

Laride

(France)

This dance is very popular in the regions of Nantes and Vannes in Bretagne, (Brittany) France. This particular version was observed by a group of folk dancers from Montréal who spent three weeks in Brittany learning folk dances as part of a special cultural exchange programme.

Pronunciation: (luh) lahr-ee-DAY

Record: EXPRESS

Formation: Mixed lines of M & W, leader at L end, little fingers interlocked ("pinky" hold), hands down but elbows not locked; bodies close but not bumping - take care that people do NOT separate so that hands are pulled out from sides of body. All face ctr.

Style: Light and bouncy - taking care not to rush the ft & arm actions.

NOTE: It is easier to learn the dance by counting it straight through, than by using counts within the measures. Thus the dance counts become: 1,2,3,4,5-6-6,7-8-8.

Meter: 2/4

MEAS	PATTERN
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FOOTWORK: There are 4 meas of ftwork, repeated throughout the dance.

No introduction - leader may start at the beginning of any musical phrase.

- 1-2 Step L to L (1), close R to L (2); step L to L (1), close R to L (2).
- 3 Start to rise on balls of both ft by bending knees slightly fwd (1), complete the rise on the balls of both ft (6), lower heels lightly to floor (2).
- 4 Swing L ft fwd without pointing toes, knee straight - this is a "soft" not vigorous action (1), rise on ball of R ft (6). This is one smooth continuous action, not two separate sequential ones. Lower R heel to floor, bringing L ft alongside R without touching floor (2).

HAND AND ARM WORK - simultaneous with FOOTWORK above.

- 1 With relatively straight arms, swing arms and hands comfortably fwd - but not up to straight fwd (1), swing hands and arms bkwd to reflex pos, just behind sides of body.
- 2 Repeat action of meas 1, exactly.

Continued.

MEAS

PATTERN

- 3 Push hands and arms fwd and up in a large arc - with its highest about chin height (1), complete the arc by bringing the hands bkwd and down to end in a tuck between chest and shoulder height, the elbows move bkwd to produce this motion (2).
- 4 This meas reverses the action of meas 3. Push hands & arms up and fwd in an arc and start down - the emphasis is on the "push" (1), continue the arc swinging hands down & back (2), finishing with arms at full length (slightly bent elbows) & hands at reflex point behind body on ct &.

note: The dance pattern is only 4 meas long and is continuously repeated. The dance moves RLOD during the first two meas, and then in place for the last two meas. The dancers face ctr throughout the dance.

Notes by Bev Wilder

Presented by Yves Moreau

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Repeat action of meas 1, exactly.