

BELLA FRANCA

(Catalonia)

Bella Franca (BEH-lah FRAHN-kah) is one of the sardanas danced at a festival in Sant Feliu de Guixols, Costa Brava, in June, 1965. It was learned there by Anatol Joukowsky, who presented it at the 1966 University of the Pacific Folk Dance Camp, Stockton, California.

MUSIC: Record: Star S-8412 (RE) Sardana

FORMATION: Circles of 8 to 16 dancers. Hands joined and held down.

STEPS AND STYLING: All steps have a "cat-like" quality as each step is accompanied by an easy "giving" in the ankle and the knee. Heels never rest on the floor (except during the Breaks) and most dancers never lower the heels enough to even touch the floor.

Curts (short pattern): 1 pattern to 2 meas. Touch ball of L ft fwd (ct 1); step L beside R (ct 2); small step diag R bwd on R (meas 2, ct 1); step L across in front of R (ct 2). Always keep body facing ctr and adjust steps so there is no advancement into ctr in spite of the crossing steps. Repeat of the step would start with pointing the R ft.

Llarges (long pattern): 1 pattern to 4 meas. Touch ball of R ft fwd (ct 1); step R beside L (ct 2); touch ball of L ft fwd (meas 2, ct 1); step L across in front of R (ct 2). Touch ball of R ft fwd (meas 3, ct 1); step R beside L (ct 2); small step diag L bwd on L (meas 4, ct 1); step R across in front of L (ct 2). Again adjust steps so there is no advancement into ctr. Repeat of step would start with pointing the L ft.

Note: Analysis of these two patterns will show that meas 3 and 4 of the Llarges pattern is the same action as a Curt Pattern.

Saltos: Same as Llarges but steps are done with a bounce. As the toe is pointed, the heel of the supporting ft is lowered and raised twice. The whole pattern is light and heels rarely touch the ground.

MUSIC 2/4

PATTERN

Measures

4 meas INTRODUCTION: There is a short melody played on a flute, ending with a tap on a small drum which is a starting signal for the dancers.

I. CURTS

1-32 Dance 16 Curts (short patterns) beginning with touching L ft fwd. Hands are joined and held down.

1 meas Break: Step L beside R. Raise joined hands to about eye level. Arms are rounded and hands extended a little fwd.

II. LLARGES

1-32 Dance 8 Llarges (long Patterns) beginning with touching R ft fwd.

2 meas Break: Step R beside L (meas 1). Raise joined hands higher, elbows straight (meas 2).

III. SALTOS

1-32 Dance 8 Saltos patterns beginning with touching R ft fwd.

1 meas Break: Step R beside L. Lower joined hands to about eye level.

BELLA FRANCA (continued)

IV. LLARCS

1-34 Repeat action of Fig II including the Break.

V. SALTOS

1-32 Repeat action of Fig III but omit the Break. On the very last step do not step L across R. Instead, close L to R (no wt).

VI. ENDING

Chord I Touch L in back of R (no wt), bending knees slightly. Body stays erect.

Chord II Straightening knees, step L beside R. Bring joined hands down sharply.