

BELA RADA

Name: BEH-1a RAH-da; "white Rada" (a girl's name)

Formation: Open circle; hands joined and down.

Note: The dance sequence is in 5 meas, but the music is in 4 meas phrases. This is danced entirely on balls (not toes) of feet except at very end of sequence. Face center.

*As taught by Dick
Crum*

NO INTRODUCTION

Meas.	Ct.	
1	1	Step Rft to R.
	&	Step Lft behind Rft.
	2	Repeat ct 1&.
2	1	Step Rft beside Lft.
	&	Hop on Rft, bringing Lft closely behind R heel.
	2	Step Lft behind Rft.
	&	Hop on Lft, bringing Rft closely behind L heel.
3	1	Step Rft behind Lft.
	&	Hop on Rft, kicking Lft slightly fwd.
	2	Step Lft beside Rft, kicking Rft slightly fwd.
	&	Step on Rft beside Lft, kicking Lft slightly fwd.
4	1	Step Lft beside Rft.
	&	Hop on Lft, bringing Rft closely behind L heel.
	2	Step Rft behind Lft.
	&	Hop on Rft, kicking Lft slightly fwd.
5	1	Step Lft beside Rft, kicking Rft slightly fwd.
	&	Step Rft beside Lft, kicking Lft slightly fwd.
	2	Step Lft beside Rft, bringing heels down with accent.
	&	Hold.

Sequence: Do above sequence a total of 8 times.