

Box & String Favorite Balfolk Tunes and Dances

Sarah Gowan & Bill Quern

1. Circle: Bourrée des Dindes
2. Chapelloise: Jet du Lama
3. Scottish: Rue du Pres
4. Bourrée 2x: Cecile
5. An dro
6. Mouvante!
7. Bourrée des Grandes Poteries
8. Gavotte de l'Aven: Petit Bateau, Very Jeune
9. Circle Circassion: The Plane Tree
10. Mazurka: September, Motorway
11. 3 facing 3 Bourrée: Bourrée de Montford/ La Charge
12. Branle de la Fosse aux Loups
13. Scottish: 4 Horsemen: Hellebore
14. 2 couple Bourrée Croisée 3x: DNA bourrées
15. Rondes du Quercy: Amazone
16. Waltz in 5: Hochnebel
17. Bal Limousine
18. Hanter dro
19. Waltz: Petit Dejeuner

Extras

20. Laride
21. 4 person Bourrée: Le Ombre Verte
22. Single person Bourrée in a big circle Du Pop à Ars
24. Circle Bourrée 2x: Bourrée des Moutons
24. Bourrée Planieres 3x: Mimolette, Bourrée d'Auvergne
25. Scottish: Sansonette

1. Bourrée des Dindes

the Turkeys' Bourrée

Bourrée 2 Temps

Chords: D7 G Am (A7) D7 G Am D7 Am (A7) D Am D7 G

Danced with an even number of dancers holding hands in a circle

Repeat 4 times for A parts:

L bourree step in, R bourree step on spot, L bourree step back, R bourree step on spot

Repeat 4 times for B parts:

while circling left dance 2 bourree steps facing partner and 2 facing corner

2. Le Jet du Lama

The Lama's Spit

Philippe Plard

Chapelloise

$\text{♩} = 120$

Chords: Am E Am (F) E Am E Am Dm E7 E7 Dm(F) E7 E7 1 E7 E7 F7 E7 2 E7 E7 F7 Am

Once through the tune is twice through the dance

A1. Promenade forward 4 steps; turn around and continue backwards 4 steps [8]; stop and return

Promenade forward 4 steps; turn around and continue backwards 4 steps [8]; open up take inside hands

B1. Balance In and Out [4]; pass outside person in front of inside person [4]

Balance In and Out [4]; raise joined hands and (former) outside person ducks under, back to the outside to next inside person to start Promenade

3. Rue des Prés

Stéphane Durand

Scottish

Chords: G, Bm, C, D, G, Bm, C, D, C, Am7, G, Em, Am7, Bm7, C, D.

4. Cecile

Emmanuel Paris

Bourrée 2 Temps

Chords: Em, D, Em, D, Em, D, Em, D, Em, D, Em, D, Em, D, Em, D, Em, D, Em.

5. An Dro

An Dro

Move Left LRL pause arms circle up

Move Back RLR pause arms circle down

6. Mouvante!

Two couple square, standing next to partner

Part 1

RLR LRL on spot crossing slightly (4X)

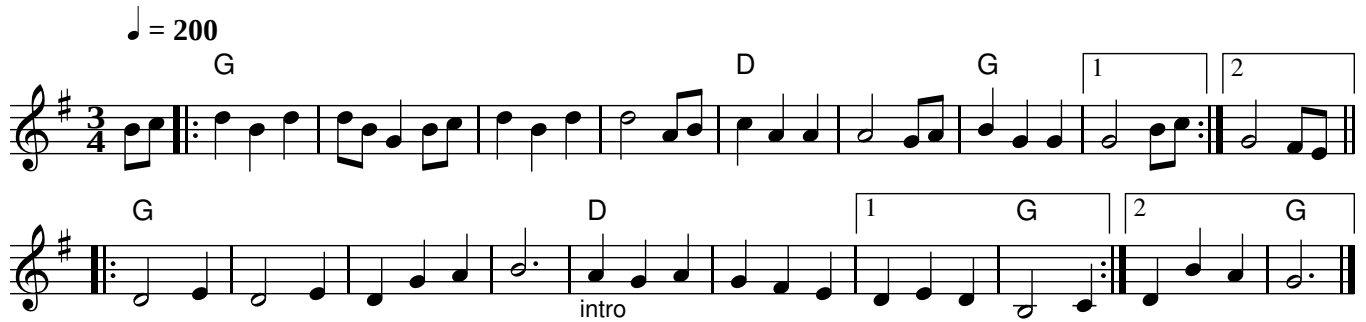
Part 2 (different figure each time through)

