

# La Virondée

(Bourgogne, France)

A round bourrée with a “waltz” chorus. Morvan is located between the departments of Nièvre and Côte d’Or. It is a mountain area (Massif du Morvan) a bit isolated and has a bourrée style of its own.

Pronunciation: lah vee-RAWN-day

Music: CD “Cocorico”, Band 5

3/8 meter

Formation: Circle of cpls in single file, all facing LOD: M are in front of their ptr. M’s hands are free; W hold their skirt.

Steps: Regular “waltz” step (a bit fast).

Bourrée step: Step fwd on L with full wt bending both knees (ct 1); step on ball of R next to L straightening knee slightly (ct 2); step on L in place (ct 3). Repeat with R. Arms swing with bent elbows freely at the sides.

Bourrée Sequence (8 meas):

6 bourrée steps (meas 1-6)

3 stamps L-R-L (meas 7).

1 step-hop on R (cts 1-2); pause (ct 3).

“Waltz” Sequence (8 meas) progressing on LOD:

6 bourrée steps turning CW like in a waltz (meas 1-6).

M dance on the spot and turn ptr CW under L arm (WR arm) (meas 7-8).

## Meas

## Pattern

3 meas INTRODUCTION (No action). All face CCW to begin the dance.  
Leader can stamp twice on ct 1-2 of last meas.

### I. BOURRÉE CIRCLING LOD AND RLOD

A 1-7 Starting ML and WR, circle in LOD using meas 1-7 of bourrée sequence. M’s arms swing up and down, bending on elbow. W do the same, but much lower holding skirt.

8 Step hop on MR WL, turning ½ way around to R (ct 1-2) pause (ct 3). Dancers are now facing RLOD.

A’ 1-8 Repeat meas 1-8.

On meas 8, W turn CW ½ way around and face ptr.

### CHORUS: “WALTZ” YOUR PTR.

B 1-8 In Ballroom pos, all do the “waltz” sequence. M maneuver to finish with back to ctr on meas 6. Couples progress slightly CCW around the circle.

B’ 1-6 Repeat the “waltz” sequence, meas 1-6.

7-8 Release hands. Dancing on the spot, move away from ptr using 2 “waltz” steps. M are facing RLOD, W LOD.

