

LARIDE

(French)

The Laride (lah-ree-DAY) is a form of line dance found especially in the province of Brittany. This Laride was learned by Yves Moreau of Montreal, Quebec while in France the summer of 1976.

Record: There are many available recordings suitable for this dance. Alan Stivell, Polydor 2424068, side 1, band 2 (An Dro) and side 2, band 4 (Tri Martolod) was used.

Formation: Open circle of M and W facing ctr, little fingers joined down at sides. Leader is at L end of line.

Meter: 2/4

Style: As arms swing down and/or back, elbows remain slightly bent; the hands never actually swing back beyond the body.

Meas

Pattern

The leader may begin the dance at the beginning of any musical phrase.

- 1 Step to L on L ft, swinging hands fwd to waist height (ct 1), close R ft next to L ft with wt, swinging hands back (ct 2).
- 2 Repeat action of meas 1 (cts 1-2).
- 3 Lift heels of both ft in place, swinging hands fwd and up to eye level (ct 1), lower heels, bringing hands down to chest level with bent elbows swinging back (ct 2).
- 4 Lift on R ft, kicking L ft, with straight knee, fwd at approximately 30° angle, hands swing straight fwd (ct 1), lower R heel to floor, closing L ft next to R ft, no wt, and swinging hands down to sides (ct 2).