

Maneaua

Gypsy dance, Romania

Maneaua is usually done in Oltenia, Muntenia and Dobrogea (near the Danube River) and also in a few Bulgarian villages of the north.

Formation: free

Position: free hands

Pronunciation: mah-NAH-oo-ah

Meter: 2/4

Meas **Introduction**

1-8 Improvisation

Figure 1 (Facing Centre)

- 1 Step on R in front of L (1), step on L in place (2)
- 2 Step on R ball behind (1), step on L in place (2)
- 3-8 Repeat measures 1-2 three more times (4 total)

Figure 2

- 1 Step on R crossing in front (1), pause (2)
- 2 Step swd on L ball to L lifting R heel slightly (1), step on R heel in place (2)
- 3-4 Repeat meas 1-2 with opp ftwk and direction
- 5-8 Repeat measures 1-4

Figure 3 (Turn ½ t. CCW then CW during figure)

- 1 Hop on L, pointing R ball to R (1), hop on L lifting R ft close to L calf (2)
- 2-3 Repeat measure 1 two times (turning CCW)
- 4 Fall (without accent) on both ft in place (1), hop on R, lifting L ft close to R calf (2)
- 5-8 Repeat meas 1-4 with opp ftwk turning CW
- 9-16 Repeat measures 1-8

Transition 1

- 1-2 Hands clapping: Q-S-Q-S-S

Figure 4

- 1 Small hop on L (&), step R heel in twd ctr (1), pause while placing R toes down (2)

- 2 Touch L toes behind (1), scuff L heel fwd (2)
- 3-4 Repeat measures 1-2 with opp ftwk
- 5 Fall on both ft, R ft crossed in front of L ft (1)
- 6 Bounce on both ft, turn ¼ t. CCW to the left (1), repeat ct 1, ending with back to the centre (2)
- 7-8 Walk R, L, R, L away from ctr while shimmying
- 9-16 Repeat measures 1-8 ending facing ctr

Transition 2

- 1-2 Hands clapping: Q-S-Q-S-S
- 3-4 Hands clapping: Q-S-Q-S-S

Figure 5 (women only - men may try)

Note: M clap Q-S-Q-S-S 8 times and/or improvise

- 1 With bent L knee and straight R knee, step on R in place, push R hip to R (1), push R hip to R (2)
- 2 Repeat meas 1 with opp leg
- 3-8 Repeat measures 1-2 three more times (4 total)
- 9 Step with partial wt on R starting CCW hip circles from back (1), step L in place, turning CCW (2)
- 10-11 Repeat meas 9 two more times continuing hip circles, and completing ½ turn to the left (CCW)
- 12 Step on R beside L (1), raise L ft (2)
- 13-16 Repeat meas 9-12 with opp ftwk and direction

Transition 3

- 1 Hands clapping: S-S
- 2-3 Hands clapping: Q-S-Q-S-S
- 4-5 Hands clapping: Q-S-Q-S-S

Ending

- 1-5 Do meas 1-5 of Figure 4
- 6 With both feet in place, do full turn CCW to left

Final pattern:

Intro +
F1 + F2 + F1 + F2 + F3 + F1 + F2 + Trans 1 +
F4 + Trans 2 + F5 + F5 + F4 + Trans 3 +
F1 + F2 + F1 + F2 + F3 + F1 + F2 + Ending