Ladies Chain, Gents Chain, Star around and back, Grand Chain

Part 3

Swing

7. Les Grandes Poteries



Les Grandes Poteries

Note: all steps are bourrée steps, starting left

A-part

Start right shoulder to right shoulder

1. Back-up to face each other [2 steps]
2. Move forward to left shoulder to left shoulder [2 steps][position 2]
3. Turn towards each other with a spin and face each other [2 steps]
4. 2 steps to get back where you started

REPEAT

B1

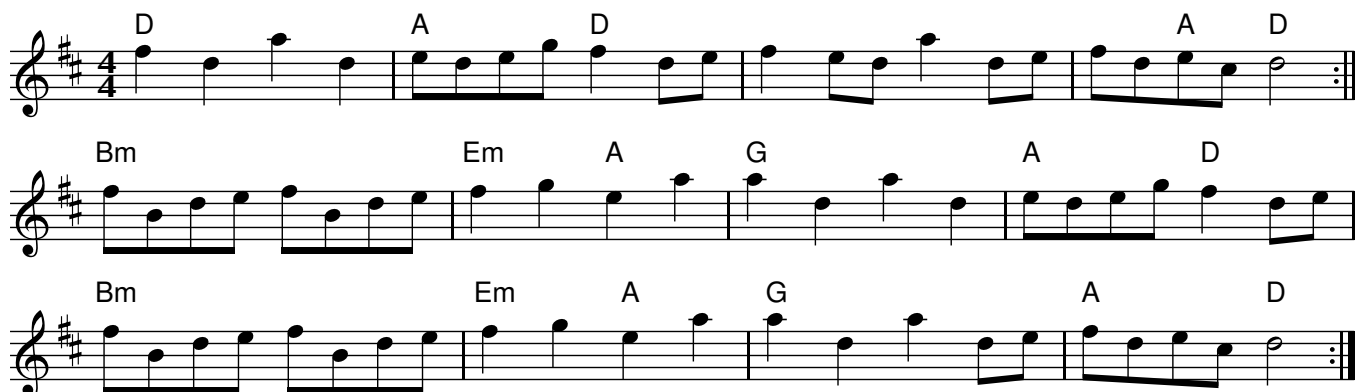
1. Back-up to face [2 steps]
2. Move forward to left shoulder to left shoulder [2 bourree steps][position 2] & Face each other
3. Spin [CW] to where your partner was
4. Spin [CW] to the last corner

B2

1. Spin [CCW] back to where your partner was
2. Spin [CCW] back to 2nd position
3. Spin [CCW] back to facing each other
4. 2 Bourrée steps to get back where you started

8. Les Petit Bateaux

Gavotte de l'Aven



Short lines of four or five - moves clockwise around room

Long steps left right left - Sweep right foot behind

Right Left Right Pause

8. Very Jeune

Hartwin Dhoore

Gavotte de l'Aven

Chords: G C Em7 D G C Em7 D C D C Bm Am D C Bm Am D G Am D G

9. The Plane Tree

Mominette

Jean-Francois Maxou Heintzen (arr: Undine Hornby)

Cercle Circassien

Chords: Em Am G C D B Em Am G C D D Em C D G C D D Bm C D G C D B Em

Big Circle Mixer

All - 4 steps to the center, 4 steps back X2 (16)

Right Hand Person - 4 steps to the center, 4 steps back - everyone else claps (8)

Left Hand Person - 4 steps to the center, turn over left shoulder look for next (8)

Swing (16) Promenade (16)

10. Motorway Mazurka

Jon Swayne

Mazurka

Musical score for Motorway Mazurka, 3/4 time, key of G major. The score consists of four staves. The first staff contains measures 1-4 with chords G, Bm7, Am7, and D7. The second staff contains measures 5-8 with chords G, Bm7, Am7, and a first ending D7. The third staff contains measures 9-12 with chords C, (D7), G, Em, and Am7. The fourth staff contains measures 13-16 with chords D7, a first ending G, G7, a second ending G, and D7.

