

# La Belle Katherine

(French - Canadian)

This dance is a popular "contredanse" type found in Eastern and North-eastern Quebec. It is danced by two couples and often includes some "gigue" steps (clogging). Based on research by Guy Thomas

Pronunciation: Lah Bell CAT-reehn

Record: PHILO FI-2003. Side A, Band 8. 2/4 (slow down music)

Formation: Two couples in contra dance pos. Men facing Women

Style: Very light and happy steps.

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## MEAS

## PATTERN

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1-4 Introduction

### FIGURE I. Sideways travelling step

- 1 Partners are facing each other. The two couples join hands fwd in front, hands crossed.  
M starts with L ft, W with opp. ftwork.  
Step heavily onto L ft (1) step on ball of R ft in front of L with weight, body rises slightly (&) Same as ct 1 (2) same as count "&" but R ft steps in back of L (&)
- 2-3 Repeat pattern of meas 1 but for meas 3 last count ("&") leave off last step
- 4 Three stamps in place, R,L,R (no wt on last stamp)
- 5-8 Repeat pattern of meas 1-4 reversing direction & ftwork

### FIGURE II. Clogging in place

M starts with R ft, W with opposite ftwork

- 1 Hands are now down at sides (partners separated) step onto L ft (&) touch ball of R ft sharply slightly in front of L, no wt (ct "ah") small light leap onto ball of R ft (1) Repeat (& ah 2)
- 2-3 Repeat pattern of meas 1.
- 4 Repeat pattern of meas 1 cts & ah 1. Two small sharp stamps in place, L,R, no wt on last stamp (& 2)
- 5-8 Same as meas 1-4 but with opposite ftwork.

LA BELLE CATHERINE (Cont'd)

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FIG. III Star & Circle

- 1-2 Both couples make a RH star using a "hop-step-close-step" movement
- 3-4 Come back to original place doing a LH star
- 5-6 Both couples join hands to form a small circle and circle to L with same travelling step as above.
- 7-8 Come back to original place with circle to R.

FIG. IV "Crochets" (Elbows)

- 1-2 Both couples will simultaneously do a R elbow and come back to place using same travelling step as above
- 3-4 Same as 1-2, but with L elbow
- 5-6 M 1 & W 2 will do a R elbow
- 7-8 M 2 & W 1 will do a L elbow

FIG. V "Dos-à-dos"

- 1-2 Both couples will do a "do-ci-do" fig. simultaneously, first passing R shoulders, using same trav. step.
- 3-4 Same as meas 1-2 but passing L shoulders
- 5-6 M 1 & W 2 will do a "do-ci-do" passing R shoulders
- 7-8 M 2 & W 1 will do same passing L shoulders

FIG. VI "Grand bras p'tit bras" (Long arm, short arm)

- 1 Both couples give R hand to ptr. simultaneously & will cross over with same travelling step as in previous variations
- 2 Still holding R hands, ptrs get very close together and with a tight hand hold will do a complete turn
- 3-4 Same as 1-2 but reversing direction and using L arm
- 5-6 M 1 & W 2 change places with a regular R hand hold
- 7-8 M 2 & W 1 change places with a regular L hand hold

FIG. VII "Gigue" and "Spandy" step

- 1 M 1 & W 2 change places with usual step
- 2 "Gigue" step in place for M (see description)  
"Spandy" step in place for W (see description)
- 3-4 Same as meas 1-2 but with M2 & W 1
- 5-8 Repeat patterns of meas 1-4

*continued...*

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FIG. VIII Sideways travelling step

1-8 Repeat same pattern as meas 1-8 FIG. 1

MEN'S CLOGGING STEP (GIGUE) FIG. VII

- 3 Light brush with ball of R ft fwd (&) light brush bkwd with ball of R ft (ct "ah") heavy step onto R ft (1) light brush with ball of L ft fwd (&) light brush bkwd with ball of L ft (ah) heavy step in place with L (ah) heavy step with R (2)
- 4 Raise R leg, bent knee (high), clap both hands above raised L leg (&) Clap both hands under raised Leg (1) L leg still raised clap both hands above L leg (&) step onto R ft (2)

WOMAN'S "SPANDY" STEP

This step is very popular in a type of dance known as "Espandy" in Eastern Quebec.

- 3 Hop on L ft simultaneously brush ball of R ft lightly fwd (1) Hop again on L ft, simultaneously brushing ball of R ft lightly bkwd (&) small jump onto both feet together (2)
- 4 Small sharp jump onto both feet with L ft crossed in front of R (1) small sharp jump onto both feet with R ft crossed in front of L (2)

Note: Dance is done once through in the above sequence.