

# Bannielou Lambaol

*French*

Dance introduced  
by:

Formation: Line, with leader at L end.

Starting arm  
position: W-Position, little fingers joined

Meter: 2/4

Steps used

Measure	Count	Step
1	1-2	Facing center, step on L foot to L (1), close R foot to L foot (2). During this measure, arms circle forward one time.
2-3		Repeat measure 1 two times.
4	1-2	Step on L foot to L (1), touch R foot next to L foot (2). Arms continue circling.
5	1-2	Touch R foot forward (1), touch R foot next to L foot (&), touch R foot forward (2), step on R foot next to L foot (&). Arms follow R foot.
6		Repeat measure 4.
7		Repeat measure 5
7-8		Repeat measure 1

There is a short pause after each time through the dance.

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Revised December 17, 2003