

La Valse

Québec, Canada

"La Valse" means "The Waltz".

Formation: circle of couples with joined hands, men face LOD, women face reverse LOD

Rhythm: 8 beat measures: 1-2-3, 1-2-3, 1-2

Meas **Introduction**

1-8 No action

Meas **Promenade**

M walk fwd in LOD, W walk bkwd. Both start inside ft

1 Waltz twice, step twice

2 Repeat meas 1

3 Waltz half turn CW, step twice bkwd

4 Waltz half turn CCW, drop inside hands, step twice bkwd to face ctr of circle

Meas **Figure 1**

1 Waltz twice to ctr, starting outside ft, 2 steps while turning to face out & changing hands

2 Gigue step starting on inside foot

3 Waltz twice out, starting outside ft, 2 steps while turning to face in & changing hands

4 Gigue step starting on inside foot

5-8 Repeat meas 1-4

Meas **Figure 1 Gigue step** (here starting R)

1 Step on R (ct 1), shuffle L (ct &2), step L (ct &), step R (ct 3), doublé L (ct &4), shuffle R (ct &5), step R (ct &), step L (ct 6), doublé R (ct &7), faflouche L (ct &8)

Meas **Figure 2** (Gigue facing in - all start R)

1 Step R (ct 1), shuffle L across R (ct &2), step L across R (ct &), step R (ct 3), shuffle L from R to L (ct &4), step L (ct &), step R (ct 5), hit R heel with L shoe (ct &), hop on R (ct 6), hit R heel with L shoe (ct &), hop on R (ct 7), doublé L (ct &8), doublé R (ct &1)

2 Finish doublé R (ct 1), shuffle L across R (ct &2), step L across R (ct &), step R (ct 3), shuffle L from R to L (ct &4), step L (ct &), step R (ct 5), hit R heel with L shoe (ct &), step L (ct 6), step R (ct &), hit R heel with L shoe (ct 7), step L (ct &), step R (ct 8)

3-4 Repeat meas 1-2 with opposite footwork

Terms and Percussion

Step (1 sound):

Place foot on floor with weight

Brush (1 sound):

Brush ball of foot fwd or bkwd on floor; weight remains on opposite foot

Shuffle (2 sounds):

Brush forward (first sound); brush backward (second sound)

Doublé (2 sounds):

Tap the floor with the ball of foot without weight (first sound);
step on the ball of same foot with weight

Faflouche (2 sounds):

Brush fwd (first sound); hit floor with ball of foot (second sound) without weight

Dance Pattern

Promenade + F1 +

Promenade + F2 +

Promenade + F1