

LE BAL DES MONTAGNES
(Luh Bahl deh mohn-tang)

(France - Brittany)

This dance comes from Basse-Bretagne (Lower Brittany around town of Vannes). It was observed by a group of Montreal folkdancers in 1975 during a re-search trip to Bretagne.

Rhythm: 2/4

Record:

Formation: Couples in open circle, W on M's R. Hands down at sides, and joined by "pinkies". Leader on L of L. Wt on R. Face slightly L of ctr.

| MEASURE | DESCRIPTION |
|---------|---|
| | <u>1. Slow Part</u> |
| 1 | Take a fairly large walking step on to L to L arms swing fwd (1) Step across L ft with R, arms swing bkwd (2) |
| 2-14 | Repeat pattern of meas 1 exactly |
| 15-16 | Same ftwork as meas. 1-14 but men use these last two measures to turn CW and face their partners (M backs to ctr). M's L hand now joins W's R with "pinkie" hold as well. |
| | <u>2. Fast Part</u> |
| 1 | Couples do same ftwork. M move bkwd, and W move fwd. Two small steps R-L |
| 2 | Small step R (1) hop on R (2) * Arms swing in and up on 1 and out to side on 2 |
| 3-4 | Same movement but couples reverse direction (M "push" ladies) |
| 5-8 | Repeat pattern of meas 1-4. and couples end measure with sharp stamp R ft. After this, pause in music. Couples go back to original beg. pos. in circle |
| | Then repeat FIG. 1 (Slow Part) |
| | <u>3. Fast Part (Variation in line)</u> |
| 1 | All face ctr, point R ft fwd, with arms stretched slightly fwd (1) Pause (2) |
| 2 | Bring R ft back next to L in place, hands are back to "W" pos. (1) Pause (2) |
| 3-8 | Repeat pattern of meas 1-2 ending with stamp with R ft (This is similar movement to "Laride" type of dance (Bannielou Lambaol etc.) |

Dance repeats from beginning

Description by Yves Moreau

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Miami Valley Folk Dancers

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