

# TRICOT

(France - Brittany)

The dance is in fact a combination of two popular Breton dances, *Hanter Dro* and *An Dro* in alternating sequences. Tricot means «knitting», referring to the two dances being intertwined. This dance is also sometimes simply called *Hanter Dro-An Dro*.

**Pronunciation:** TREE-koh  
**Music:** Yves and France Moreau CD  
**Meter:** 2/4  
**Formation:** Open mixed circle. Hands joined by little finger. Dancers are very close to each other, with elbows bent and arms «interlocked » as sometimes used in Turkish dances. Face ctr, wt on R. Dance moves to the L, so leader is at L end of the line.  
**Styling:** Small light and bouncy steps.

Measure 2/4	Description
1-8	<b>Introduction</b> : Slow melody on accordion which comes to an abrupt stop. Dance begins right after stop.
	<b>1. «Hanter Dro» (3-meas sequence)</b>
1	With wt on R, step on L slightly diag fwd L (1) close R to L (2)
2	Step on L next to R (1) slight lift on L ft, raising R knee slightly (2)
3	Small step on R (1) Slight lift on R with slight pick up of L knee (2)
4-24	Repeat pattern of meas 1-3, seven more times On the last meas, extend both arms fwd and push them fully back in preparation for the next dance pattern.
	<b>2. «An Dro» (4-meas sequence)</b>
1	<u>Footwork</u> : Meas. 1: Step on L diag L (ct 1) step on R next to L (ct &) step on L diag L (ct 2)
2	Step on R slightly bkwd (ct 1) step on L next to R (ct &) step on R slightly bkwd (ct 2) Arm motions: For meas. 1, arms describe a "loop" motion fwd and out, and on meas. 2, arms describe a "loop" motion inward and down.
3-16	Repeat pattern of meas 1-2, seven more times.
	Dance repeats from Fig. 1, with arms coming back to their bent elbow position.

**Presented by France Bourque-Moreau**