

# La Ballada

(France)

La Ballada (lah bah-LAH-dah) is a mixer dance for couples and comes from Limousin, France. It was presented at the 1984 North-South Teachers' Seminar by Marilyn Wathen who learned the dance in the Rouergue during the summer of 1984.

CASSETTE: Bal Folk en Californie by Le Soleil Side A/5. 3/4 meter

FORMATION: Dancers in a single circle, facing RLOD (CW) with W in front of ptr.

STEPS and STYLING: Traveling Pas de Bourrée (pah duh boo-RAY): Step fwd on R (ct 1); step on L beside R (ct 2); step on R slightly fwd (ct 3). Step alternates.

Waltz: Done with small, flat-footed steps (1 per ct) turning smoothly and continuously.

Styling is smooth and gliding. Knees are slightly bent throughout.

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MUSIC 3/4

PATTERN

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Measures

8 meas +

one note

INTRODUCTION No action

I. TRAVEL IN RLOD

A 1-16 Raise hands above head level, shldr width apart, palms fwd, elbows slightly bent. Beg R, dance 16 Traveling Pas de Bourrée steps in RLOD. Arms move very slightly (from shldrs) to R on meas 1, to L on meas 2, etc.

II. WOMEN TURN; COUPLES WALTZ; CHANGE PARTNERS

B 1-7 Join R hands with ptr above W head, L hands at sides. Beg R, W turn CW under joined hands with 7 Waltz steps (as many revolutions as is comfortable). Beg R, M dance 7 Waltz steps without turning. During meas 1-2, M move a little fwd and twd outside of circle. Dancers are in a double circle for the rest of the turns by the W.

8 In place, M step L,R,hold (cts 1,2,3). W dance 1 more Waltz step and end facing ptr (back to ctr). ML, WR ft free.

9-14 In closed (ballroom) pos, dance 6 Waltz steps with ptr turning CW and progressing in RLOD. To facilitate next movement, end with W back to ctr (make 1/2 turn on each Waltz step).

15-16 M release ptr, placing her behind him in the circle as all face RLOD to beg dance again. On meas 16, M step R,L,hold (cts 1,2,3). Both have R ft free.

Repeat dance from beginning four more times, each time with a new ptr.

Description written February 1985.