

**I S A**  
**Prahova - Muntenia**

All over Carpathian area, besides "hora" and "sârba", the large category of "brâu" is always present. In fact, Isa is a simple form of brâu having a not so complicated structure based on four figures. It has 4 parts: A and B of 16 meas each, C and D of 8 meas each.

Pronunciation: EE-suh

Formation: mixed open circle with hands on the shoulders or in V-pos.

Rhythm: 2/4 meter

Videotape: Lia and Theodor Vasilescu: Romanian Folk Dances 8

**PATTERN**

Measure

INTRODUCTION: 8 meas. No action.

PART A

- 1 Facing ctr, stamp without wt on R across L (ct 1); hold (ct 2).
- 2 Facing ctr and movign aside in LOD, step on R to R (ct 1); step on L next to R (ct 2).
- 3-16 Repeat meas 1-2 seven times.

PART B

- 1 Facing ctr and moving aside in LOD, step on R to R (ct 1); step on L next to R (ct 2).
- 2 Step on R to R while L is lightly bent (ct 1); stretch L fwd (ct 2).
- 3 Step on L in place while R is lightly bent (ct 1); stretch R fwd (ct 2).
- 4-15 Repeat meas 1-3 four times.
- 16 Stamping step on R (ct 1); stamping step on L (ct 2).

PART C

- 1 Facing ctr, lift -and -drop on L in place while stretching R fwd (ct 1); hold (ct 2).
- 2 Facing ctr and moving bkwd out of ctr, step on R behind L (ct 1); step on L behind R (ct 2).
- 3 Facing ctr and moving twd ctr, lift-end-drop on L (ct 1); step fwd on R (ct &); step on L next to R (ct 2)
- 4 Repeat meas 3.
- 5-8 Repeat meas 1-4.

PART D

- 1 Facing ctr and moving bkwd out of ctr, leap on both ft, R being behind L (ct 1); hold (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Facing and moving fwd twd ctr, stamping step on R (ct 1); stamping step on L next to R (ct &); stamping step on R (ct 2); stamp without wt on L next to R.
- 4 Stamping step on L (ct 1); stamping step on R next to L (ct &); stamping step on L (ct 2).
- 5-8 Repeat meas 1-4.

SEQUENCE: Repeat pattern 4 times.

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