

Dans Varietais

Dance : Choreography by Hazel Young. My first choreography !

Source of Music : Shave The Monkey from the CD "The Unseelie Court" [Percheron Musique APE 3001]. Track title "Theme Varietais".

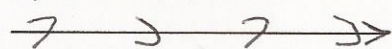
Formation : Circle facing R to start.

Arms : V hold to start.

Introduction : Start with flute. Dance is done slowly with the introduction, then there are 4 beats (stamp R foot!) before launching into the faster dance.

Pattern : AAAABB repeated.

A) Arms V hold



fR, fL, fR, fL,

hips swivel, so 1st & 3rd steps diagonally into circle, & 2nd & 4th steps diagonally out of circle, whilst still walking the circle line

1 2 3 4

Do A) 4 times



sR, liLxf, sL, liRxf,
small lift small lift

1 2 3 4

B) Arms W hold. Zig-zag to centre

fR, cL, fR, hop R,
Face slightly R of centre lifting L knee
1 & 2 &

fL, cR, fL, hop L,
Face slightly L of centre lifting R knee
3 & 4 &

sR, liLxf, sL, liRxf,
kicking movement kicking movement
1 2 3 4

Zig-zag out from centre, retracing same steps

bR, cL, bR, hop R,
Face slightly L of centre lifting L knee
1 & 2 &

bL, cR, bL, hop L,
Face slightly R of centre lifting R knee
3 & 4 &

sR, liLxf, sL, liRxf,
kicking movement kicking movement
1 2 3 4

Do B twice