




Portuguese

 ESCOLA PROFISSIONAL
DE CUBA

Traditional Dances

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PORTUGAL
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Erasmus+



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Dance 'Pezinho' - Traditional dance of Azores Island

↳ This, like all other popular Azorean dances, is cheerful and lively, and with characteristics of ingenuity. 'Pezinho' is the best known dance of gauchic folklore, that is, Brazilian folklore, interpreted by Azorean immigrants in Brazil, where the dancers present two parts: in the first, there is a marking of the feet, and, in the second, the pairs revolve around themselves, taken by the arr.

https://www.youtube.com/watch?v=DPbTX_egshA





Grupo Folclórico da Criação Velha
Ilha do Pico - Açores - 25 de Agosto 2010
Actuação no Restaurante *A Parisiana*, Vila da Madalena - Pico

‘ Bailinho da Madeira ‘ - Madeira Island

- ↓ The bailinho da Madeira, as it is known on the mainland, consists of a group dressed in the typical costume of the island, and that dances around the brinquinho, an instrument composed of a group of 7 rag dolls in regional costumes, with castanets and ribbons. which are arranged at the end of a distaff cane, and which are animated by vertical movements in the bearer's hand.

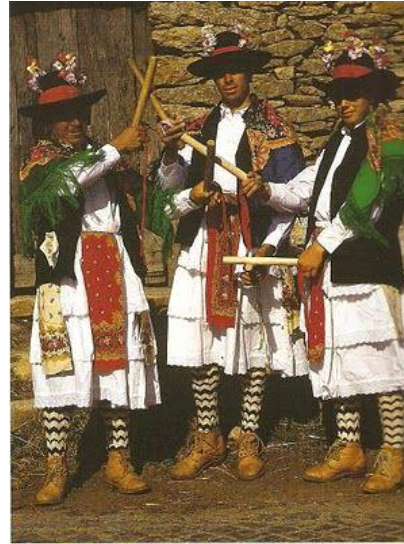


<https://www.youtube.com/watch?v=mCffyNoTW5I>



Trás-os-Montes

Trás-os-Montes is located in the north of Portugal, also known as Alto Douro.



'Pauliteiros' dance - Miranda do Douro

- ↙ The traditional dance of Trás-os-Montes is called Pauliteiros but no one knows who or when it was invented.
- ↙ The dance includes 8 people dancing with sticks and it's considered a warrior dance with the sticks being a sword and a shield.
- ↙ In this dance, there are groups of 8 men wearing big white skirts, handkerchiefs, hats and have sticks. For some people, it represents a warrior dance, so, following this perspective, the sticks would represent the shield and sword of a war.



<https://youtu.be/0meY5on8z40>

PORTO
& NORTH



“Dance Fandango” - Ribatejo

- ↳ With the Spanish influences this dance has, mostly theater influences, it turned into an authentic fashion in our country. Firstly, it infected the circles of aristocracy, as a ballroom dance; then it moved to taverns, even getting into convents, when the women started dancing as well.
- ↳ The history of this dance goes back a long way. Although, in the 16th century, Gil Vicente used the term “esfandangado”, it is not known if its use had anything to do with what we know today as fandango. What we do know is that in the seventeenth century, with the influences coming from Spain, more specifically from the theatre, this dance became a true fashion in our country.

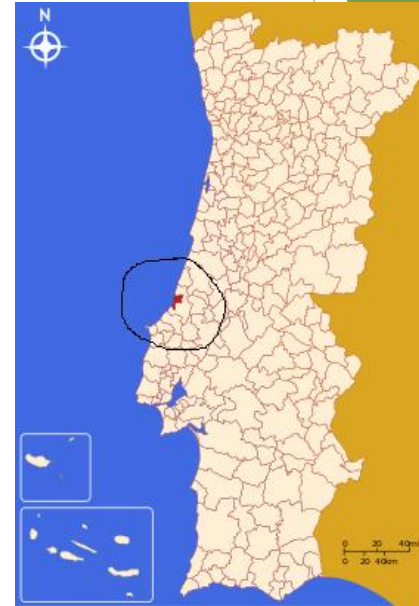
https://www.youtube.com/watch?v=E3NSIdeHE_0





Dance “Vira da Nazaré” - Nazaré

- ↳ In old times, when they arrived from the sea, the fisherman would take their harmonium, in a fan of roasting sardines, a triangle, old guitars and they would left to the local parties. Each piece of clothing represents thing the fisherman wear, for example the belt on the waist represents the rope needed if someone falls into the sea.



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



Dance “Moda das Saias” - Alto Alentejo

- ↳ It belongs to the north of Alentejo. This dance is syncopate and sometimes has a marker. The lyrics can be used as a social criticism in the so characterising cursig but the love is also a theme they sing about, not losing the satirical side.

