

Kost Ar Choad

Brittany – France

A popular line dance from the region of Gouarec in Lower Brittany. It is often included in dance medleys that include the *Gavotte* and the *Fisel*. Learned by France Bourque-Moreau from Bagad Men Glaz group from Trélazé at Heritage International Folklore Workshop, Cornwall, Ontario, 1993.

Pronunciation: Cost ar Quad

Translation: Region of the woods

Rhythm: 2/4

Style: Sharp movements

Formation: Mixed short lines. Firm hand hold with bent elbows and interlocked forearms. Leader is at left end of line. Dance moves to left, CW. Face centre, weight on Right.

Introduction: No introduction. Let 8 measures go by, and start with 2 sets of Figure 1 the first time.

Figure 1 – Extend Left Leg

Rhythm of this figure is qqS-qS

- 1 Light leap on Left to Left (ct 1), light leap on Right across Left (ct 2)
- 2 Light leap on Left to Left (ct 1), sharp leap on Right behind Left, simultaneously extending Left leg forward, straight knee, pointing Left foot slightly above ground (ct 2)
- 3 Pause (ct 1), transfer weight onto Left foot, lift Right foot (don't kick) (ct 2)
- 4 Sharp leap on Right behind, simultaneously extending Left leg forward, straight knee, pointing Left foot slightly above ground (ct 1), Pause (ct 2)
- 5-16 Repeat measures 1-4 three more times.

Figure 2 – Pointing steps

- 1 Repeat Figure 1 measure 1
- 2 Light hop on R, touching ball of Left foot diagonally forward to the Left (ct 1), light hop again on R, touching ball of Left foot straight forward (ct 2)
- 3 Leap onto Left foot, simultaneously touching ball of R foot diagonally forward to the Right (ct 1), light hop on Left, touching ball of R foot straight forward (ct 2)
- 4 Sharp jump onto both feet (ct 1), sharp leap onto Right, simultaneously picking up the L knee and extending L leg forward slightly off ground
- 5-16 Repeat measures 1-4 three more times.

Repeat dance from beginning.