10. Septembre

Stéphane Delicq

Mazurka

Musical score for Septembre, 3/4 time, key of G major. The score consists of two staves. The first staff contains measures 1-8 with chords Em, C, Em, D(Bm), C, Em, C, Em, D, and Am7. The second staff contains measures 9-16 with chords D(Bm), Em, C, Bm, G, D, Em, Bm7, and Em.

11. De Montfort

Jo Freya

Bourrée 2 Temps

Musical score for De Montfort, 2/4 time, key of G major. The score consists of two staves. The first staff contains measures 1-8 with chords Em, Am, Em, Am, D, Em, Am, Em, Am, and D. The second staff contains measures 9-16 with chords D, C, D, a first ending Em, D, Em, and a second ending Em, D, Em.

11. La Charge

Manu Paris

Bourrée 2 Temps

Em Bm7 Em Bm7 Em Bm7 Em Bm7

1 2

G D G Em C G 1 D 2 D Em

12. Le Branle de la Fosse aux Loups

Wolf Pit Branle

Boris Nortier

Em C 1,3 Am D G Bm 2,4 Em Bm Em

C (Am) D 1,3 G D Em 2,4 Em Bm Em

1. Step left lift rt, Step right lift lt
2. 4 step Grape vine [B-part turn over left shoulder 4 steps]
3. Side step lt-rt-lt-touch, side step rt-lt-rt-touch

13. Hellebore

Toon Van Mierlo

Scottish

Gm Cm D Gm Cm D Gm Bb Cm D Gm Bb Cm D Gm

14. La Coccinelle [D]

The Ladybug

Jean Blanchard

Bourrée 3 Temps

14. Bourrée #2

(often played with La Coccinelle in D)

Bourrée 3 Temps

15. Amazone

Cyrille Brotto

Ronde du Quercy

LRL& (polka step) stepping forward left diagonal, RLR& Crossing Right over left

LRL& stepping left back diagonal, RLR& back[swing arms with each beat]

Low Stratus Clouds

5/4 waltz

[illegible]

17. Bal Limousin

Bourrée 3 Temps

The musical score for 'The Rose Tree' is presented in four staves, each with a treble clef and a key signature of one sharp (F#). The time signature is 3/8. The melody is written in a simple, folk-like style. The chords are indicated above the notes: D, Am7, G, and C. The first staff begins with a repeat sign. The second staff ends with a repeat sign. The third and fourth staves also begin with a repeat sign. The overall structure is a 32-measure piece, with each staff containing 8 measures.

Bal Limousine: 3x Bourree

Circle of 3 or 4 couples - ones on left, twos on right

A Parts: In a big circle Bourree big step left then small step in place, repeat 16x [swing arms low and quick in on count 1]

B Parts: Ones bourree into center in and back

and immediately 2s swap to left in front of ones [like a no hands roll away left] X4

This is a very friendly dance - enjoy the moments making eye contact with the person you are passing.

G D G D G D G D
 G Em Am7 D G Em D G

Tight hold
Move left LRL pause
Step back R pause

Jean-Christophe Lequerré

Waltz

[illegible]

20. Laridé

Laride

The image displays the guitar solo for 'The Sound of Silence' in G major, 2/4 time. The solo is written on two staves. The first staff contains measures 1 through 8, and the second staff contains measures 9 through 16. Chord symbols are placed above the notes: Em, D, Em, C, Em, D, Em in the first staff; and Em, D, Am7, Em, Am7, Bm7, D, Em in the second staff. The melody consists of eighth and quarter notes, with a final double bar line and repeat dots at the end of the 16th measure.

