

KOLO - CARDAS "MISTRINSKA"
(Moravia, Czechoslovakia)

A circle dance from Moravia. May or may not be done as a couple dance (couples are designated only in the last part).

Pronunciation:

Record: Festival Records EP FB-114006 Side B/1 2/4 meter

Formation: Single circle facing ctr; hands joined in "V" pos.

<u>Meas</u>	<u>Pattern</u>
1 meas	Introduction.
	I. <u>CARDAS STEPS</u>
A 1-4	Beg L, dance 2 Double Cardas steps.
5-6	Dance 2 Single Cardas steps, L,R.
7-8	Clap 3 times (cts 1,2,1).
9-16	Repeat meas 1-8.
	II. <u>TURNING STEPS</u>
B 1-6	Moving CW, dance 6 Buzz steps, beg R over L.
7-8	Stamp R over L (ct 1); step L to L side (ct 2); close L to R (meas 8, (ct 1); hold (ct 2).
	III. <u>CARDAS STEPS</u>
A 1-8	Repeat Fig I, meas 1-8.
	IV. <u>TURNING STEPS AND CARDAS</u>
BA 1-16	Repeat Fig II and III.
	V. <u>CARDAS VARIATION</u>
A 1-4	Repeat Fig I, meas 1-4, but cross the ft behind on ct 2 (side, behind, side, close).
5-6	Step on L to L side (ct 1); step on R beside and fwd of L, bending knees (L heel is near R toes) (ct 2); close R to L straightening knees (meas 6, ct 1); hold (ct 2).
7-8	Clap 3 times (1,&,2).
9-16	Repeat meas 1-8.
32 meas	VI. <u>REPEAT FIGS II, III, IV.</u>
	VII. <u>PAS DE BASQUES</u>
A 1-4	Joined hands held high. Beg L, 2 pas de basques (meas 1-2). With a low leap onto L, thrust R heel in front of L ft, toe and knee turned out, toe touching the floor (ct 1); repeat with opp ftwk (ct 2); with a jump, close ft together (meas 4, ct 1); hold (ct 2).
5-8	Repeat meas 1-4. Lower hands at end.

KOLO - CARDAS "MISTRINSKA" (Continued)VIII. TURNING STEP VARIATION

- B 1-8 Repeat Fig II but dance only 4 Buzz steps. On meas
5-6 dance 2 step-hops beg R. Do meas 7-8 as written.
9-16 Repeat meas 1-8.

- 1-24 IX. REPEAT FIG VII, VIII (Pas de basques, Turning)

X. CODA

- 1-24 Facing ptr, join hands high (palm to palm) and repeat
Fig VII and VIII. If dancers are not paired up, re-
peat the Figs facing ctr. On meas 23-24 take 3 small
steps twd ctr.

Presented by František Bonus