

LA-BASTRINGUE  
~~Insert Dance Name~~  
*French Canadian*

Dance introduced  
by:

Formation: Couples in a circle, W on **the L**

Starting arm  
position: V-Position

Meter: 4/4

Steps used: Cha-Cha Step

**Measure Count Step**

**Part I**

- |     |     |   |
|-----|-----|---|
| 1   | 1-4 | Step forward on R foot towards center of circle (1), step forward on L foot (2), step forward on R foot (3), kick L foot forward. |
| 2   |     | Repeat measure 1 walking backwards with opposite footwork.  |
| 3-4 |     | Repeat measures 1-2. At the end of measure two pivot on L foot to face L.   |

**Part II**

- |     |     |   |
|-----|-----|---|
| 1   | 1-4 | Facing L, do two Cha-Cha steps.   |
| 2   |     | Repeat measure 1. At the end, pivot on L foot over R shoulder, to face R. |
| 3-4 |     | Repeat measures 1-2. At end of measure 4, pivot to face center.           |

**Part III**

- |     |  |  |
|-----|--|--|
| 1   |  | M pulls W around into ballroom position, and partners swing for rest of measure.   |
| 2-4 |  | Keep swinging. At the end of measure 4, face to R and get into promenade position (M R arm around W waist, W L hand resting on M R shoulder, free arms hanging by side). |

**Part IV**

- |     |     |  |
|-----|-----|--|
| 1   | 1-4 | Facing R, do two Cha-Cha steps .   |
| 2-4 |     | Repeat measure 1 three more times. At the end, face center. The W will now be on the R of the man, and the dance will repeat with everyone dancing with a new partner. |

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