

-BAL DEL TRUC  
(Bahl del trook)

Folkraft 1408 B

Italy

Aviano, near Venice

This dance and its music resemble so closely the CZECH dance "Strasak" and several similar dances of other countries, that one wonders about its origin. It is possible that it may have come from Central Europe during the time of the Austrian occupation of north-eastern Italy, or it might have migrated from Italy at that time. This dance is also known as "La Vinca".

FORMATION:

Couples around the room, moving counterclockwise.

Fig. 1

Position

Social dance position, partly open, that is, couples facing counterclockwise rather than each other. Forward hands clasped.

Music 1  
& repeat

Action - Skip

Starting with outside foot (man's L girl's R). 32 skips around the room, revolving C and moving around the room CC.

Fig. 2

Position

Partners drop hands, face each other, man's back to center of the circle.

Music  
B &  
repeat

Action - Scolding

Pause (meas. 9), stamp 3 times with R foot (meas. 10), pause (meas. 11) clap own hands 3 times (meas. 12), shake right index finger near partner's face, bringing own head near to partner, finger near heads tilted to the right in a scolding and flirting attitude (meas. 13), shake left index finger, with heads tilted L, (meas. 14). On second beat of measures 13 and 14, music may stop completely and dancers must stand still until it starts again; this makes for lightness of mood. On measures 15 to 16, both turn individually CC with 4 steps, girl holding skirt and man with thumbs in his belt. End facing each other, with both feet together.

Repeat Figure 2.

Repeat dance as many times as desired.