

BALLO SARDO

Sardinia

Record: Folkraft 1407

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

Measures 2/4

Intro:

6 In place, spring onto right foot then onto left foot. On count 11, leader raises joined hands straight forward and on 12 return arms downward to sides. This indicates the dance is about to start.

Figure 1

A 1-12 Step on right foot in place, point left foot across touching floor; step on left in place, point right foot across. Repeat action five more times.

Figure 2

B 1-12 Step on right in place (ct 1), point left in front of right (ct 2), step on left to left (ct 1), close right to left (&), step left to left (ct 2). Feet are close to floor and the sideward steps are a slide. Repeat five more times.

Figure 3

C 1-3 Walk 3 steps forward to center R-L-R, point left foot in front of right, step left, point right foot in front of left.  
4-6 Walk backward three steps R-L-R, point left in front of right, step left, point right across making a circular motion in the air with the right.  
7-24 Repeat action three more times. Men may raise legs so that knee may be hip high.

Figure 4

B 1-12 Repeat Figure 2.  
Dance repeats three times.