

# LE BAL BRETON

(Poitou, France)

Pronunciation: Leuh BAHl Bruh-TOHN

Even though this dance refers to Brittany in its name ("Breton"), it originates from the region of Poitou which is to the Southeast of Brittany. It may well originate from Bretagne as many similar forms are to be found. Learned by Yves Moreau in Poitou, France in 1979. This dance is often done to a specific song which the dancers sing while dancing.

Music: Y. Moreau Special cassette

Formation: Even number of cpls in a circle. W on M's R. M twds inside of circle and W on the outside. Face R of ctr. Cpls travel CCW around room. Wt on L.

Measure	Description
<b>No introduction</b>	
<b>I. Basic Travel Step</b> <i>NO INTRO</i>	
1-8	Starting with R ft, walk 16 steps fwd in "Varsovienné" pos. On last 4 walking steps, all cpls # 1 (in front of cpls # 2) turn CCW to face cpl # 2.
8-16	Cpls 1 & 2 do a "ladies chain" fig and back. On last 2 meas of chain, cpls # 1 face original LOD Also, after completing ladies chain, all dancers stamp with R ft, no wt. Dance repeats from beginning.
<b>II. "Mixer" variation (optional)</b>	
1-8	Same as in Fig. I, basic travel step
8-12	Same ladies chain as in basic form above
13-16	The second half of the ladies chain is then done not with the cpl across but with the cpl originally ahead of you (if you were cpl # 1) or with the cpl originally behind you (if you were cpl # 2). All end in original LOD and stamp etc. Dance repeats from beginning.

Description by Yves Moreau

Presented by Yves Moreau

Idyllwild F.D. Camp 1990

*To the right  
in Varsovienné position  
chain & chain  
Back  
Cpl # 1 face LOD  
Cpl # 2 face LOD  
1/2  
Turn 1/2 or 1 1/2 to  
face cpl's behind*