

Su Balitto

(Italy, Sardinia)

From the territory of Nuoro in Sardinia, Su Balitto is a dance done in all the north of the island. The name means “the little dance.”

Pronunciation: SOO bah-LEET-toh

Music: 6/8 meter CD: *Danze Italiane Vol. 1*, Band 16 (“Su Falcittu”)

Formation: Closed circle for any number of people. Stand facing into the center, close to each other, hands joined, forearms parallel to the floor. There is a designated leader that calls the step changes. Change is indicated by the leader yelling “AYE-OH.”

Meas Music: 6/8 meter Pattern

free INTRODUCTION No action. Dance begins at will.

I. TRAVELING STEP

- 1 Step sdwd on L to L (ct 1); step on R next to L (ct 2); step sdwd on L to L (ct 3); small bounce on L (ct 4); step on R to R (ct 5); small bounce on R (ct 6).
This step can be done sdwd L, fwd, and bkwd.

II. STEPPING IN PLACE

- 1 Same ftwk as Traveling Step but done in place with the free ft floating slightly fwd on cts 3 and 5, almost becoming a small kick.

Variation: individuals and couples may break away from the circle and dance in the center, using the same ftwk, moving fwd, bkwd, and sdwd improvisationally.

Presented by Roberto Bagnoli