail.com).

