

# La Bastringue

(Québec, Canada)

FORMATION: Couples in a big circle. The man stands on the RIGHT of his partner. The dance starts facing in. This dance is a mixer, meaning that you will change partners each time through the dance.

- 1-2 3 steps (1,2,3) and a kick (4) into the center of the circle
- 3-4 3 steps (1,2,3) and a touch (4) out of the circle
- 5-6 repeat 1-2
- 7-8 repeat 3-4
- 9-12 4 two-steps Clockwise (two step = L (1), R (&), L (2) or opp ftwork))
- 13-16 4 two-steps Counterclockwise
- 17 Retain hands with partner, drop other hands, Man steps slightly into the center with his R foot (1) then Left (2), while raising his left hand. The woman does a complete turn under the joined hands to end facing partner (R, L)
- 18-24 In ballroom position, swing partner (see below for swing instructions)
- 25-32 open up with man on the inside of the circle facing CounterClockwise. Promenade using 8 two steps clockwise around the circle. Use the last two step to close up into a circle. You and your partner should have switches sides, this puts you next to a new partner. You do the dance from the beginning with this new partner.

*Swing:* In Ballroom hold, but the bodies are turned to face slightly Left (in effect your R shoulders should be aligned with each other). You need to "give weight" to your partner, this does not mean leaning back it means sitting a little bit allowing some of your center of gravity to shift backwards, but you are responsible for holding yourself up! Your right foot is next to your partner's right foot (but NOT between your partner's feet). The left foot is on the outside. Step R, Crossing in front of the left (1), Swing left around and step on it (to the outside) (&). The action is a little like doing a Rida step, or pushing your way on a skateboard or scooter.

## *Lyrics*

Mademoiselle, voulez-vous danser  
la bastringue, la bastringue?  
Mademoiselle, voulez-vous danser?  
La bastringue va commencer.

Oui, Monsieur, je veux bien danser  
la bastringue, la bastringue.  
Oui, Monsieur, je veux bien danser  
la bastringue, si vous voulez.

Mademoiselle, il faut arrêter  
la bastringue, la bastringue.  
Mademoiselle, il faut arrêter.  
Vous allez vous fatiguer!

Non, Monsieur, j'aime trop danser  
la bastringue, la bastringue.  
Non, Monsieur, j'aime trop danser.  
Je suis prête à r'commencer!

Mademoiselle, je n' peux plus danser  
la bastringue, la bastringue.  
Mademoiselle, je n' peux plus danser,  
car j'en ai des cors aux pieds!