

La Berceuse Valsée

Québec, Canada

Presented by Sonia Dion and Cristian Florescu

Formation: Couples in circle

Position: *Varsoviennne* position

Two by two, side-by-side facing same direction (LOD), W to M's right and slightly in front.

R hands joined over W's R shoulder.

L hands joined in front of M's chest and extended forward

Pronunciation: lah BEHR-seuz(eh) VAHL-seh

Music: *Sonia & Cristian International*, Band 4

Basic step: *Waltz-step*

Step R ft (ct 1); step L (ct 2); step on R (ct 3).

Repeat with opp. ft, beginning with L.

Style: very smooth and balanced. Emphasize the first step (ct 1) with a slight dip.

Meter: 3/4

Description of *La Berceuse Valsée*

Meas. Count

Introduction

1-16

No action

Figure 1 (*Traveling Zig-zag*)
(Facing LOD)

1

1

Cross R ft over in front of L

2

Step L to the left

3

Small step fwd on R

2

Repeat measure **1** with opp ftwk (starting L)

3

With one *waltz-step*, still moving LOD, turn individually half turn (1/2 t.) CW

Note: partners still holding hands, W finish on M left side and L hands joined over W's L shoulder, R arms extended fwd to the right side.

4

Do one *waltz-step* backwards (starting L)

5-6

Repeat measures **1-2**, facing and moving RLOD

7-8

Repeat measures **3-4** but turn individually half turn (1/2 t.) CCW

Meter: 3/4

Description of *La Berceuse Valsée* (continued)

Figure 2 (Fwd & back and change partner)
(Facing LOD)

- | | | |
|----------|---|--------------------|
| 1 | 1 | Step fwd on R |
| | 2 | Step on L near R |
| | 3 | Step on R in place |
| 2 | 1 | Step bkwd on L |
| | 2 | Step on R near L |
| | 3 | Step on L in place |

Note: measures **1-2** = two *Waltz-step* (fwd and back)

- 3-4** With two *Waltz-step*, free hands, do small individual circles
(M turns CCW, W turns CW), finish in original *Varsoviennne* position
- 5-6** Repeat measures **1-2** (Fwd & Back)
- 7-8** With two *Waltz-step*, change partner;
L hands free, M moves fwd, with his R hand helps W to do one full turn (CW)
while moving twd new partner.

Final pattern:

(F1 + F2) repeat until the end of music.

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