

Fifers & Tambourines of Camargue

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Beginner for dancers in the circles
编舞者: Jean LW LeQUEUX (FR) - May 2015
音乐: Danses de Provence: Farandole de Tarascon - Les Cigaloun Arlaten



Mixer in 2 circles with, as an option, a solo dancer, at the circle center.

Other option: The solo dancer could be replaced by the "Dance Master" who gives steps instructions to the dancers of the circles (like in Square Dance).

Celtic [type: farandole from Camargue, Southern France; see "Final Note"].

RF: right foot; LF: left foot; FT: feet together; RL: right leg, LL: left leg, LA: legs apart, RT: right toes; LT: left toes; RH: right heel; LH: left heel; RK: right knee; LK: left knee, RP: right palm; FP: left palm; RAr: right arm; LAr: left arm; RSh: right shoulder; LSh: left shoulder; RE: right elbow, LE: left elbow; RHd: right hand, LHd: left hand, RHp: right hip; LHp: left hip, RTh: right thigh, LTh: left thigh; WoRF: weight on RF, WoLF: weight on LF

The dancers of the two circles, inner and outer, are alternately face-to-face, then back-to-back. The steps are identical for all dancers, whatever the circle they belong to: the outer circle always rotates clockwise and the inner circle always rotates counter-clockwise. Starts with the music: Listen to the tambourines beats.

SECTION I: DANCERS OF THE 2 CIRCLES: VINE RIGHT, CROSS LF, UNCROSS; CHASSÉ RIGHT, CHASSÉ ¼ TURN RIGHT

Inner circle dancers are facing the circle center. Dancers of outer circle are back to back with those of inner circle. WoLF. Hold neighbors' hands (both side)

1 & 2 RF on right side, cross LF behind RF, uncross: RF to right

3 & 4 RF on right side, cross LF before RF, uncross: RF to right

5 & 6 RF right, LF near RF, RF right

Release neighbors' hands: Hands on hips!

7 & 8 RF right with 90 degree rotation to right, pull LF near RF, FT

OPTIONAL SOLO DANCER: BOURRÉE STEP, TOP TURN RIGHT; TOP TURN LEFT, BOURRÉE STEP

1 & 2 FT on toes, flex knees in ark, jump

3 & 4 on toes and top turn right (full turn)

5 & 6 on toes and top turn left (full turn)

7 & 8 FT on toes, flex knees in ark, jump

SECTION II: DANCERS OF THE 2 CIRCLES: LOCK STEP RIGHT, LOCK STEP LEFT; HITCH, STEP RIGHT, BRUSH LEFT, ½ TURN RIGHT

Dancers are following one another along their respective circle; hands on hips.

1 & 2 RF forward, lock LF behind RF, RF forward

3 & 4 LF forward, lock RF behind LF, LF forward

5 & 6 Hitch RF, RF forward, brush LF forward

7 & 8 RF back, on toes ½ turn right, FT

OPTIONAL SOLO DANCER: JUMP, KICK RF, TOP TURN LEFT; TOP TURN RIGHT, JUMP, KICK LF

1 & 2 FT on toes, jump, kick RF

3 & 4 on toes and top turn left (full turn)

5 & 6 on toes and top turn right (full turn)

7 & 8 FT on toes, jump, kick LF

SECTION III: DANCERS OF THE 2 CIRCLES: BACK LOCK STEP RIGHT, THEN LEFT; ON TOE, ¼ TURN LEFT, KICK (RIGHT, LEFT), JUMP

Dancers are following one another along their respective circle, but in opposite direction with section II; Circles rotations are unchanged: inner circle is counter-clockwise; outer circle is clockwise.

1 & 2 RF back, lock LF before RF, RF back

3 & 4 LF back, lock RF before LF, LF back

5 & 6 On toes, ¼ turn left, stomp LF

Dancers of outer circle are now facing those of inner circle. Hold neighbors' hands, left and right.

7 & 8 Kick RF, kick LF, jump feet together.

OPTIONAL SOLO DANCER: BOURRÉE STEP, TOP TURN LEFT; TOP TURN RIGHT, BOURRÉE STEP

1 & 2 FT on toes, flex knees in ark, jump

3 & 4 on toes and top turn left (full turn)

5 & 6 on toes and top turn right (full turn)

7 & 8 FT on toes, flex knees in ark, jump

SECTION IV: DANCERS OF THE 2 CIRCLES: VINE LEFT, CROSS RF, UNCROSS; CHASSÉ LEFT, CHASSÉ, ½ TURN LEFT WoRF

1 & 2 LF on left side, cross RF behind LF, uncross: LF to left

3 & 4 LF on right side, cross RF before RF, uncross: LF to left

5 & 6 LF left, RF near LF, LF left

Release neighbors' hands: Hands on hips!

7 & 8 on toes, twist feet ½ turn left, RF near LF

OPTIONAL SOLO DANCER: BOURRÉE STEP, TOP TURN LEFT; TOP TURN RIGHT, BOURRÉE STEP

1 & 2 FT on toes, flex knees in ark, jump

3 & 4 on toes and top turn left (full turn)

5 & 6 on toes and top turn right (full turn)

7 & 8 FT on toes, flex knees in ark, jump

Do it again, "gardians" & "gardianes" (cowboys & cowgirls)!

FINAL SECTION:

At the end of the music, dancers of both circles turn in order to face the center of their circle:

- Outer circle: kneel right knee down, touch hat, bow heads

- Inner circle: bow down, take off hat, salute and sweep hats (French reverence)

- Solo dancer: stand up on toes, take hat off and hold it high

Final Note: Nowadays, the Southern French region of Camargue – geographically speaking, the province of the huge and wild Delta of Rhone River – still keeps its ancestral traditions of cowboys (called "gardians") herding bulls. Farandoles are danced in the "manades" (cattle stations), in the "mas" (ranches) and in villages during local and national feasts. Each musician holds his fife in one hand and plays the tambourine with his other hand; For information, the capital-city of Camargue is Nimes where the gardians' trousers were – and still are – sewn with "toile de Jeanne" (Canvas from Genoa; the French pronunciation "jayne" became Jeanne)., it is said that, in the 19th Century, a certain Mr Levy-Strauss spent some time in Nimes before immigrating to the USA and imported this material, then called "Jeans DeNim".

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