

BELA RADA = "Fair Rada". (BEH-lah RAH-dah) (B / 6)

Introduced to American folk dancers in 1955 by Dick Crum who learned it in Serbia. 2/4 meter.

Formation: Open circle, leader at R end, V pos. Face ctr, wt on L.

Style: Entire dance is done with very tiny steps on balls of ft. Ft "hug" each other when passing.

Note: The dance is a 5-meas pattern; the music is phrased in 8 meas so repeats of the dance begin on various meas of the musical phrase.

Measures

- 1 Step R to R, step L behind R (cts 1,&); repeat for cts 2,&.
 - 2 Step-hop on R, bringing L behind R (cts 1,&); step-hop on L, bringing R behind L (cts 2,&).
 - 3 Step-hop on R, extending L ft fwd a few inches (cts 1,&); step L in place, extending R ft fwd a few inches (ct 2); step R in place, extending L ft fwd a few inches (ct &).
 - 4 Step-hop on L in place, bringing R behind L (cts 1,&); step-hop on R, extending L ft fwd a few inches (cts 2,&).
 - 5 Step L in place, extending R ft fwd a few inches (ct 1); step R in place, extending L ft fwd a few inches (ct &); close L to R and lower heels with accent (ct 2); hold (ct &).
- Dance repeats from beginning.

KOLO KALENDAR (KOH-loh kah-len-DAH-rah) (B / 7)

Introduced to American folk dancers in 1952. Learned by John Filcich from Zdenka Politeo, member of Lado.

Formation: Closed circle, front basket-hold, joining middle fingers with second dancer on either side, R arm over. Bend fwd slightly. Face ctr, wt on R. 4/4 meter.

Measures

- I. **STEP-SWING AND TRAVEL**
 - 1 Small step L to L (ct 1); raise and lower L heel while swinging R leg, knee bent, in front of L (ct 2); repeat with opp ftwk for cts 3-4.
 - 2 Turning and moving slightly to L, step L (ct 1); swing R, knee bent, in front of L (ct 2); continue to move L, turn to face ctr and step R across in front of L (ct 3); raise and lower R heel while swinging L leg, knee bent, in front of R (ct 4).
 - 3-4 Repeat action of meas 1-2.
- II. **BOUNCE IN PLACE** (Drmes = shake)
 - 1 Step on full L ft, bending knee (ct 1); with knees straight, step R,L in place (cts 2,&). Repeat beg R ft (cts 3, 4,&).
 - 2-4 Repeat action of meas 1, Part II, 3 more times.

Note: The straight knees on cts 2,& and 4,& of each meas transmit a vibration throughout the body, producing the shake that is typical of drmeš steps.

Dance repeats from beginning.