

PICCOULET
(Switzerland)

This dance originates from the French part of Switzerland. It is a kind of pantomime dance, especially popular among children and students. This dance is accompanied by singing. There is a leader in the middle of the circle, singing and inventing verses, followed by the chorus.

Music: Record:

Formation: All stand in a circle, holding hands, facing in, no ptrs. Leader in the middle of the circle.

CHORUS: Et c'est ainsi...

10 small walking or running steps to L, start L
10 small steps to R, start R
(Leader may point out direction)

Piccoulet du doigt du doigt:

Leader gives out orders and imitates according gestures. Everybody joins in. Stand in place, move 4 times finger of R hand.

Piccoulet des doigts des doigts:

Move 1 finger of R hand and 1 finger of L hand.

Repeat Chorus to L and R:

Piccoulet du doigt du doigt, P. des doigts des doigts, P. de la main de la main, P. des mains des mains:

Part I is repeated, followed by a new gesture, move R hand, move both hands...

All movements are always repeated from the beginning, followed by a new order from the leader. After the new order, Chorus is repeated. Speed up Chorus and repetitions.

Song:

Et c'est ainsi que l'on danse notre charmant Piccoulet (Repeat)

1. Piccoulet du doigt (2X), des doigts (2X) - move 4X finger(s).
2. Piccoulet de la main (2X), des mains (2X) - move 4X hands.
3. Piccoulet du coude (2X), des coudes (2X) - move elbows.
4. Piccoulet du bras (2X), des bras (2X) - move arms.
5. Piccoulet du genou (2X), des genoux (2X) - touch knees.
6. Piccoulet du pied (2X), des pieds (2X) - stamp 4X foot (feet).
7. Piccoulet de la tête (2X), Piccoulet du coeur!! - move head, touch heart or fall on floor.

At the end everybody should be out of breath!

Presented by Carmen Irminger