

Le Laridé

(France)

Le Laridé (luh lah-ree-DAY) was observed by a group of Montreal folk dancers in 1976 when they spent three weeks in Brittany learning folk dances as part of a special cultural exchange program. It was very popular in the regions of Nantes and Vannes. Yves Moreau, director of the group, subsequently taught the dance at San Francisco Kolo Festival in November 1976 and at the 1977 University of the Pacific Folk Dance Camp.

RECORDS: Dances from Brittany (45), Side B; Fontana 6399 005 Side B/4 2/4 meter
"Tri Martolod."

FORMATION: Open circle, leader at L end; arms down at sides, elbows slightly bent, little fingers interlocked; face ctr; wt on R ft.

STYLING: Light and bouncy; take care not to rush ft and arm movements. Keep close to neighbor so arms, when down, are never away from sides of body.

NOTE: It is easier to learn the dance by counting it straight through rather than using counts within the measures. Thus the dance cts become: 1,2,3,4,5,&,6,7,8.

MUSIC 2/4

PATTERN

Measures

NO INTRODUCTION. Leader may start at the beg of any musical phrase.

1-2 Step on L to L (ct 1); close R to L (ct 2). Repeat for meas 2. (Dance cts 1,2,3,4). Bend knees in preparation for next movement.
Arms: Swing fwd to approximately waist level on ct 1 of each meas and down to sides and slightly back of body on ct 2 of each meas.

3 Begin to rise on balls of both ft (ct 1); straighten knees completing rise to highest point possible (ct &); lower heels lightly to floor (ct 2). This is a continuous, smooth action (Dance cts 5,&,6).
Arms: Swing fwd and up in a large arc (about face level) (cts 1,&); hands come to about chest level with elbows pointed back (ct 2).

4 With a soft action, swing L leg fwd, knee straight, ft relaxed, while rising on ball of R ft (ct 1); lower R heel to floor while bringing L ft next to R without touching floor (ct 2). (Dance cts 7,8).
Arms: Reverse action of meas 3: Push hands up and fwd in an arc and start down - emphasis on the "push" (ct 1); continue the arc, swinging hands down and back of body slightly, elbows slightly bent (ct 2).

Repeat dance from beginning.