

LODA ALLA MONTAGNA

CHOREOGRAPHER: Lucia Stopper

MUSIC: Symbolium 77 by Figli del divino amore on the CD Rhapsody of Medjugorje available on iTunes

FORMATION: Circle in V hold initially

INTRODUCTION : begin with the violin

RHYTHM: 4/4

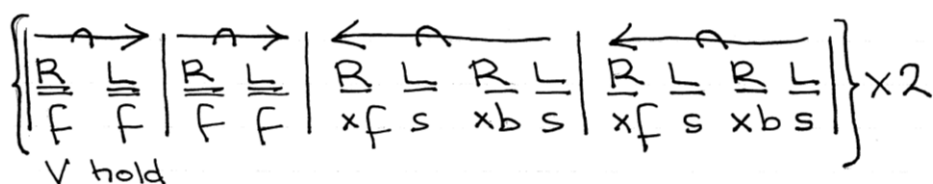
STEPS <https://www.youtube.com/watch?v=izOGAY40GMk>

1. Take 4 slow steps to the R starting with the R foot. Quickly swivel around with two grapevines to the L starting with the R foot (R across in front, side L, R across behind, side L x 2). Repeat all these steps
2. Letting go of hands, take 4 quick steps into the centre of the circle starting on R foot raising arms high, followed by slow sway to R then the L. Take 4 quick steps back starting on R foot, bringing arms down to V (palms facing forward), followed by a slow sway to the R then the L.
3. Standing in 4 beats push arms up in front of body. In the next 4 beats circle hands round to side at shoulder height. In 4 beats bring hands to cross at heart and then in the next 4 beats push hands down to the side palms down
4. Repeat lines 2 and 3

At the end of the dance (after 3 whole sequences) take 4 slow steps into the centre raising arms to a high W position

NOTATION

PART A



PART B

