

TRILISESTI
(Moldavia, Romania)

- Source: Martin Koenig as he learned the dance in the villages of Monasterea Humorlui and Pirstesti.
- Formation: Long lines or open circle facing CCW. Unless otherwise noted outside hand is always on inside shoulder of person in front of you, inside arm swings free or hand on waist.
- Recording: Balkan Arts 6H, *Cintece Si Jocuri Rominesti*, side 1, band 7 or *Village Dances of the Balkans* CD. 2/4 meter.
- Note: Steps are lively, when walking lean into person in front of you.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
		<u>Figure 1 - "Plimbarii" (Walk)</u>
1	1	Facing CCW, step fwd onto L
	2	Continuing CCW, step fwd onto R
2-4		Repeat pattern Meas 1, Figure 1, three more times
5-16		Repeat pattern Meas 1-4, Figure 1, three more times for a total of 64 steps.

Figure 2 - "Pinten Sus" (Clicks in the air)

Men

1	1	Facing ctr, with hands held down at sides and ft together, jump down in place on both ft, knees flexed
	2	Straightening and locking knees, bounce in place on both heels
	&	Bounce again on both heels
2	1	Jump with ft apart, onto both ft
	&	Jump up, clicking heels in air directly below you
	2&	Repeat pattern Cts 1&, Meas 2, Fig 2
3-14		Repeat pattern Meas 1-2, Fig 2, six more times
15		Repeat pattern Meas 1, Fig 2
16	1&	Repeat pattern Cts 1&, Meas 2, Fig 2
	2	Come down with ft together in place.
		CUE: Down-Bounce-Bounce-Apart-Click-Apart-Click
		S - Q - Q - Q - Q - Q - Q

Women

1		Repeat pattern Meas 1, Fig 2, Men
2	1	Repeat pattern Ct 1, Meas 1, Fig 2, Men
	2	Repeat pattern Ct 1, Meas 1, Fig 2, Men
3-15		Repeat pattern Meas 1-2, Fig 2, Women 7 more times
		CUE: Down-Bounce-Bounce-Down-Up-Down-Up
		S - Q - Q - S - S

TRILISESTI - (Continued)

<u>Meas</u>	<u>Ct</u>	
		<u>Figure 3 - "Plimbarii" (with stamps CW)</u>
1	1	Facing CW, step fwd onto L
	&	Stamp fwd on R
	2	Step fwd on R
	&	Stamp fwd on L
2	1&	Repeat pattern Cts 1&, Meas 1, Fig 3
	2	Stamp fwd again onto R, but this time R takes wt
3-16		Repeat pattern Meas 1-14, Fig 1, for total of 28 steps
		<u>Figure 4 - "Trei Batuta Trei"</u>
1	1	Facing ctr, with hand held down at sides, step sdwd to L onto L
	&	Step onto R beside L
	2	Step sdwd to L onto L
	&	Stamp R next to L
2		Repeat pattern Meas 1, Fig 4, but with opp ftwk and direction
3-6		Repeat pattern Meas 1-2, this Fig 4, 2 more times
7		Repeat pattern Meas 1, Fig 4
8	1	"chukche" in place on L
	&	Stamp in place on R
	2	Stamp in place on R, this time R takes wt
9-16		Repeat pattern Meas 1-8, Fig 4
		<u>Figure 5 - "Batuta Sinchop"</u>
1		Repeat pattern Meas 1, Fig 4
2	1&	Repeat pattern Cts 1&, Meas 8, Fig 4
	2&	Repeat pattern Cts 1&, Meas 1, Fig 4, but with opp ftwk and direction
3	1&	Repeat pattern Cts 2&, Meas 1, Fig 4, but with opp ftwk and direction
	2&	Repeat pattern Cts 1&, Meas 8, Fig 4, but with opp ftwk
4-12		Repeat pattern Meas 1-3, Fig 5, three more times
		<u>Figure 6 - "Pinten Sinchop"</u>
		<u>Men</u>
1	1-2	Repeat pattern Cts 1-2, Meas 1, Fig 2, Men
	&	Jump, with ft apart, onto both ft
2	1	Jump up, clicking heels in air directly below you
	&	Come down in place onto both ft side by side together
	2	Jump with ft apart, onto both ft
	&	Jump up, clicking heels in air directly below you
3-14		Repeat pattern Meas 1-2, Fig 6, six more times
15		Repeat pattern Meas 1, Fig 6
16	1	Jump up and fwd, clicking heels in air directly below you
	&	Come down fwd onto both ft, ft side by side together
	2&	Pause

CUE: Down-Bounce-Apart-Click-Down-Apart-Click
S - Q - Q - Q - Q - Q - Q

Meas Ct

Women
1 1-2 Repeat pattern Cts 1-2, Meas 1, Fig 2, Men
&--/
/-- Repeat pattern Cts 1-2, Meas 1, Fig 2, Men
3 1&--/
2 Repeat pattern Ct 1, Meas 1, Fig 2, Men
CUE: Down-Bounce-Down-Bounce-Down
S - Q - S - Q - S

SEQUENCE OF FIGURES:

Figure 1
Figure 2
Figure 3
Figure 4
Figure 3
Figure 5
Figure 3
Figure 6

Note: "chukche" - A hop in which the foot on which you are hopping never leaves the ground.

Pronouciation: Tree-lee-shest-te

Dance notes by Larry Weiner.