

Lamiita

Moldova, Romania

This fast running dance simulates little horses running in the famous Romanian dance "Caiutzi". Mihai David learned this dance from Costea Constantin. Introduced to North America by Mihai in 1977.

Formation: Circle. Hands in the "V" hold. No intro.

Figure 1

- 1-8 Facing center, moving right LOD 8 cross-overs
 - seven times: cross L over R, step R (with a slight up-down tilting motion)
 - final time: cross L over R, step R, step L to change LOD to the left
- 8-15 Moving left LOD 8 cross-overs
 - cross R over L, step L
 - the 8th time R crosses over L stop and move on to next figure

Figure 2

- 1 Facing center swing R over L, step L; R across L
- 2 Left LOD swing L over R, step R; L across R
- 3 Forward step R (slightly swinging in front of L)
- 4 Forward step L (slightly swinging in front of R)
- 5 With weight on L stamp R and Lift R & call "hey"
- 6 With weight on L Stamp R and Lift R & call "hey"

Figure 3

- 1-2 Moving backwards out of center,
- 2 triplets - step R L R; step L R L
- 3 Single step back R
- 4 Single step back L
- 5 With weight on L stamp R and Lift R & call "hey"
- 6 With weight on L stamp R and Lift R & call "hey"

Repeat Dance from the beginning.