

Sbrando

Piedmont, Northwestern Italy

This dance for men, also known as "Brando", comes from the region of Langhe-Roero-Monferrato.

Pronunciation: SBRAN doh

Formation: Mixed circle or lines, hands joined in "V" pos

Position: Face centre, wt on R

Meter: 6/8 (counted as 1-2)

Meas **Introduction**

1-16 No action

Figure 1

- 1 Step on L to L (1) step on R across L (2)
- 2 Step on L to L (1) kick R in front of L, shouting "Hey!" (2)
- 3-4 Repeat meas 1-2 with opp ftwrk and direction
- 5-16 Repeat meas 1-4 three more times

Figure 2

- 1 Step on L to L (1) step on R across L (2)
- 2 Step on L to L (1) hop on L kicking R in front (2)
- 3 Hop on L kicking R back and bending upper body in front (1) step on R behind L, moving slightly to L and raising upper body (2)
- 4-15 Repeat meas 2-3 six more times
- 16 Repeat meas 2
- 17-32 Repeat meas 1-16 with opp ftwrk and direction

Repeat Figure 1 and Figure 2 until end of music