

## Scotis

(Italy - Umbria)

This dance is a couple dance related to the Polka family. Passing through the lower middle-class environments, it arrived in the rural world. This version is very common in Valnerina, in the territory of Norcia.

Pronunciation: SHOH-tees

Music: CD: Danze Italiane Vol 1, Band 10 4/4 meter

Formation: Couples in large circle facing LOD, W to R of M, in ballroom position opened slightly to face LOD.

Steps & Styling: Gallop: Wide step sdwd on R (ct 1); step on L next to R while raising the R (ct 2). Gallop can be done with opp ftwk.

### Meas

### Pattern

4 meas INTRODUCTION. None. Wait one phrase (4 meas)

- 1 Beg with outside ft (ML - WR) walk fwd 2 steps in LOD (cts 1,2); continuing fwd with 3 steps (M LRL – W RLR), cpl turns half CW to change places, M ending outside, W inside (cts 3,&4).
- 2 Beg with outside ft (MR - WL) dance 4 gallops in LOD (cts 1,&2,&3,&4).
- 3 With 2 polka steps (M LRL, RLR - W RLR, LRL) dance 1 1/2 turns CW ending in LOD, M inside, W outside.
- 4 Beg with outside ft (ML - WR) step fwd and rock back on opp ft (cts 1, 2); step bkwd and rock fwd on opp ft (cts 3, 4). These steps are bouncy, lifting the free foot while stepping.

Repeat dance from beginning.

Presented by Roberto Bagnoli