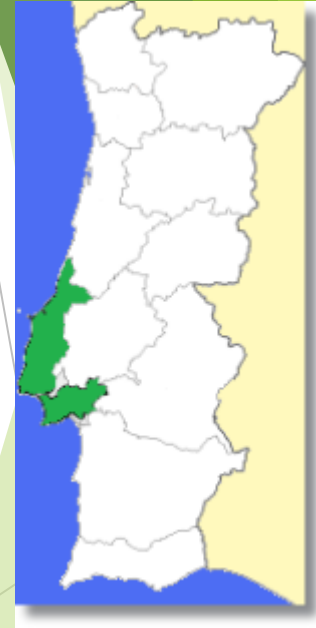


<https://www.youtube.com/watch?v=00ZvzJ1f8kA>



Dance “Bailarico Saloio” - Estremadura

- It's one of the most typical portuguese dances, being very much rithmycal and with a lot of movement, even tho there are used simple movements. It's a reflexion of the genuineness and portuguese purity.



<https://www.youtube.com/watch?v=zAyB2boZaj4>



Dance “Farrapeira” - Beira Alta

- ↳ We don't know when we started to dance *Farrapeira*, but it is a very ancient dance, with its musicality being one of the oldest of them. This dance is accompanied with a guitar, who gives the rhythm of the song, people tend to think this was a bourgeois dance, but the peasants made it theirs.

<https://www.youtube.com/watch?v=ocqF2eGzGDs>



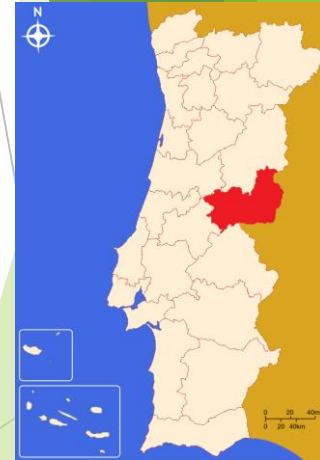
**PRAÇA DA
ALEGRIA**



Dance “ A Tirana” - Beira Baixa

↳ The rithym of this dance is waltzed, being used in our light, musical theater and in the folklore ranches (at these times called “vira”). It can be just sung, sung and danced, or just dance to the rhythm

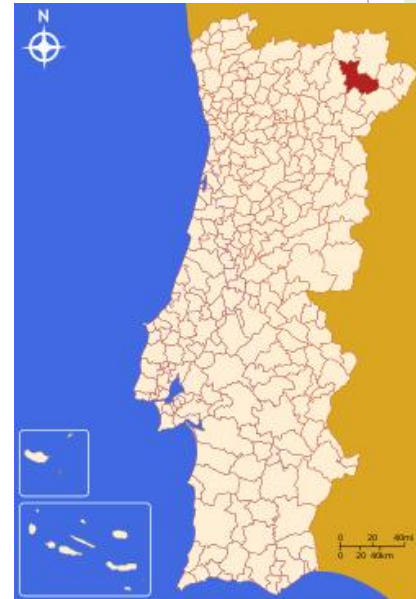
↳ <https://www.youtube.com/watch?v=3qkCTdRI-DM>





The 'Caretos' of Podence

In the village of Podence, close to Macedo de Cavaleiros and 40 km from Bragança, Carnival is one of the most important events in the annual calendar. It's when the famous Caretos of Podence appear in the streets, diabolical figures that at this time of the year are authorised to show themselves.



The 'Caretos' of Podence

On Fat Sunday and Shrove Tuesday, the boys in the village appear as mysterious characters dressed in colourful clothes, made from bedspreads with fringes, and covering their faces with masks made from wood or leather, with a pointed nose. They carry bells and cowbells around their waist, and energetically run round the village, jumping and shouting, disturbing the daily calm.



One of the main reasons for these races is to find girls in order to dance with them and "chocalhar" (jingle their cow-bells). They amuse themselves in this manner, protected under the disguise of anonymity.



The ' Corridinho ' - Algarve

The *Corridinho* is a form of Portuguese folk dance, namely in the Algarve region (South of Portugal). The origin of the dance itself is unclear and believed older, although it gained popularity in the 1800s. The name derives from the verb *correr* (run, in English), *to run* which partly describes this type of dance. The dance was performed in a round (*dança de roda*) in the open air. The oldest musical instruments recorded were small flutes or fifes (*pífaro*) and harmonicas, (*harmónica*) until the accordion was implemented and dominated ever since.



<https://www.youtube.com/watch?v=Lrtnpvrl50o>

https://www.youtube.com/watch?v=nUs_PTUFq2Y

