

BALLO SARDO or BALLO TONDO

Folkraft 1407 B

Island of Sardinia, Italy

Sardinia is the only region of Italy which still has an old line dance similar to the ones of the Balkan countries and the Near East.

The figures follow each other according to the music and the whim of the leading couple. However, from observing the Sardinian people a pattern similar to the one below seems to emerge.

FORMATION:

Open circle composed of couples or individuals facing center. A couple may be composed of 2 women or 2 men. Partners hold hands, occasionally everyone holds hands around the circle. Partners stand side by side, erect, serious, arms straight down. Group inches gradually to the left, clockwise. Count in phrases of 12 beats.

OPENING FIGURE:

Dancers move rhythmically in place for 12 counts (The movement comes from a springing motion in the Legs). At the 9th count, leading couple raises arms and hand holding partner straight forward, all others do the same; then on the 11th count all arms are lowered rapidly down to indicate the beginning of the dance.

Fig. 1 Step point, step point

Music Step on R ft. (ct. 1), point with L ft. in front of R (ct. 2), step on A & L ft (ct. 3), point with R in front of L (ct. 4) Do this fig. 6 times.
repeat

Fig. 2 Step, point step-together step

Music Step on R ft. (ct. 1), point with L in front of R (ct. 2) then moving to B the L with L ft., step-together step (ct 3 & 4), feet hardly leaving the ground. Do this fig. 6 times.

Fig. 3 To center and back, 4 times

Music Walk forward starting on R ft. (ct. 1), 1 (2) R (3) point with L in C & front of R (4), step on L (5), swing R ft across L (6); back, away from repeat center with R ft. (7), L (8) R (9) point with L in front of R (10), step on L (11) swing R ft. to left (12). Repeat 3 more times.

Fig. 4 Same as fig. 2 except usually faster. When the music accelerates the Music men enliven their dancing by lifting their legs higher and tilting feet D, same diagonally as in sketch. Girls continue to dance close to the ground, as B smoothly.

Ending Repeat the dance as many times as desired.