

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".*

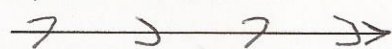
Formation : *Circle facing R to start.*

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

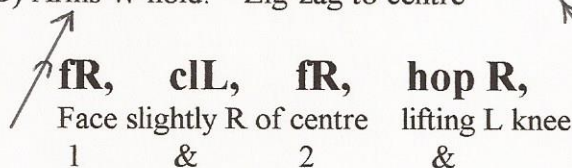
Do A) 4 times



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

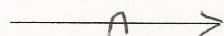
1 2 3 4

B) Arms W hold. Zig-zag to centre



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

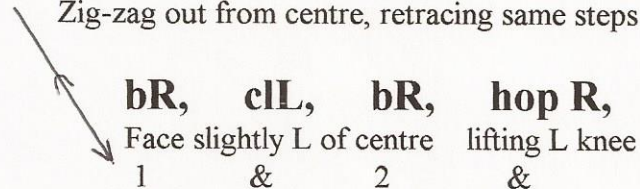
fL, cR, fL, hop L,
Face slightly L of centre lifting R knee
3 & 4 &



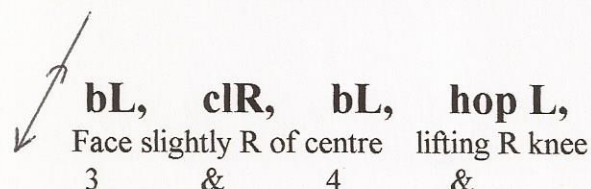
sR, liLxf, sL, liRxf,
kicking movement kicking movement

1 2 3 4

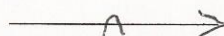
Zig-zag out from centre, retracing same steps



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