

## P-a lungu

From the region of Lăpuș, Romania  
Presented by Sonia Dion & Cristian Florescu

**Formation:** line of couples in proper position, partners facing each other

**Position:** See photo:



W at the left of M,  
M's R hand holding W's R hand, at  
chest's level and arms bent  
M's L arm bent and L hand on his  
lower back  
W's L arm bent and L hand on her  
waist (palm facing waist)

**Pronunciation:** pah LOON-goo

**Music:** *Sonia Dion & Cristian Florescu, Romanian Realm volume 9, Band 3*

**Meter:** 10/16

**Style:** Proud, elegant and 'late' on the music

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Meter: 10/16

Description of *P-a lungu*

Ftwk described for M, W uses opp ftwk (W start L ft)

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Meas.    Count  
**1-16**

**Introduction**  
(no action)

### **Figure 1**

Description of M's footwork (W use opp ftwk)

**1**            1-4            Side-to-Side, facing slightly to partner and moving twd bottom of the set,  
large step fwd on R and sway arm twd bottom of the set  
(See photo B)  
                  5-10            Step fwd on L and sway arm twd top of the set



Photo B

Meter: 10/16

Description of *P-a lungu* (continued)  
Ftwk described for M, W uses opp ftwk (W start L ft)

Meas.	Count	Figure 1 (continued)
<b>2</b>	1-2 3-4 5-6-7 8-9-10	Step fwd on R and sway arm twd bottom of the set Step on L near R and sway arm twd top of the set while body starts turns slightly to the left Step swd on R facing partner and sway arm twd bottom of the set Touch L ft near R
<b>3-4</b>		Repeat measures <b>1-2</b> with opp ftwk and direction
<b>5-6</b>		Repeat measures <b>1-2</b>
<b>7</b>	1-4 5-10	Still holding R hands, moving twds partner, very large step fwd on L Passing partner, large step fwd on R while body turns $\frac{1}{4}$ t. (CW)
<b>8</b>	1-4 5-6-7 8-9-10	Close L ft near R (" <i>Assemblé</i> ") while body turns $\frac{1}{4}$ t (CW) to finish changing places. End facing your partner. Small jump in place on both feet Fall on L ft in place while body turns slightly diag. to the right

Note: W bounce on both heels (cts 5-7) and fall on R ft in place (cts 8-10)

**9-16** Repeat measures **1-8**, starting move twd the top of the set. (See photo C)



Photo C

Meter: 10/16

Description of *P-a lungu* (continued)

Ftwk described for M, W uses opp ftwk (W start L ft)

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Meas. Count

**Figure 2**

Description of M's footwork (W use opp ftwk)

**1-6** Execute same ftwk as described on measures **1-6** of figure 1.

Note: On measure **3**, M moves R arm (CW) over the head of his partner to help her to turn. W does one full turn (CW).

Both partners move (twd the top of the set).

See photo D



Photo D



Photo E



Photo F

**7-8** Do same ftwk as described on measures **7-8** of figure 1,

Note: On measure **7**, M moves R arm (CCW) over the head of his partner to help her to turn and change place.

W does half turn (CCW).

See photos E – F

**9-16** Repeat measures **1-8**, starting move twd the top of the set.

Note: On the last measure of the dance, close L ft near R (cts 1-4) (*Assemblé*) and small jump in place (cts 5-7).

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Final pattern:

(F1 + F2) x 3.

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