

## La Monfrina

**Formation.** The usual contra dance line-up as in figure A, the squares represent men; circles are ladies. Every third couple is active, that is they dance with two couples below them just like couple 1.

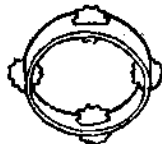
**Step.** A springy walking step on the ball of the foot.

**The dance.** Man 1 and lady 2 join right hands and turn around each other at arm's length; at the same time man 2 turns with man 3 by the right and lady 2 with lady 3. Now with the left hands joined, man 1 turns with lady 3, man 2 turns with lady 2 and man 3 turns lady 1. Using alternate right and left hands all six continue to progress around until they regain their original positions.

Man 1 and lady 2 now promenade down the center in varsouvienne\* position (but with the lady on the left of the man), counting 1, 2, 3, 4, 5, 6, 7; on the count of 8 both turn on their own pivots to face up the set, the man now being on the left of the lady. On the counts 1, 2 couples 2 and 3 moved up one position. Couple 1 promenades back up the center, and releasing hands, they go outside the set just below couple 3, and return to the line to stand between couples 2 and 3. (Fig. B).

Man 1 now changes places with lady 2, keeping to the right and flirting in an exaggerated manner. As soon as man 1 and lady 2 have passed in the center, man 2 and lady 1 exchange places in the same manner. The dancers are now as figure C. Man 1 and lady 2 change back again; man 2 and lady 1 change back. Couple 1 now is ready to repeat the dance with next two couples below. As is normal in triple minor contra dances, when an inactive couple reaches the top of the set, they wait through two repetitions of the dance; they then start dancing down the set as active couples. Inactive couples arriving at the foot become active and start dancing their way to the top.

\*Varsouvienne position: Man behind and to one side of the lady; right hand joined to right hand, and left to left.



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Moderato

The musical score for 'La Monfrina' is written on five staves in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The tempo is marked 'Moderato'. The melody consists of eighth and sixteenth notes, with some slurs and ties. The piece concludes with a double bar line.

① ② ③ ④ ⑤ ⑥      ② ① ③  
[1] [2] [3] [4] [5] [6]      [2] [1] [3]

Figure A

Figure B

[1] [2] ③ [4] [5] ⑥  
① ② [3] ④ ⑤ [6]

Figure C