

Sor Cesare

(Italy - Tuscany)

From Tuscany/Umbria, this is a kind of Mazurka dating back to the second half of the last century. It originated most likely in Tuscany from a narrative song. The song, narrating the history of Sor Cesare and the girl Nina, was released by the composer during country fairs through the selling of handbills.

Pronunciation: sohr CHEH-sah-reh

Music: CD: Danze Italiane Vol 1, Band 12 3/4 meter

Formation: Couples in a large circle facing LOD, W to R of M. M takes W L hand in his L and placing his R arm about W waist. W holds skirt to side with R hand.

Steps & Styling: Steps below are for M; W uses opp ftwk. When not holding ptr's hands, M's hands clasp edges of real or imaginary vest.

Basic step: Leap fwd onto L ft (ct 1); bending L knee and extending R leg in front, body slightly bent to R, step fwd on R (ct 2); step on L in place (ct 3). Repeat with opp ftwk.

Balance step: Step on ball of L to L (ct 1); step on ball of R crossed behind L (ct 2); step on L (ct 3). Repeat with opp ftwk and direction.

Crossing step: Step on L in front of R (ct 1); step bkwd on R in place (ct 2); step on L to L (ct 3). Repeat with opp ftwk and direction. Arms follow the hands, i.e. when L foot crosses, L arm crosses in front of the body.

Meas

Pattern

2 meas INTRODUCTION. No action. Begin dance with lyrics.

I. FIGURE 1

- 1-4 Beg with outside ft (ML - WR) dance fwd 4 Basic steps in LOD.
- 5-8 Release hands. Turn away from ptr and dance in a small individual circle (M-CCW, W-CW) with 4 Basic steps.
- 9-16 Repeat meas. 1-8, ending with M inside, back to the ctr and W outside, facing ptr.

CHORUS

- 1-2 Beg with outside foot (ML - WR), dance 2 Balance steps, holding ptr with both hands, arms stretched to sides.
- 3-4 Repeat meas 1-2.
- 5-8 Holding ptr in ballroom pos but with R hips adjacent, beg with outside ft (ML - WR) dance 4 Basics steps, rotating twice CW in place.

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9-16 Repeat meas 1-8.

II. FIGURE 2

1-4 Releasing hands, beg with outside ft (ML - WR), dance 4 Crossing steps.

5-8 M: beg with L, dance 4 Basic steps while dancing a circle CW around W.

W: beg with R, dance 4 Balance steps in place.

Repeat meas. 1-8.

CHORUS

1-16 Repeat Chorus.

III. TURNS **Note:** there is a brief pause in the music, three strong beats, and the music continues without lyrics.

1-2 Releasing outside hands, holding ptr only with inside hand (MR - WL), beg with outside ft (ML - WR) make a full turn in LOD with 3 slow steps (cts 1, 3, 5); step onto free ft (MR, WL) in place (ct 6).

3 M: Facing ptr, lift L leg with knee bent and clap hands under L leg (ct 1); clap hands in front lowering L leg (ct 2); hold (ct 3).

W: Facing ptr, clap hands behind the back (ct 1); clap hands in front (ct 2); hold (ct 3)

4 M: Repeat meas 3, lifting and clapping under R leg.

W: Repeat meas 3.

5-6 Repeat meas 1-2 with opp ftwk and direction.

7-8 Repeat meas 3-4.

9-16 Repeat meas 1-8.

CHORUS

1-16 Repeat Chorus.

IV. ENDING

1-7 Repeat Fig III, meas 1-7.

8 M: Bow: Small jump onto both feet, L slightly in front of R, R knee closer to the floor (ct 1); straighten both legs and bring them together, clapping hands in front (ct 2); hold (ct 3).

W: Facing ptr, clap hands behind the back (ct 1); clap hands in front (ct 2); hold (ct 3).

Presented by Roberto Bagnoli