

BELA RADA
(beh'-lah Rah'-dah)

Serbia

SOURCE: Learned from Natives in Ugoslavia.

MUSIC: MH 3023-B Duquesne Univ. Tamburitzans, No Piano music.

FORMATION: Open kolo, hands joined and held down at sides.

NOTE: Dance is done entirely on balls of feet, except for final lowering of heels in meas. 5. Don't make wide steps in placing one ft behind other. Feet should "hug" each other.

Meas.

1. ct 1-Tiny step R with R ft. Ct &-Tiny step with L ft behind R ft
ct 2 " " " " " " " Ct & " " " " " " " "
2. ct 1-Step on R ft in place ct & hop on R, bring L ft around back
ct 2-Step on L toe behind R ct & hop on L, bring R ft around back
3. ct 1-Step on R toe behind R ct & hop on R, kick L ft fwd few inches
ct 2-Step on L ft in original place, extend R ft fwd few inches
ct &-Step on R ft in original place, extend L ft fwd few inches
4. ct 1-Step on L toe behind R ct & hop on L, bring R ft around back
ct 2-Step on R toe behind L ct & hop on R, kick L ft fwd few inches
5. ct 1-Step on L ft in place, extend R ft fwd a few inches
ct &-Step on R ft in place, extend L ft fwd a few inches.
ct 2-Bring feet together, and lower both heels with heavy accent.
ct & hold.

DICK CRUM-Yugoslav Week-end-Miami Valley Folk Dancers

April 28th and 29th, 1956

Dayton, Ohio