

Vira da Nazaré

(Portugal)

Vira da Nazaré (VEE-rah dah nah-zah-RAY) was learned by Marianne Taylor in Nazaré, Portugal in 1972 from the group "Mar Alto." In addition to previous teachings, she presented it at the 1983 University of the Pacific Folk Dance Camp.

RECORD: Rapsodia EPF 5.207 Side A/1 4/4 meter

FORMATION: Double circle, two cpls working together. M face ptr with other W on R. M clasp hands behind back. W place hands firmly on hips with fingers fwd.

	CTR		
	W2	M1	
	M2	W1	LOD

STEPS and STYLING: Step-hop: Step in place or in designated direction (ct 1); hop, keeping free ft close to and parallel to floor (ct 2).

Steps are done in a flat-footed style with knees bent and body relaxed. On each step there is a slight flexing of the knees and ankles so there is a low, even, bouncy feeling. Ftwk described for M; W dance counterpart.

MUSIC 4/4

PATTERN

Measures

cts 2,3,4 + 8 meas INTRODUCTION No action.

Vocal begins on the upbeat on the fourth ct of meas 8.
Dance begins on the next measure.

I. FACE NEIGHBOR, FACE PARTNER

A 1 Facing neighbor, step on R in place (ct 1); step on L near R, L heel pointed twd R instep (ct 2); Step-hop on R in place, turning 1/4 on the hop to face ptr (cts 3,4).

2 Facing ptr, repeat meas 1 with opp ftwk. On hop turn 1/4 to face neighbor.

3-16 Repeat meas 1-2 seven times (8 in all). On meas 16 omit the 1/4 turn and stay facing ptr. Note: On meas 16, the pick-up notes for melody B are played. Don't get anxious and change the ftwk.

II. CHANGE PLACES WITH NEIGHBOR AND RETURN

- B 1 Raise arms so hands are about eye level and a little fwd, fingers curled into loose fists. Beg R, change places with neighbor with 2 low Step-hops. M pass behind W, making a full turn CW; W pass in front of M making a full turn CCW.
- 2 Facing ptr throughout, repeat ftwk of Fig I, meas 1 (omit 1/4 turn on the hop).
- 3-4 Repeat meas 1-2 with opp ftwk and direction to end in orig pos facing ptr. M again pass behind W.
- 5-8 Repeat meas 1-4. On last hop (meas 8, ct 4) turn to face neighbor.

48 meas REPEAT DANCE TWICE

Note: On the last meas the tempo starts to accelerate.
The final Step-hop must be small and quick.

B 1-8 REPEAT FIGURE II

Tempo is much faster than before so ftwk must be very small and quick.
On final meas omit the hop.