

BELE KAWÉ

CREOLE-AFRICAN

Pronounced: BELL-ee KAH-wee

In recent years, folk dancers have “discovered” the excitement of African dances and their derivatives. This dance, apparently from the Caribbean island of Carriacou, was learned from Norma Huff, of Atlanta, Georgia at the 1972 Tennessee Octoberfest Folk Dance Camp.

Record: AR36, African Heritage Dances.

Steps: Step, touch.

Formation: No partners, free formation. As a rule, most everyone faces in the same direction.

Timing and Rhythm: One beat per step (8 beat introduction on AR36).

PATTERN:

PART I: **Forward Break:** (Men hold the backs of their hands on hip pockets. Ladies, as if holding a long skirt, shaking the ruffles.) Step forward R, both knees bent; step L back in place; step R beside L.

Repeat with opposite footwork (L, R, L).

Repeat Part I three more times (total 4).

PART II: **Heel Step.** (Arms extended to each side, about shoulder high, bent comfortably.) Touch R heel sideward to right, turning toward the right side, step R beside L.

Repeat with opposite footwork (touch L heel, step L).

Repeat Part II three more times (total 4), moving a little backward the first 2 times and coming forward the last 2 times.

PART III: **Wheel.** Arms still extended, bend forward at the waist, and move to the right, making a low, wide complete turn (CW) in 3 steps (R, L, R), pause, still bending forward.

Repeat with a CCW turn to the left (L, R, L), pause, still bending forward.

Repeat Part III, one more time (total 2).