

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.

