

LA BASTRINGUE

Source: La Bastringue (luh bust-RANG) is a French Canadian dance learned from Cyril Fleisher in Evanston, IL in 1976. As taught at International House of the University of Chicago by Frank and Dee Alsberg.

Style: This is a clogging dance, so do the 2-steps with a western North Carolina clog step (see below) or at least with plenty of 'stomping'. Yips, yells and some shrieks are appropriate 'ad lib'. Rhythm: 4/4

Steps: The basic western Northern Carolina clogging 2-step is done as follows:

Step on R foot with a slight pull of "chug" BKWD, simultaneously straightening R knee sharply and bringing L leg with bent knee slightly FWD, letting foot hang naturally close to floor (count 1), step on ball of L foot next to R foot with bent L knee (count 2), step on R foot with a slight pull of "chug" BKWD, simultaneously straightening R knee sharply and bringing L leg with bent knee slightly FWD, letting foot hang naturally close to floor (count 3), hold (count 4). Next 2-step begins with L foot.

Formation: Couples in a single circle, facing center. W on M's L, hands joined. No introduction.

Measures

FIG. 1

- 1-2 Moving toward center, step FWD on R foot (counts 1-2), step FWD on L foot (counts 3-4). Step FWD on R foot (counts 1-2), lift on ball of R foot, swinging L leg w/bent knee FWD (counts 3-4)
- 3-4 Moving away from center, step BKWD on L foot (counts 1-2), step BKWD on R foot (counts 3-4). Step BKWD on L foot (counts 1-2), lift on ball of L foot, swinging R leg with bent knee FWD (3-4).
- 5-8 REPEAT action of FIG. 1, measures 1-4 exactly.

FIG. 2

- 9-12 Turning to face CW and moving in RLOD (CW), dance four 2-steps, beginning on R foot and turning CW on the 4th 2-step to face LOD (CCW).
- 13-16 REPEAT action of FIG. 2, measures 9-12, using same footwork but moving in LOD and turning CCW on 4th 2-step to face center.

FIG. 3

- 17-19 M release R hands and W release L hands to separate from couples. M raise L hands and turn partner once CW under joined hands (measures 17-18), then lead partner CW in front of him (measure 19).
- 20-24 Hold partner in closed position and, facing partner, take small step to own L so that outside of R foot is next to outside of partner's R foot and R hips are adjacent. Then leaning away from partner and pretending R foot is on a scooter, push w/L foot and let R foot follow along. This is a "buzz step" swing. Swing partner for 5 measures, ending by both facing LOD with W on outside of circle, M on inside.

FIG. 4

- 25-32 W place L hand on M's shoulder, M place R arm around W's waist, then dance eight 2-steps in LOD, beginning on R foot. On the 8th 2-step, M sweep W FWD, turning 1/4 turn CCW themselves, so that all are again in a single circle. W have progressed one M FWD in LOD (M's new partner is now on his L side).

REPEAT entire dance from the beginning.

