

Favorite Balfolk Tunes and Dances 2026

Sarah Gowan & Bill Quern

1. Circle: Bourrée des Dindes
2. Chapelloise: Jet du Lama
3. Scottish: Rue du Pres / Hellebore / Sansonette
4. Bourrée 2x: Cecile
5. An dro: Twiglet
6. Gavotte de l'Aven: Petit Bateau / Very Jeune /Regain
7. Circle Circassion: The Plane Tree
8. Mazurka: Motorway / September
9. 3 facing 3 Bourrée: Bourrée de Montford / La Charge
10. Bourree Droite
11. 2 couple Bourrée Croisée 3x: DNA bourrées
12. Waltz in 5: Hochnebel
13. Bal Limousine
14. Hanter Dro Evit Delphinia
15. Waltz: Tu m'avais dit que tu m'aimais
16. Laride
17. 4 person Bourrée: Le Ombre Verte
18. Single person Bourrée in a big circle Du Pop à Ars
19. Circle Bourrée 2x: Bourrée des Moutons
20. Bourrée Planieres 3x: Mimolette, Bourrée d'Auvergne
21. Rond D Argenton: La Rose Blanche

1. Bourrée des Dindes

the Turkeys' Bourrée

Bourrée 2 Temps

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

$\text{♩} = 120$

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

Chord progression for 'Rue des Prés':

Chords: G, Bm, C, D, G, Bm, C, D (first ending), D (second ending), C, Am7, G, Em, Am7, Bm7, C, D (first ending), D (second ending).

3. Hellebore

Toon Van Mierlo

Scottish

Chord progression for 'Hellebore':

Chords: Gm, Cm, D, Gm, Cm, D, Gm, Bb, Cm, D, Gm, Bb, Cm, D, Gm.

3. Sansonette

The Starling

Dominique Forges

Scottish

Em D Em C G D B7 Em D Em C G D Em

Em Bm7 Am7 Em Am7 Bm7 Em

4. Cecile

Emmanuel Paris

Bourrée 2 Temps

Em D Em D Em D Em D 1 Em 2 Em

Em D Em D Em D Em D Em

Twiglet

An Dro

$\text{♩} = 135$

Em Am7 Em Am7 Em

Em Bm7 Am7 Bm7 Em

Chords are pretty fluid in this one - I change them almost every time through.

Move Left LRL pause arms circle up

Move Back RLR pause arms circle down

6. Les Petit Bateaux

Gavotte de l'Aven

Three staves of music in 4/4 time, key of D major. The melody is written on the first staff, and the accompaniment is on the second and third staves. Chords are indicated above the notes: D, A, D, A, D, Bm, Em, A, G, A, D, Bm, Em, A, G, A, D.

Short lines of four or five - moves clockwise around room

Long steps left right left - Sweep right foot behind

Right Left Right Pause

6. Very Jeune

Hartwin Dhoore

Gavotte de l'Aven

Two staves of music in 4/4 time, key of D major. The melody is written on the first staff, and the accompaniment is on the second staff. Chords are indicated above the notes: G, C, Em7, D, G, C, Em7, D, C, D, C, Bm, Am, D, C, Bm, Am, 1 D G, 2 Am D G.

6. Regain

Jeremiah McClain

Gavotte de l'Aven

Two staves of music in 4/4 time, key of D major. The melody is written on the first staff, and the accompaniment is on the second staff. Chords are indicated above the notes: G, Em, G, Em, G, G, Em, C, G, Em, C, G.

7. The Plane Tree

Mominette

Jean-Francois Maxou Heintzen (arr: Undine Hornby)

Cercle Circassien

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)

8. Motorway Mazurka

Jon Swayne

Mazurka

G Bm7 Am7 D7

G Bm7 Am7 1 D7 2 D7

C (D7) G Em Am7

D7 1 G G7 2 G D7

8. Septembre

Stéphane Delicq

Mazurka

Em C Em D(Bm) C Em C Em D Am7

D(Bm) Em C Bm G D Em Bm7 Em

9. De Montfort

Jo Freya

Bourrée 2 Temps

Em Am Em Am D Em Am Em Am D

D C D 1 Em D Em 2 Em D Em

9. La Charge

Manu Paris

Bourrée 2 Temps

[illegible]

10. Bourree Droite

Bourree 3x

♩ = 110

[illegible]

11. La Coccinelle [D]

The Ladybug

Jean Blanchard

Bourrée 3 Temps

Musical notation for 'La Coccinelle [D]' in 3/8 time. The key signature has one sharp (F#). The melody is written on a single staff. Chords are indicated above the notes: D, G, A, D, D, G, A, D. The piece ends with a double bar line and repeat dots.

11. Bourrée #2

(often played with La Coccinelle in D)

Bourrée 3 Temps

Musical notation for 'Bourrée #2' in 3/8 time. The key signature has one sharp (F#). The melody is written on a single staff. Chords are indicated above the notes: A5, G, A5, G, 1 D, 2 D. The piece ends with a double bar line and repeat dots.

12. Hochnebel

Low Stratus Clouds

Stephan Steiner, 18-11-2012

5/4 waltz

Musical notation for 'Hochnebel' in 5/4 time. The key signature has no sharps or flats. The melody is written on a single staff. Chords are indicated above the notes: Am, C, Em, Dm, 1, 2. The piece ends with a double bar line and repeat dots.

