

# La Bastringue

Type: Partner , circle , mixer

Music: Dances of French  
Canada..DC123321

Country : French  
Canada

Formation: Couple in a single circle. Women to the Rt. of their partner. All hands are joined and held down by their sides.

Steps:

Walk

**Count**      **Pattern**

## **Part 1**

1-4      All walk Forwards to the centre of the circle (4 steps)

5-8      All walk Backwards to place (4 steps)

9-16      Repeat counts 1-8

17-20      Women repeat counts 1-4

21-24      Women repeat counts 5-8

25-28      Men repeat counts 1-4

29-32      Men turn to their Rt. to face partner and walk back to end facing partner; men's back to the centre of the circle.

Note: (To make this dance progressive, when facing partner , the man would walk to the woman on the LT. of his partner's position.)

## **Part 2**

Just Dance Darn It  
SAG 2009

## La Bastringue

1-16 Swing partner using a pivot turn and shoulder-waist position.

17-32 With skater's hand-hold, promenade for 15 steps around the circle moving CCW. On count 16 turn as a couple and join hands as in the beginning to start the dance again.

### Learning Cues:

Part 1: Forward 2-3-4, Backward 2-3-4, : Forward 2-3-4, Backward 2-3-4,

LADIES: Forward 2-3-4, Backward 2-3-4

GENTS: Forward 2-3-4, Turn and Forwards 2-3-4,

Part 2: Swing 2-3-4-5-6-7-8

Promenade 2-3-4-5-6-7-8-9-10-11-12-13-14-15

Ready, and...