

BELA RADA

Name: BEH-la RAH-da; "white Rada" (a girl's name)

Formation: Open circle; hands joined and down.

Note.: The dance sequence is in 5 meas, but the music is in 4 meas phrases. This is danced entirely on balls (not toes) of feet except at very end of sequence. Face center.

NO INTRODUCTION

<u>Meas.</u>	<u>Ct.</u>	
1	1	Step Rft to R.
	&	Step Lft behind Rft.
	2	Repeat ct 1&.
2	1	Step Rft beside Lft.
	&	Hop on Rft, bringing Lft closely behind R heel.
	2	Step Lft behind Rft.
	&	Hop on Lft, bringing Rft closely behind L heel.
3	1	Step Rft behind Lft.
	&	Hop on Rft, kicking Lft slightly fwd.
	2	Step Lft beside Rft, kicking Rft slightly fwd.
	&	Step on Rft beside Lft, kicking Lft slightly fwd.
4	1	Step Lft beside Rft.
	&	Hop on Lft, bringing Rft closely behind L heel.
	2	Step Rft behind Lft.
	&	Hop on Rft, kicking Lft slightly fwd.
5	1	Step Lft beside Rft, kicking Rft slightly fwd.
	&	Step Rft beside Lft, kicking Lft slightly fwd.
	2	Step Lft beside Rft, bringing heels down with accent.
	&	Hold.

Sequence: Do above sequence a total of 8 times.

RESEARCH COMMITTEE:
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BELA RADA

(Serbian)

Bela Rada (beh'-lah rah'-dah) was learned by Richard Crum from the natives in Yugoslavia. It was presented by him at the Stockton Folk Dance Camp in the summer of 1955.

MUSIC: Record: MH 3023B Bela Rada.

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

STEPS: Walk*, Step hop*.

Note: Dance is done entirely on balls of ft excepting for the final lowering of both heels in meas. 5. When bringing one ft behind the other, the ft "hug" each other. Tiny steps are used throughout the dance, particularly in meas. 1.

As is true in Vranjanka and other dances of southern Serbian, this dance is composed of five meas. of dance done to music with a four meas. phrase. Therefore the beginning of each routine will start on a different meas. of the musical phrase.

MUSIC 2/4

PATTERN

Measures

4 meas

1

INTRODUCTION (8 chords).

Step to R on R (ct 1). Step on L behind R (ct &). Step to R on R (ct 2).

Step on L behind R (ct &).

2

Step hop on R in place, bringing L around behind R (cts 1, &).

Step hop on L, bringing R around behind L (cts 2, &).

3

Step hop on R, extending L ft fwd a few inches (cts 1, &).

Step L in place, extending R ft fwd a few inches (ct 2).

4

Step R in place, extending L ft fwd a few inches (ct &).

Step hop on L in place, bringing R around behind L (cts 1, &).

5

Step hop on R, extending L ft fwd a few inches (cts 2 &).

Step L in place, extending R ft fwd a few inches (ct 1).

Step R in place, extending L ft fwd a few inches (ct &).

Bring ft together and lower heels with a heavy accent (ct 2). Hold (ct &).
