

La Fricassée

FRANCE - BERRY

Reference: record: Unidisc EX 282 or BAM EX 626
tought by Christiane Le Nendre

Music: A:8 mesures B:3 C:1 D:2 1/2 E:1/2 and 1/2

Formation: circle, face the center, hands on shoulders of nearest persons
It,s a men's dance

Directions:

- A 4 quick stamps in place starting with Left foot L R L R
then fall on both feet apart and hold
do this four times
- B 6 Branle steps, starting to the Left L R L R L R
free heel on other calf, rear
- C 3 quick stamps in place L R L
- D 5 Branle steps starting to the Right R L R L R
- E 3 quick stamps in place L R L and hold

Rosenwalzer

FRANCE - ALSACE

Reference: record: every good Alsatian Waltz, This one used: Barclay 820.011

Formation: circle, woman on the right of her partner, face the center,
hands joined

Directions: start with outside foot

- one waltz step in place facing the corner and swinging arms backward
Right arm for lady, Left arm for man. Other arms swing forward
- one waltz step in place, facing the partner, swinging the arms opposite
- with the corner in ballroom position 4 waltz steps together, moving
CCW on the circle. At the end the man places the ladie on his right
start at the beginning with new partner

