

BANNIELOU LAMBAOL  
(BAHN-yellou LAHMB-aohl)

(France - Brittany)

This dance is popular in upper-Brittany and is a variant of the Laridé dance type. Presented by Yves Moreau at the 1977 Mendocino Folklore Camp.

Record: Worldtone WT 10014 4/4 meter

Formation: Closed or open circle, leader at L. Hands held at shldr height "pinky" hold. Weight on R ft

MEASURE	DESCRIPTION
1	<u>Part I - Side Step to L - Close R to L</u> Step on L to L, flexing knees slightly before step (ct 1). Close R to L (2). Hand action for cts 1 and 2: make complete CW circle with hands, bringing hands up, fwd, around, down, and back to beginning posn. Action for cts 1, 2 constitute side close step. Repeat side close step action meas 1, cts 1, 2 (3, 4)
2	Repeat meas 1, cts 1-4. Two side close steps
3	<u>Part II - Point Action, Side Close Step</u> Extend R fwd, touch R toe, pushing hands straight fwd from shldr (1). Pull R back to L, touch action, no weight. At same time, pull hands back to shldr (&). Extend R fwd again, touching toe, extending hands (2). Close R to L, stepping on R, bringing hands back to shldr (&). Repeat action of step close step, meas 1, cts 1, 2 (3, 4)
4	Repeat action of meas 3, cts 1-4
	Slight retard in music, dance begins again

Yves Moreau Weekend, March 15-16, 1980  
Miami Valley Folk Dancers  
Dayton, Ohio