

VIRA
(Portuguese)

MusicPiano: Burchenal, Elizabeth: Folk Dances From Old HomelandsFormation

Four dancers form a set. Each M faces partner on a diagonal. Dancers are about eight feet apart.

Note: During this figure, arms are extended (M) at shoulder height and fingers are snapped rhythmically on first beat of each meas.

W may hold skirt or simply allow arms to follow the sway of the body.

Steps

Waltz

Music (3/4)	Pattern
Measure	I. <u>Waltz and Turn</u>
A 1 - 8	Starting on the L ft, dancers waltz individually around the circle of their set, revolving clockwise while progressing counterclockwise.
1 - 8	
(Repeat)	
B 9 - 16	Dancers continue to waltz around set in same direction but revolve counterclockwise. Dancers use last few measures to return to place and face partner.
9 - 16	
(Repeat)	
C 17	II. <u>Advance, Retreat, and Cross Over</u>
	M and W of couple one (W diagonally opposite him) advance toward the center of the set with one waltz step beginning on the L ft.
18	Couple one stamp on the R (ct. 1) at the same time turning so that their R shoulders are in close proximity. With the weight on the R ft, dancers raise R heel up (ct. 2) and down (ct. 3). During meas. 17-18 couple 2 take two waltz steps in place.
19	Couple one back away from each other with one waltz step starting L ft.
20	Couple one stamp R and turn to the R so that L shoulders are toward partner (ct. 1). In place, with weight on R, raise R heel up (ct. 2) and down (ct. 3). During meas. 19-20 couple 2 repeat action as described for couple 1 in meas. 17-18.
21 - 22	Couple 1 exchange places with two waltz steps in all, passing R shoulders in one waltz step (meas. 21), and each making a complete waltz turn to the L to back into place and end facing each other (meas. 22). At the same time couple 2 repeat action as described for couple 1 in meas. 19-20.
23 - 24	Couple 2 exchange places in the same manner as couple 1 in meas. 21-22. Couple 1 take two waltz steps in place.
17 - 24	Repeat all of step II as described for meas. 17-24, with dancers ending in original position.
(Repeat)	

Variation: In step I, four waltz steps in line of direction may be alternated with each two complete waltz turns.