

Não Vás Ao Mar Tonho

(Portugal)

Não Vás Ao Mar Tonho (noun VAHSH ow MAR TOHN-yoh) comes from the village of Nazaré (nah-zah-RAY) on the central west coast of Portugal. The dance is a combination of march and vira (waltz) rhythms. Dancers of this area are noted for their speed and fast circling. An alternate spelling for "Tonho" is "Toino". The title may be translated to read: "Don't go to the sea, Tony." Research for this dance was done by Madelynne Greene in Portugal in 1962. She introduced it at the 1969 Statewide Institute at San Diego. The dance was taught again by Marianne Taylor at the 1983 University of the Pacific Folk Dance Camp.

- RECORD: Danses du Portugal, Unidisc EX 45-222 M Side A/1 2/4, 3/4 meter
- FORMATION: An even number of cpls in a circle, facing LOD, W to R of M. Inside hands are joined and held about shldr level. Outside hands are on hips, fingers fwd. Cpls are numbered 1-2, 1-2 etc., as they face LOD so that cpl 2 follows cpl 1.
- STEPS and STYLING: Walk (2 steps per meas): Each step has a brisk, proud march-like quality with body held erect.
- Vira Waltz (1 per meas): One step to each ct of music, with no set rule for closing steps. Ft are kept close to the floor, knees slightly bent, and each step is taken with the flat or whole ft. Accent first ct of each meas by bending knee a little more. Body is straight but slightly relaxed.
- During the Promenade (Fig I) the free hands are on hips, fingers fwd. During the Vira-Cruzada (Fig II) hands are held out about ear level, arms up and curved, elbows bent and fingers may be snapped on each ct 1.

MUSIC 2/4, 3/4

PATTERN

Measures

2/4

3 meas INTRODUCTION No action.

I. PROMENADE (MARCH)

1-4 Beg L, walk 8 steps in LOD by cpls in the large circle.

5-8 Walk 8 more steps in LOD in single file, W in front of ptr. Hands on hips, fingers fwd.

9-11 Each set of 2 cpls move CCW in its own small circle for 5 steps. On first ct M1 cut sharply to own L to start the circle. W1 follow M1. Next is W2, then M2. The 2 men are now together. While circling, lean in a little so the heads are closer to the ctr than the ft, L elbows almost touching. On the 6th step, each dancer turn sharply 1/2 CW (away from ctr) to change direction of the small circle.

12-14 Move CW for 6 steps with R elbows adjacent, and leaning in. Finish with M back to ctr of orig large circle, facing ptr.

3/4

15 Transition: Beg L, dance 1 Vira Waltz in place, turning 1/4 CCW so R shldr is twd ctr of each set of 2 cpls. Raise hands up about ear level.

II. VIRA CRUZADA (CROSS-OVER)

M1 and W2 dance together; M2 and W1 dance together. Each pair dance on a diag of the set. Begin R ft.

M1 and W2

M2 and W1

1-2 Dance 1 Vira Waltz fwd twd each other, turning 1/2 CW (L shldr is twd ctr). Dance 1 Vira Waltz sdwd L to end with back of L shldrs adjacent.

Dance 2 Vira Waltzes, moving slightly away from ctr, turning a little CW on the first and CCW on the second to end with R shldr twd ctr.

- | | | |
|---------|--|--|
| 3-4 | Dance 2 Vira Waltzes retracing steps back to place, ending with R shldr twd ctr. | Dance 1 Vira Waltz fwd twd each other, turning 1/2 CW (L shldr is twd ctr). Dance 1 Vira Waltz sdwd L to end with back of L shldrs adjacent. |
| 5-6 | Dance 2 Vira Waltzes, changing places. Turning 1/2 CW and with L shldr leading, pass face-to-face and dance bkwd twd opp place. | Dance 2 Vira Waltzes retracing steps back to place, ending with R shldr twd ctr. |
| 7-8 | Dance 2 Vira Waltzes bkwd into opp place, turning 1/4 CCW on the second one to end R shldr twd ctr. | Dance 2 Vira Waltzes, changing places. Turning 1/2 CW and with L shldr leading, pass face-to-face and dance bkwd twd opp place. |
| 9-10 | Repeat action of meas 1-2. | Dance 2 Vira Waltzes bkwd into opp place, turning 1/4 CCW on the second one to end R shldr twd ctr. |
| 11-16 | Repeat meas 3-8. On meas 15-16 M2 and W1 must pass quickly through the ctr as they have only 2 meas for the crossing. | |
| 2/4 | <u>Note:</u> Meas 16 is played in 2/4 meter but this does not change the pattern. Step L,R,L (cts 1,&,2). | |
| 17 | Transition: Step R,L,R (cts 1,&,2). At the same time rejoin inside hands with orig ptr and face LOD to start dance from beginning. | |
| 64 meas | REPEAT DANCE TWICE (3 total) | |
| | III. <u>ENDING</u> | |
| 1-8 | In beg pos, walk fwd 13 steps in LOD. Step R beside L, turning to face ptr (meas 7, ct 2). Bow to ptr on final chord (meas 8). | |