

BAL À DEUX, À QUATRE
(France - South Western Brittany)

In Celt, the word "bal" means walk or promenade. This promenade alternates with the figures executed by each couple (bal à deux) or by two couples (bal à quatre).

The order or sequence of figures may differ according to leader. The suggested pattern here is danced by "TRIS KEL" under the direction of Jean-Yve Cité.

Pronunciation:

Record: Uni-Disc 45-274.
"DANSES DE BASSE-BRETAGNE Side B/2 4/4 meter.

Formation: Circle of couples all facing CW (RLOD). M are outside, inside hands in W pos. Outside hands hold skirt for W, and rest on hip for M.

The couples are spaced about 4 feet apart and are numbered 1 and 2.

Steps: Pas de quatre or shottis step. Used for all figures except Promenade.

<u>Meas</u>	<u>Pattern</u>
6	<u>INTRODUCTION.</u>
	<u>PART I. PROMENADE.</u>
A 1-4	Starting on outside ft (M L, W R) all walk 16 steps moving CW.
	<u>PART II. BAL À DEUX. Fwd and back and turn.</u>
B 1	In modified closed pos (inside hands are held in the back of W), one basic step fwd.
2	One basic or pas de quatre bkwd.
3	Change places, describing 1/2 turn CW.
4	Come back home, describing 1/2 turn CCW.
1-2	Repeat action of meas 1-2.
(repeat)	
3-4	With two basic steps, a full turn CW.
	<u>PART III. PROMENADE.</u>
A 1-4	Repeat action of Part I.
	<u>PART IV. BAL À DEUX. Fwd and turn.</u>
B 1	Repeat action of meas 1, Part II.
2	Repeat action of meas 3, Part II.
3-4	Facing CCW (LOD), repeat action of meas 1-2, Part II.
1-4	Repeat action of meas 1-4.
(repeat)	

BAL À DEUX, À QUATRE (continued)PART V. PROMENADE.

- A 1-4 Repeat action of Part I. On the last meas, cpl #1 turn as a cpl to face #2.

PART VI. BAL À QUATRE. R and L through.

- B 1 Facing opp cpl, join R hands with opp person.
 2 Join L hands with ptr pivoting 1/2 CCW.
 3-4 Repeat action of meas 1-2.
 1-4 Repeat action of meas 1-4. At the end of sequence,
 (repeat) cpl #1 describe an extra 1/2 turn to face RLOD.

PART VII. PROMENADE.

- A 1-4 Repeat action of Part V, but cpl #1 turns.

PART VIII. BAL À QUATRE. Ladies' Chain.

- B 1-4 W change places in a regular Ladies' Chain with M giving the courtesy turn.
 1-4 Repeat action of meas 1-4.
 (repeat)

Presented by Louise and Germain Hébert