13. Bal Limousin

Bourrée 3 Temps

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.

14. Hanter Dro Evit Delphinia

Tight hold

Move left LRL pause

Step back R pause

15. Tu m'avais dit que tu m'aimais

[You told me you loved me]

Waltz

Musical notation for the waltz 'Tu m'avais dit que tu m'aimais'. The key signature is one sharp (F#) and the time signature is 3/4. The melody is written on a single staff. The chords are indicated above the notes: D, Am7, D, C, C/B, Am7, D, Am7, D, C, Am7, D, C(Em7), Am7, C(Em7), D, C(Em7), Am7, C(Em7), D.

16. Laridé

Laride

Musical notation for the waltz 'Laridé'. The key signature is one sharp (F#) and the time signature is 2/4. The melody is written on a single staff. The chords are indicated above the notes: Em, D, Em, C, Em, D, Em, Em, D, Am7, Em, Am7, Bm7, D, Em.

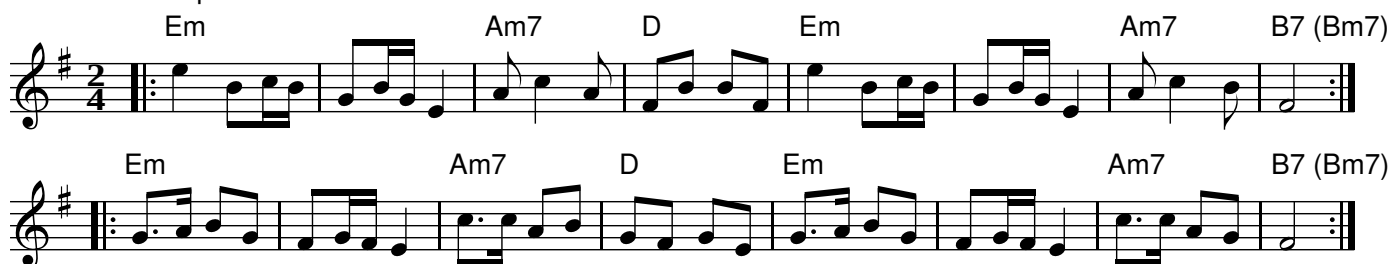
1. Step Left -Arms in Front
2. Feet together -Arms Back
3. Step Left -Arms in Front
4. Feet together -Arms ups at shoulder
5. Raise heels
6. Land heels
7. Step back on right
8. Arms come down while left leg raises slightly

17. L'Ombre Verte

The Green Shadow

Julien Barbances

Bourrée 2 Temps



Em Am7 D Em Am7 B7 (Bm7)

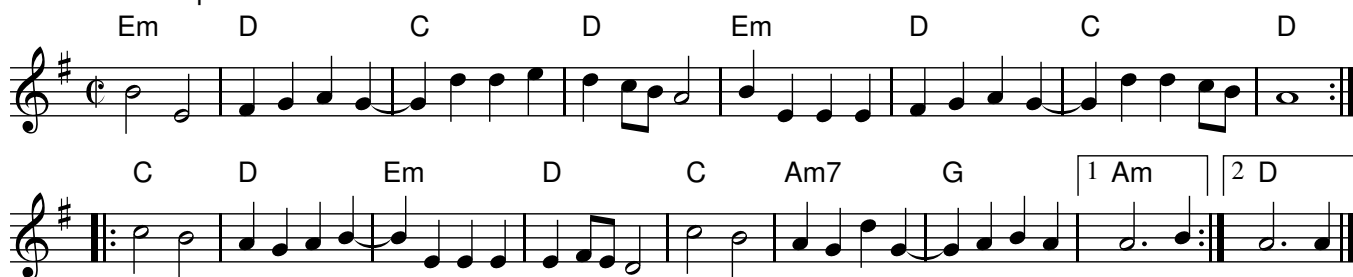
Em Am7 D Em Am7 B7 (Bm7)

The musical notation for 'L'Ombre Verte' is a two-staff piece in 2/4 time, key of D major. The melody is written on a treble clef staff. The first staff contains the main melody, and the second staff contains a bass line. The key signature has one sharp (F#). The piece is in 2/4 time. The melody consists of eighth and quarter notes, with some beamed eighth notes. The bass line consists of quarter and eighth notes. The piece ends with a double bar line and repeat dots.

18. 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 a two-staff piece in 2/4 time, key of D major. The melody is written on a treble clef staff. The first staff contains the main melody, and the second staff contains a bass line. The key signature has one sharp (F#). The piece is in 2/4 time. The melody consists of quarter and eighth notes. The bass line consists of quarter and eighth notes. The piece ends with a double bar line and repeat dots. There is a first ending bracket labeled '1 Am' and a second ending bracket labeled '2 D'.

19. 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 a two-staff piece in 2/4 time, key of D major. The melody is written on a treble clef staff. The first staff contains the main melody, and the second staff contains a bass line. The key signature has one sharp (F#). The piece is in 2/4 time. The melody consists of quarter and eighth notes. The bass line consists of quarter and eighth notes. The piece ends with a double bar line and repeat dots.

20. 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

21. La Rose Blanche

(Rond D Argenton)