

Vruta mea

(Dobrogea, Romania)

Vruta Mea (VROO-tah MEH-ah) means “my darling” and is an Aromanian dance from Dobrogea, Romania. This dance was presented by Sonia Dion and Cristian Florescu at the 2020 Stockton Virtual Folk Dance Camp held over Zoom and at the 2021 Hybrid Texa-Kolo Festival.

Music 4/4 Meter CD: *Sonia Dion & Cristian Florescu Romanian Realm, Vol. 11*, Band 15 or *Sonia Dion & Cristian Florescu Romanian Realm Vol. 10*, Band 12.

Video *2020 Stockton Virtual Folk Dance Camp Online Videos* or *2021 Texa-Kolo Festival Online Videos*. To view either of these, contact a participant who received access to the videos. You can also purchase materials from Sonia and Cristian’s website: soniacristian.net/dance_material

Formation: Open mixed circle of dancers facing ctr with hands free.

Steps & Styling Light and bouncy.

Meas	4/4 meter	PATTERN
16 meas	INTRODUCTION. No action, improvisation, or clapping on cts 1 and 3 of each measure. Start the dance when the singing starts.	
	I. WALKING AND CLAPPING. Clap hands on cts 1 and 3 during each measure.	
1	Facing slightly diag R and walking R (CCW), step R fwd (cts 1-2); step L fwd (cts 3-4).	
2	Step R fwd and face ctr (cts 1-2); touch L next to R (cts 3-4).	
3	Step L to L (cts 1-2); touch R next to L (cts 3-4).	
4-6	Repeat meas 1-3.	
7-8	Facing and moving R (CCW), beginning with four walking steps fwd.	
	II. SINGING. Join hands in a large, open W-pos.	
1	Moving and facing CCW, beg R, three steps fwd (cts 1, 2, 3); lift R heel, raising L near R calf (ct 4).	
2	Repeat meas 1 with opposite ftwk.	
3	Facing ctr, step R to R (ct 1); step L in front of R (ct 2); step back on R (ct 3); lift R heel while raising L in front (ct 4).	
4	Step L to L (ct 1); hold (ct 2); touch R next to L (ct 3); lift L heel and raise R in front (ct 4).	
5-8	Repeat meas 1-4.	
	III. INSTRUMENTAL.	
1	Facing ctr, step R in front of L (ct 1); step back on L (ct 2); step R next to L (ct 3); step L in place (ct 4).	
2	Step R in front of L (ct 1); step back on L (ct 2); lift L heel and raise R to R while turning body slightly to R diag (ct 3); step R fwd (ct 4).	
3	Lift R heel while raising L in front (ct 1); facing ctr, step L to L (ct 2); step R in front across L (ct 3); step back on L (ct 4).	

Vruta Mea — continued

- 4 Lift L heel while raising R in front (ct 1); facing CCW, step R fwd (ct 2); lift R heel, raising L next to R calf (ct 3); step L fwd (ct 4).
- 5 Lift L heel while raising R in front (ct 1); step R fwd (ct 2); lift R heel raising L in front (ct 3); facing ctr, step L to L (ct 4).
- 6-10 Repeat meas 1-5.
- III-B INSTRUMENTAL.
- 1-7 Repeat Figure III, meas 1-7.
- 8 Lift R heel while raising L next to R calf (ct 1); beg L, three steps fwd (cts 2, 3, 4).

Sequence:

- Fig I, Fig II, Fig III (10 measures)
Fig I, Fig II, Fig III-B (8 measures)
Fig I, Fig II, Fig III (10 measures)
Fig I, Fig II, Fig III-B (8 measures)
Fig I, Fig II, Fig III until music fades out.



Sonia Dion and Cristina Florescu posing at Stockton Folk Dance Camp 2018.