

Vira Cruzada

Madelynn Greene learned this dance for two couples in Portugal in 1962. Vira Cruzada was taught to her by the Grupo Folklorico de Santa Marta de Portuzelo by arrangement with Dr. Sousa-Gomez, director and founder of the group.

Pronunciation: VEE-rah kroo-ZHAH-dah

Formation: 2 M facing 2 W; partners diag opp each other; M and W on left are 1st couple.

Meter: 6/8 – fast waltz

Meas Pattern

Figure I: Introduction

- 1 Men step on R (ct 4), pivot to face left (ct 5,6). Women do opp footwork
- 2 Men moving to left, step L (ct 1,2), close R to L (ct 3), step L (ct 4), pivot on L ft (ct 5,6). Women do opp footwork
- 3 Repeat meas 2 with opp footwork in the opp direction
- 4-7 Repeat meas 2,3 two more times
- 8 Repeat meas 2

Figure II: Turning (Vira)

- 1 Turn to right, taking 2 waltz steps, R-L-R L-R-L, to complete one CW revolution. Arms are held up high. On 1st waltz step, L arm scoops down in a circular manner sweeping from back to fwd. On 2nd waltz step, L arm is held high while R arm scoops down. Movement is similar to the backward stroke in swimming. Progress $\frac{1}{4}$ of the way around the circle in a CCW direction
- 2-4 Repeat meas 1 three more times, looking toward partner each time L arm dips down and comes through. Finish in place
- 5-8 Repeat 1-4

Figure III: Into Centre and Out

- 1 1st couple, moves to ctr with one running waltz step, R-L-R (cts 1-3). Spring onto both ft, slightly bent knees (cts 4, 5), hop on R ft and make $\frac{1}{2}$ turn to left to face out of circle (ct 6)
- 2 1st couple, moves back to place reversing ftwork of meas 1: Waltz L-R-L, land on both ft, hop on L, turn $\frac{1}{2}$ to R to face ctr
- 3-4 Repeat action of meas 1-2

At the same time, 2nd couple does the opposite of 1st couple, by starting with meas 2. Then doing meas 3-4, and ending with meas 1.

Figure IV: Partners Change Places

- 1 1st M and W change places with 2 running waltzes R-L-R L-R-L, passing L shoulders at ctr of circle, and scooping L arm down while passing
- 2 1st M and W dance 2 waltzes while making $\frac{1}{2}$ turn to R (CW) in a tiny circle on the spot
- 3-4 Repeat meas 1-2, returning to place

At the same time, 2nd couple does meas 2 of Figure III, then Figure IV, meas 1,2,3, turning $\frac{1}{2}$ to R to face ctr at end of meas 3.

Repeat Figures II, III, IV four more times.