

BELE KAWE

(A Creole dance with steps of African and French Origin)

Record: ALBUM AR 36 - African Heritage Dances
Educational Activities Inc., Activity Records.

Formation: No partners - open formation, all facing forward.

THE DANCE --- No Introduction.

1. M's back of hands on back pockets, W hold skirt (imaginary long skirt) in front of body and shakes ruffles vigorously throughout following footwork:

Both M and W:

(a) Step forward on R ft. knees bent (as if stepping into a hole) step backward on L ft. step together with R.

(b) Repeat (a), starting with L ft.

Do 8 of the above steps in all.

2. With arms high to the side, extend R heel to side on floor, looking at it, then step on the R ft. Repeat extending L heel to side on floor (going backward a little bit), looking at it, then step on L ft.

Do 8 of these heel-steps in all, moving backward for 4 of them and then forward for 4.

3. With arms extended straight out from shoulder, moving to the R, step R, L, R, bending knees and making a low wide turn. On the 4th count, hold the position (you have made a complete turn and are facing forward at this point). There should be no sound of shuffling feet during this turn. Repeat the turn to the Left, starting with the L ft.

Do 4 of these turns in all.

REPEAT DANCE FROM THE BEGINNING.

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