

Ballo Sardo

Presented by: Mae Fraley, 1982, Miami Valley Folk Dancers

Rhythm: 2/4

Formation: Open circle of couples, trios or fours (groups of close friends) facing center, arms held straight down, shoulders touching.

Measures INTRODUCTION

- 6 In place, spring onto R foot then onto L foot. On count 2, leaders raises joined hands straight FWD and on 12 returns arms downward to sides.
This indicates the dance is about to start

FIG. 1

- 1-12 Step on R foot in place, point L foot across touching floor; step on L in place, point R foot across.
REPEAT action five more times

FIG. 2

- 1-12 Step on R in place (count 1), point L in front of R (count 2), step on L to L (count 1) Feet are close to floor and the sideward steps are a slide.
REPEAT action five more times

FIG. 3

- 1-3 Walk 3 steps FWD to center (R, L, R), point L foot in front of R, step L, point R foot in front of L
4-6 Walk backward three steps (R, L, R), point L in front of R, step L, point across making a circular motion in the air with the R

- 7-24 REPEAT action three more times. Men may raise legs so that knee may be hip high.

FIG. 4

- 1-12 REPEAT FIG. 2

Dance REPEATS three times.