

(Le) Laridé

France

This dance is very popular in their regions of Nantes and Vannes in Bretagne, (Brittany) France. This particular version was observed by a group of folk dancers from Montréal who spent three weeks in Brittany learning folk dances as part of a special cultural exchange program.

This dance was presented by Yves Moreau at the 1977 San Diego F.D. Conf, and Stockton Folk Dance Camp.

PRONUNCIATION: (luh) lahr-ee-DAY

MUSIC: Record: Express

FORMATION: Mixed lines joined in "pinky" hold in V-pos, dancers close but not bumping - take care that people do NOT separate so that ends are pulled out from sides of body. All face ctr.

STYLE: Light and bounce - taking care not rush the ft and arm motions.

NOTE: It is easier to learn the dance by counting it straight through, than by using counts within the measures. Thus the dance counts become: 1,2,3,4,5,&,6,7,&,8.

There are 4 meas of ftwk repeated throughout the dance.

METER: 2/4

PATTERN

Meas.

INTRODUCTION: None. Leader may start at beg of any musical phrase.

DANCE:

- 1-2 Step L to L (ct 1); close R beside L (ct 2). Step L to L (ct 1); close R beside L (ct 2).
- 3 Rise on balls of both ft (ct 1); lower heels lightly to floor (ct 2).
- 4 Softly swing L fwd (do not point toes) with straight knee while rise onto ball of R ft (ct 1); lower R heel to floor as L moves beside R without touching floor (ct 2).

Hand & arm work:

- 1 With relative straight arms, swing arms slightly fwd (ct 1); swing arms bkwd and slightly behind sides of body (ct 2).
- 2 Repeat action of meas 1, exactly.
- 3 Push hands fwd and up in a large arc - with its highest about chin ht (ct 1) complete the arc by bringing hands bkwd and down in a tuck between chest and shldr ht, the elbows move bkwd to produce this motion (ct 2).

- 4 Repeat meas 3 reversing the motions. Push hands and arms up and fwd in an arc then beg to move down - the emphasis is on the "push" (ct 1) continue the arc swinging hands down and bkwd (ct 2). Finish with arms down (slightly bent elbows) and slightly behind sides of body.

NOTE: The dance patterns only 4 meas long and is continuously repeated. The dance moves sdwd L during first two meas, then in place for 2 meas. The dancers face ctr throughout dance.

Notes by Bev Wilder

Wording slightly revised by dd, 4-99