

BELA RADA

Folk Dance From Yugoslavia
The Serbian section.
Record FOLK DANCER MH 3023

Bela Rada

The dance was introduced in the United States by Balkan expert Dick Crum.

FORMATION: Couples in a circle, hands joined low all facing center. Note that there are 8 "strums" before you begin the dance. Also unlike most European folk dances where you usually begin each sequence of a figure on the first count of each measure, just "disregard the melody" here and dance to the beat. If you do it right you will end the dance Right on the Jump, at the finish of the music.

THE DANCE: Move sideways to the Right with 4 steps starting on the Right foot: Right ft to side. Left in back of R. Right ft to side. Left in back of R.

Do 3 step-hops in reel style* in place.
(Hop Right, Hop Left, Hop Right).

*(In teaching the reel, start by teaching a plain step-hop, then later change it to a "reel" step which is done by placing one foot behind the other and chugging forward on it.)

Now step down on Left foot and kick Right foot forward.
Step down on Right foot and kick Left foot forward.
(The above is called one "scissors" step) done very quickly like a change-step.

Do 2 step-hops reel-style in place. (Hop Left, Hop Right)

Do the "scissors" step by placing Left foot down, kidcking Right forward, then placing Right foot down and kickly Left foot forward.

Jump lightly (small) on both feet together. This is more of a bringing feet down on floor...do not make it a big jump. Repeat dance fromthe beginning.

CUE STEPS: 4 side steps
3 step-hops
Scissor steps
2 step-hops
Scissor steps
Light jump.

THE Words for the dance follow:
Ide dika so oranja
Bela Rada sa Kopanja
Hej, Rado, bela Rado
Daj da ljubim lice mlado

Pronunciation:
Ee-deh dee-ka sah o-rahn-ya
Eeh-la Ra-da sah kopahn-ya
Hey, Rado, Beh-ka Rado
Die da lyoo-beem lee-tseh mlahdo.

It means: Fair, or beautiful Rada met her boy friend as she was coming home from planting...he had been plowing. He asked to kiss her fair young face.

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