

LA BASTRINGUE
(lah bast-RANG)

(French - Canada)

This dance is also often called "La Bistringue" or "Les Confitures" and is usually danced as the fifth or sixth part of a long Quebec Quadrille, particularly in Eastern and Northeastern regions of the province. The "mixer" form enables every man to dance with the bride or the partner of his choice. The dance was collected by Jean Trudel and first taught at Year End Camp, 1975 by Yves Moreau.

Rhythm: 4/4

Record: Legacy (Elektra) 120 or Laridaine 7902

Formation: Cpls in a single circle, facing ctr, W on ptr's L, hands joined, shoulder height.

Style: Happy and light. Do not pick up feet off ground too much. There is NO CLOGGING in this dance.

<u>MEASURE</u>	<u>DESCRIPTION</u>
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To start with music, wait through 5 meas of foot-tapping.

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| | <u>Figure 1 Forward and Back</u> |
| 1 | Moving twd ctr, step fwd on R ft (ct 1); step fwd on L (ct 2); step fwd on R (ct 3); touch ball of L ft next to R (ct 4). |
| 2 | Reverse action of meas 1 |
| 3-4 | Repeat action of meas 1-2 |
| | <u>Figure 2 "Two-steps to L and R"</u> |
| 5-6 | Turning to face CW and moving in RLOD (CW), dance four "two-steps" starting with R ft. Turn to face LOD on 4th "two-step." |
| 7-8 | Dance four "two-steps" moving LOD (CCW), face ctr on last "two-step." |
| | <u>Figure 3 "Swing"</u> |
| 9 | M release R hands and W release L hands to separate into cpls. M raise L hands and turn ptr once under joined hands and lead ptr CW in front of him (cts 1-4). |
| 10-12 | Swing your ptr. Quebec style: ptrs facing each other, hold ptr in closed pos. Buzz step swing. End swing with both ptrs facing LOD with W on outside of circle, M on inside, W place L hand on M's R shldr, M place R arm around W's waist. |

LA BASTRINGUE
(Continued)

Figure 4 "Promenade"

13-16 Cpls promenade with "two-step" movements beginning with R ft. On the 8th two-step, M sweep W fwd, turning 1/4 turn CCW themselves, so that all are again in a single circle. W have progressed one M fwd in LOD (M's new ptr is now on his L side).

Repeat entire dance from the beginning.

Mademoiselle voulez-vous danser La Bastringue, La Bastringue?
Mademoiselle voulez-vous danser La Bastringue va commencer!

Oui monsieur je voudrais danser, La Bastringue, La Bastringue,
Oui monsieur je voudrais danser, c'est pour vous accompagner!

Presented by Yves Moreau

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