

Presented by Al Vincent

BELLA FRANCA
(Catalonia)

Bella Franca is one of the sardanas danced at a festival in Sant Belieu de Guixols, Costa Brava in June, 1965. It was learned there by Anatol Joukowsky at that time.

Music: Record: Iberoton IB.45 1.184 Bella Franca 2/4 meter

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

Steps and Styling Curts (short steps): 1 step to 2 meas. Touch ball of L ft fwd ct 1, step L beside R (ct 2). Small step diag R bkwd 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 movement into ctr in spite of the crossing step. All steps have a cat-like quality as the ball of the ft bears the wt before the heel is lowered. Repeat of step would start with point R.

MeasuresDescription

Introduction consists of a short melody played by a flute. Immediately after, there is a tap on a small drum as a signal to the dancers.

FIG I (CURTS)

1-32 Dance 16 Curts (short steps) beginning with touching of L ft.

Break

1 meas Step L next to R. Raise joined hands about head level. Arms are rounded and hands are fwd.

FIG II (LLARGS)

1-32 Dance 8 Llargs (long steps) beginning with touching of R ft.

Break

2 meas Close R to L. Raise joined hands higher, elbows straight.

FIG III (SALTOS)

1-32 Dance 8 Saltos steps beginning with touching of R ft.

Break

1 meas Step R next to L. Lower hands to about head level.

FIG IV (LLARGS AND BREAK)

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

FIG V (SALTOS)

1-32 Repeat action of Fig III but omit the Break. End ft together.

Ending

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

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

Presented by Anatol Joukowsky

1966

Notes by Ruth Ruling

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BEILA FRANCES
(Catalonia)

Beila Frances is one of the sardanas danced at a festival in Sant Beilén de Gorkoia, Costa Brava in June, 1965. It was learned there by Anatol Jankowsky.

MUSIC: or Star-S-8412 "Sardana"

FIGURE II Llarges (Long Steps): 1 step to 4 meas. Touch ball of R ft fwd (ct 1). Step R next to L (ct 2). Touch ball of L ft fwd (meas 2, ct 1). Step L across in front (ct 2). Touch ball of R ft fwd (meas 3, ct 1). Step R beside L (ct 2). Small step diag L bkwd on L (meas 4, ct 1). Step L across in front of L (ct 2). Again adjust steps so there is no advancement into ctr. Next step would start with touching L ft fwd.

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

FIG I (CURTS)	1-32	Dance 16 Curts (short steps) beginning with touching of L ft.
Break		
FIG II (LLARGES)	1-32	Step I next to R. Raise joined hands about head level. Arms are rounded and hands are fwd.
Break		
FIG III (SALTS)	1-32	Dance 8 Llarges (long steps) beginning with touching of R ft.
Break		
FIG IV (LLARGES AND BREAK)	1-34	Close R to L. Raise joined hands higher, elbows straight.
FIG V (SALTS)	1-32	Dance 8 Salts steps beginning with touching of R ft.
Break		
FIG VI (LLARGES AND BREAK)	1-34	Step R next to L. Lower hands to about head level.
FIG VII (SALTS)	1-32	Repeat action of FIG II including the Break.
Break		
FIG VIII (SALTS)	1-32	Repeat action of FIG III but omit the Break. End it together.
Ending		
Chord I		Touch I in back of R (no wt), bending knees slightly
Chord II		Straightening knees, step I next to R. Bring joined hands down sharply.

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