

BELLA FRANCA
(Catalonia)

8

SOURCE: Bella Franca 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 at that time.

MUSIC: RECORD: Iberoton 1B.45 1.84 Bella Franca

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 or a little behind R (ct 2). Step R a little to R side (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 weight before the heel is lowered. Repeat of step would start with point R. LLARGS (LONG STEPS): 1 step to 4 meas. Touch ball of R ft fwd (ct 1). Step R to 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 or a little behind L (ct 2). Step L a little to L side (meas 4 ct 1). Step R 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. SALTOS: Same as Llargs 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.

MUSIC: 2/4

PATTERN

Meas.

INTRODUCTION

Consists of a short melody played by a flute. Dance starts after a short pause.

FIGURE I CURTS

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

BREAK

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

FIGURE II LLARGS

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

BREAK

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

FIGURE III SALTOS

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

Continued...

BREAK

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

FIGURE IV LLARGS AND BREAK.

- 1-34 Repeat action of **FIGURE II** including the Break.

FIGURE V SALTOS

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

ENDING

- CHORD 1** Touch L in back of R (no weight), bending knees slightly.

- CHORD 2** Straightening knees, step L next to R. Bring joined hands down sharply.

Presented by Anatol Joukowsky
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