

# Sardana

SARDANA is a Catalen dance from the northeaster corner of Spain. There are innumerable Sardana tunes, the dance being the same always except for the endings which have to be figured out mathematically to fit the number of measures in each part of the dance.

The Sardana taught at camp was done to the Angel LP Sardana Record and we used the band 3 on Side 1. El Saltiro de la Cardina. Record # 64007

Dave Rosenberg should be credited for doing much research on this dance and presented it to the American Folk Dancers in a most thorough authentic manner.

**FORMATION:** Hold hands in a circle, facing center. Generally done in small circles of 10 to 15 dancers, but in teaching it have some big circle.

**CURTS:** Arms down, but away from sides, holding neighbor's hand.

- One curt 1. Touch Left toe forward (count 1)  
 step takes 2. Bring Left foot back and step on it beside Right foot (count 2)  
 2 measures 3. Step to Right on Right foot (count 1)  
 4. Cross Left foot in front of Right and step on it (count 2)

1. Touch Right toe forward (count 1)  
 2. Bring Right foot back and step on it, beside Left foot. (count 2)  
 3. Step to Left on Left foot (count 1)  
 4. Cross Right foot in front of Left and step on it.

After doing 19 CURT steps comes the ending which in this music goes thusly:

1. Point diagonally forward on Right toe.  
 2. Step down with full weight on Right toe.  
 3. Touch Left toe diagonally forward.  
 4. Step on Left foot, crossing it over Right foot with full weight on it.  
 5. Bring feet together by placing Right foot down beside left foot.

Now repeat the CURTS again and the same ending. Note that the music may fool you into doing a premature ending, so get adjusted to music.

**LLARGS**, pronounced "yaks": Hands are now raised to shoulder level and the following steps are done starting on Left foot. Note that the CURTS movement was danced almost in place facing center, but the Llarges have more side ward movement.

- Touche left toe forward....step on Left foot with weight.  
 Touch Right toe forward....cross Right over Left with full weight.  
 Take 4 steps by touching Right toe forward count 1.  
 Step back on Left foot for count 2.  
 Step to side on Right foot for count 3  
 Cross Left over Right for count 4.

Now touch Right toe diagonally forward, then step on Right foot (weight)  
 Touch Left toe forward and step forward on Left foot and cross it over R.  
 Take 4 steps, pointing Right toe forward, then step on Right foot back,  
 then step to Left on Left and Cross Right over Left.

You do 16½ of the LLARGS before going into the final ending of the dance which is the SALTOS and official ending of the dance.

Please turn page for continuation of dance

*Continued.*

# Sardana (cont.)

(Sardana continued)

**SALTOS.** Fling joined hands upwards and do the same step as LLARCS but with pronounced bounces and hoppings starting on left foot. Like this:

(LEFT) Hop on Left foot and touch Left toe diagonally forward (almost simultaneously)

(face R) Hop on Left foot again and place Right foot down with weight on it.

Hop on Right foot and touch Left toe forward to Right.

Hop on Right Foot and step down on Left foot.

Hop on Left foot and point Right foot forward Right.

Step back on Right foot. Hop on Left foot

Step to Left on Left foot

Step on Right foot crossed over Left.

Now hop on Right and do the above footwork as described but facing diagonally to Left and starting with this Hop on Right foot.



You do 3 complete SALTOS STEPS. That is you start it with the hop on Right foot and Left toe point. Do another with a hop on Left foot and Right toe point and then a half of one with a Hop on Right-foot and Left toe point before coming to the final ending.

**ENDING:** Touch left toe forward...step back on Left foot ... step to side on Right foot and put Left foot down with FULL WEIGHT down beside Right foot.

(The above two sentences are actually a preparation for the ending)

Touch Right toe forward. Step to Right on Right foot.

Bring Left foot down with weight. Cross Right over Left with Weight, on R.

Touch Left toe forward, Step on Left foot.

Touch Right toe forward, step on Right foot.

Bring Left foot down.

both hands forward....you made it!

