

VIRA VALSEADO II
Portugal

Vira Valseado (Vee-rah vahl-see-ah-doh) was learned from films of a group directed by Manuel Durante Pereira Vale, from Vila Nova de Gaia in Northwest Portugal. The Vira is more or less the National Dance of Portugal, done to fast 3/4 meter music. This Vira, done in a circle, has been preserved in essentially the same form for more than 100 years. The song that accompanies it urges the girls to dance until their shoes wear out, for the cobbler is a poor man and needs more work. Introduced at the 1978 Mendocino Folklore Camp by Dean and Nancy Linscott.

RECORD: Festival (EP) 501

FORMATION: Cpls in a circle, facing ptr, M face LOD and W face RLOD. Hands are down at sides and cpls stand about 1 ft away from each other.

STYLE: The running waltz is done vigorously, picking feet up well off the floor and traveling quite a bit. The first 2 steps of each measure are fairly large, the 3rd is done more or less in place.

METER: 3/4

PATTERN

Meas.

INTRODUCTION: 8 meas

- FIG. I: (Ftwk described for M, W use opp ftwk and move bkwd when M move fwd and fwd when M move bkwd.)
- 1-4 M walk 2 steps fwd in LOD starting L, then walk 2 steps bkwd.
- 5 Walk 1 step fwd again starting L.
- 6-8 Take a running waltz step fwd (meas 6) starting R, and 2 more moving bkwd. At start of meas 6, M and W rise hands fwd about head ht and press wrists against ptr's wrists (W from the inside) and maintain this contact for the rest of Fig. I.
- 9-12 M take 2 running waltz steps fwd starting L, and 2 bkwd starting L. Travel on slightly curved path, bulging twd ctr when moving fwd, and away from ctr when moving bkwd, thus making an ellipse.
- 13-16 Repeat meas 9-12.

- FIG. II:
- 1-2 In open dance pos (M R arm around ptr's waist, W L hand on M R shldr; free hands at sides), travel fwd in LOD with 2 running waltz steps (M start L, W start R).
- 3-6 Taking closed social dance pos, travel in LOD with 4 running waltz steps, turning twice CW around ptr as you go.
- 7-8 Still in closed social dance pos, M facing LOD, W facing M, balance twd ctr and away with 2 running waltz steps; tilt

Continued...

joined hands up on meas 7, about 45°, and down on meas 8.
This gives a sort of "bell" effect in which upper part of
body does not move as far in or out as lower part.

9-20

Repeat meas 3-8, 2 more times.

21-24

Repeat meas 3-6.

Repeat entire dance from beginning.

Presented by Dean & Nancy Linscott
San Diego Statewide 1979