



LA BASTRINGUE

Music: "La Bastringue" French Canadian Folk Tune (Old Recording) 3:00

Artist: Unknown - Contact me for the music (Shortened version also available 1:42)

Original Choreographer Unknown [**Annotations and options: Wayne Williams - dance4funx@yahoo.com**]

WAIT: 1 and Go

STEP SEQUENCE: As Listed Below; Repeat to End of Music

EASY WARMUP

2 Basics: DS RS DS RS
L RL R LR
1 Triple: DS DS DS RS (Moving Forward)
L R L RL
2 Basics: DS RS DS RS
R LR L RL
1 Triple: DS DS DS RS (Moving Back)
R L R LR

4-Count Vine Left: DS DS(xif) DS(ots) DS(xib) DS BR-UP/Hclk BR-BACK/Hclk BR-UP/Hclk
& DS Brushes L R L R L R L R L R L

Repeat Vine to the Right with DS Brushes, opposite footwork

Canada Post Step: DS DS DS STAMP-UP/Hclk DS DS STAMP-UP/Hclk STAMP-UP/Hclk
L R L R L R L R L

Repeat Canada Post Step with opposite footwork

2 Charlestons: DS Toe-Tch(if)/Hclk Toe-H(ib) RS DS Toe-Tch(if)/Hclk Toe-H(ib) RS
L R L R LR L R L R LR

Triple Brush: DS DS DS BR-UP/Hclk (Moving Forward)
L R L R L

Chain Rock $\frac{3}{4}$ R: DS RS RS RS (Turning $\frac{3}{4}$ Right) [Optional: 360° Right]
R LR LR LR

(Instead of Triple Brush and Chain Rock, use a Cowboy to remain facing front with no turning)