

Macho - Van Geel Version (Roma/Romanian)

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These notes ©2026, Doug Simpson. This is the version originally taught by Maurits van Geel at the 2026 Veselo Folk Dance Festival in Eugene, Oregon.

Music: provided by the teacher. Sung by Nicolae Gutsa, Florin Salam and Roxana Printesa Ardealulul

Meter: 2/4

Formation: no hand-holds, danced freely around the room in a large circle with expressive hands (snapping fingers, clapping or waving hands all possible)

Introduction: none

Part 1:

Bar 1: Leap to R on R foot, Cross L behind R, Step R in place (count: 1 & 2).

Bar 2: Repeat movements of Bar 1 to the L with opposite footwork.

Bar 3: Step sideways to R with R heel, R foot takes full weight, L crosses behind R, both knees bent.

Bars 4 through 6: Repeat Bar 3 three times.

Bars 7 through 24: Repeat the 6 Bars above three times (four times through Bars 4 through 6, in total).

Part 2:

Bar 1: Turning to the right to move CCW in the greater circle, stamp R (no weight), step fwd on R (count: 1, 2).

Bar 2: step forward on L, step forward on L (count: 1, 2).

Bar 3 and 4: Continue around the greater circle with opposite footwork.

Bars 5 through 8: Repeat Bars 1 through 4 around the circle.

Bar 9: begin 3/4 circle in place with R heel touch, then step R (1/4 turn to your own right).

Bar 10: continue the circle with opposite foot - L heel touch, then step L (another 1/4 turn).

Bars 11 and 12: repeat Bars 9 and 10, ending facing into the greater circle.

Bar 13: Stamp R beside L, with slight body twist and leaning toward the L. Stamp sideways to R on the R foot, taking weight (very small progression to the R). Close L to R (count: 1 & 2).

Bar 14 through 16: Repeat Bar 13 three times.

Bars 17 through 24: Repeat Bars 9 through 16.

Sequence of the dance:

Part 1

Part 2

Part 1

Part 2

Part 1

Part 2 - only until Bar 12, finish with stamp of R to L.

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