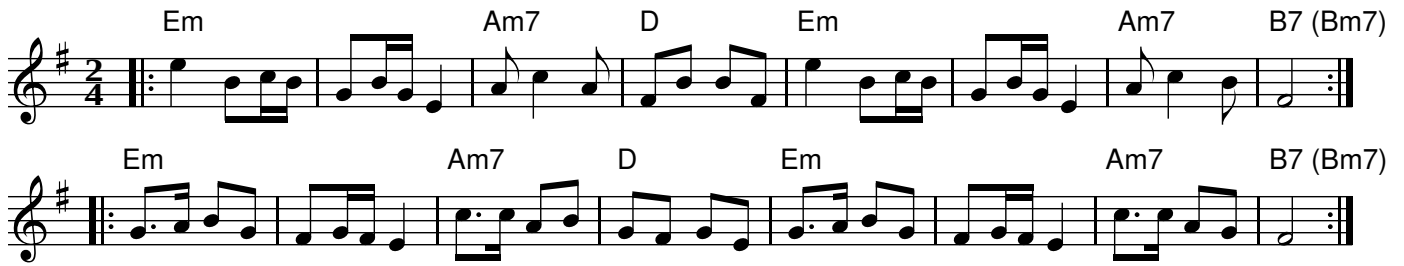
1. Step Left -Arms in Front
2. Feet together -Arms Back
3. Step Left -Arms in Front
4. Feet together -Arms ups at shoulder
5. Raise heels
6. Land heels
7. Step back on right
8. Arms come down while left leg raises slightly

21. L'Ombre Verte

The Green Shadow

Julien Barbances

Bourrée 2 Temps



Em Am7 D Em Am7 B7 (Bm7)

Em Am7 D Em Am7 B7 (Bm7)

The musical notation for 'L'Ombre Verte' is written on two staves in 2/4 time. The key signature has one sharp (F#). The melody consists of eighth and quarter notes. The first staff has a repeat sign at the beginning. The second staff also has a repeat sign at the beginning. The chords are indicated above the notes: Em, Am7, D, Em, Am7, B7 (Bm7) on the first staff, and Em, Am7, D, Em, Am7, B7 (Bm7) on the second staff.

22. Du Pop à Ars

Novar

Bourrée 2 Temps



Em D C D Em D C D

C D Em D C Am7 G 1 Am 2 D

The musical notation for 'Du Pop à Ars' is written on two staves in 2/4 time. The key signature has one sharp (F#). The melody consists of quarter and eighth notes. The first staff has a repeat sign at the beginning. The second staff also has a repeat sign at the beginning. The chords are indicated above the notes: Em, D, C, D, Em, D, C, D on the first staff, and C, D, Em, D, C, Am7, G, 1 Am, 2 D on the second staff.

23. Bourrée des Moutons

Bourrée 2 Temps



G Am D7 G Am D G Am D7 G Am D

Em C Am D Em C D7 G

The musical notation for 'Bourrée des Moutons' is written on two staves in 2/4 time. The key signature has one sharp (F#). The melody consists of quarter and eighth notes. The first staff has a repeat sign at the beginning. The second staff also has a repeat sign at the beginning. The chords are indicated above the notes: G, Am, D7, G, Am, D, G, Am, D7, G, Am, D on the first staff, and Em, C, Am, D, Em, C, D7, G on the second staff.

23. Mimolette

Mimolette is a kind of cheese almost banned in the USA

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Bourrée 3 Temps

Bourree Planiers

2 lines facing, shorter lines are tighter, but no set number

to start handshake hold with person across.

lines start moving forward and back with bourree steps - decide which direction first!

after awhile drop hands and for the rest of the dance, keep lines moving back and forth.

People on ends cross to the other line on the surge forward

24. Bourrée d'Auvergne

Bourrée 3 Temps

25. Sansonette

The Starling

Dominique Forges

Scottish