

THE LADBROKE

Old time English ballroom dance.

Source: Miss Lucile Czarnowski from Mr. Harold Evans, dance specialist in Old English ballroom dances, Victoria, B.C.

Music: The Ladbroke. Record: English columbia DX 1222

Formation: Couples in Varsouvienne position facing L.O.D. In the Old English ballroom dances, this position is taken with the M. lightly holding the W's wrists, hands held shoulder height, with M's right shoulder slightly behind W's left shoulder.

Measure: Both M and W start with L foot and take the same step pattern.

- 1 Walk two steps forward L, R.
- 1 Take four quick steps backward L, R, L, R.
- 2 Walk three steps forward, pivoting on the third step to face in opposite direction. Point R foot to the rear making a slight bend in the L knee.
- 4 Moving against L.O.D. repeat the entire sequence of the first four measures, starting with R foot.
- F Facing L.O.D. jette, or lightly spring onto L foot while pointing R forward close to supporting foot. (Heel of R foot is forward, foot is in fifth position) Repeat spring onto R with L foot pointing in fifth position.
- 1 Walk forward L foot, point R diagonally forward.
- 1 Walk forward R foot, point L diagonally forward.
- 1 Step, crossing L over R foot, and point R to the side.
- 1 Step, crossing R foot over L, and point L to the side.
- 2 Repeat the crossing and pointing steps, but on the last step, point L foot to the rear.
- 1 Take four smooth quick steps backward L, R, L, R.

The style of the dance is very smooth, with a slight sideward sway of the body where steps allow. Repeat dance as desired.