

# LE CASTOR

Source: Lac-St-Jean area, Québec  
Formation: Contredanse: M facing W 4 couples.  
Type: Contredanse  
Music: Any good reel which we can step (giguer) on it  
Steps: The dancers make their own steps but there is a basic:  
    Hop on L foot  
    Touch floor with R toe  
    Step on R  
    Push L toe forward    }  
    Pull L toe back       } Make a circle  
    Step on L             }  
    Kick R in front  
Start on same foot or change side

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## Description

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1.       Etoiles  
2 couple together: R hand star, L hand star
  2.       Cercles  
Same couples: circle L and R
  3.       Descente  
Head couple (C1) step down and back
  4.       Tiroirs  
C1 do the “poussette” to finish at the end
  5.       Lignes  
All women join hands, all men too  
Forward and back: Women keeping their hands joined pass under M arms  
                    (I call that “smell and back”)  
Men: “Smell and Back”
  6.       Swing  
All swing your partner
- Repeat the whole dance: stars and circles (with a new neighbor) . . .

Notation:       Benoit Bourque