

PUB IN FOLK DANCES
APRIL 1977

DISC - RIPTIONS

BASTRINGUE (French Canadian)

PRONUNCIATION: luh bust-RANG.

RECORD: Folkdancer MH-45-1506; Electra LP-7266 (preferred).

SOURCE: Learned from Cyril Fleisher in Evanston, IL, 1976.

RHYTHM: 4/4.

FORMATION: Couples in a single circle, facing center, W on ptr's L, hands joined.

STYLE: This is a clogging dance, so do the 2-steps with a western North Carolina clog step (see below) or at least with plenty of "stomping". Yips, yells and some shrieks are appropriate "ad lib".

STEPS: The basic western North Carolina clogging 2-step is done as follows: Step on R ft with a slight pull or "chug" bkwd, simultaneously straightening R knee sharply and bringing L leg with bent knee slightly fwd, letting ft hang naturally close to floor (ct 1), step on ball of L ft next to R ft with bent L knee (ct 2), step on R ft with a slight pull or "chug" bkwd, simultaneously straightening R knee sharply and bringing L leg with bent knee slightly fwd, letting ft hang naturally close to floor (ct 3), hold (ct 4). Next 2-step begins with L ft.

PATTERN

Meas No Introduction

FIGURE I

- 1-2 Moving twd ctr, step fwd on R ft (cts 1-2), step fwd on L ft (cts 3-4). Step fwd on R ft (cts 1-2), lift on ball of R ft, swinging L leg with bent knee fwd (cts 3-4).
- 3-4 Moving away from ctr, step bkwd on L ft (cts 1-2), step bkwd on R ft (cts 3-4). Step bkwd on L ft (cts 1-2), lift on ball of L ft, swinging R leg with bent knee fwd (cts 3-4).
- 5-8 Repeat action of Fig I, Meas 1-4 exactly.

FIGURE II

- 9-12 Turning to face CW and moving in RLOD (CW), dance four 2-steps, beginning on R ft and turning CW on the fourth one to face LOD (CCW).
- 13-16 Repeat action of Fig II, Meas 9-12, using same ftwk but moving in LOD and turning CCW on fourth 2-step to face ctr.

FIGURE III

- 17-19 M release R hands and W release L hands to separate into cpls. M raise L hands and turn ptr once CW under joined hands (Meas 17-18), then lead ptr CW in front of him (Meas 19).
- 20-24 Hold ptr in closed position and, facing ptr, take small step to own L so that outside of R ft is next to outside of ptr's R ft and R hips are adjacent. Then leaning away from ptr and pretending R ft is on a scooter, push with L ft and let R ft follow along. This is a "buzz step" swing. Swing ptr for five measures, ending by both facing LOD with W on outside of circle, M on inside.

(CONTINUED)

(LA BASTRINGUE continued)

FIGURE IV

25-32 W place L hand on M's R shoulder, M place R arm around W's waist, then dance eight 2-steps in LOD, beginning on R ft. On the 8th 2-step, M sweep W fwd, turning 1/4 turn CCW themselves, so that all are again in a single circle. Girls have progressed one M fwd in LOD (M's new ptr is now on his L side).

Repeat entire dance from the beginning.

As Taught At International House Of The University Of
Chicago By Frank And Dee Alsberg, March 1977
