

LEFT ALLEMANDE

Calgary, Convention 2004

Firstly, let's study the ground rules of the L.A. and see where we can correctly use it. After reading the definition we know that dancers can turn no more than 90 degrees to execute the move.

GENERAL RULE

When dancers are in lines & facing in, the man's corner should be on the left

When dancers are in lines & facing out, the man's corner should be on the right

Set up your tabletop dancers in a Zero Box and without changing the arrangement, alter the facing direction to have them in other formations where they can do a L.A.

Formations like **LINES FACING IN /OUT, 2 FACED LINE, LEFT HAND WAVE.**

Set up your tabletop dancers in a Zero Line and without changing the arrangement, alter the facing direction to have them in other formations where they can do a L.A.

Like a **TRADE BY and D.P.T.**

With this type of information on the Left Allemande, it opens up a wide variety of alternative get outs from a ZERO LINE and a ZERO BOX.

LEFT ALLEMANDE FROM LINES FACING OUT

1. Zero Box – STAR THRU – R&L THRU – PASS THRU
2. Zero Box – PASS THE OCEAN- SWING THRU DOUBLE – EXTEND

LEFT ALLEMANDE FROM LINES FACING IN

1. Zero Line – LADIES CHAIN- ½ SASHAY – CENTRE LADIES CHAIN
2. Zero Box – TOUCH ¼ - GIRLS RUN

LEFT ALLEMANDE FROM A TRADE BY FORMATION

1. Zero Line – R&L THRU – STAR THRU – PASS THRU
2. ZLine – PASS THRU – TAG LINE – LEADS TRADE – PASS THRU

LEFT ALLEMANDE FROM D.P.T. FORMATION

1. Zero Line – R&L THRU – PASS OCEAN – SWING THRU – BOYS RUN – FERRIS WHEEL – R&L THRU – ½ SAHAY – ZOOM

LEFT ALLEMANDE FROM A COMPLETED D.P.T. FORMATION

1. Zero Line – R&L THRU – STAR THRU – VEER LT – FERRIS WHEEL – R&L THRU – ½ SAHAY – ZOOM – D.P.T. – LEADERS L.A.

LEFT ALLEMANDE FROM A WAVE

1. Zero Line – R&L THRU – DIXIE STYLE – GIRLS CIRC – BOYS TRADE
2. Zero Box – CIRCLE TO A LINE – SQ THRU 3 – COURTESY TURN – DIXIE STYLE – GIRLS ZOOM – BOYS TRADE

LEFT ALLEMANDE FROM OTHER FORMATIONS

2 FACED LINE

1. Zero Box – TOUCH $\frac{1}{4}$ - BALANCE – SWING THRU – CENTRES TRADE & RUN – COUPLES CIRCULATE
2. Zero Box – STAR THRU – PASS THRU – TAG LINE – FACE RIGHT – COUPLES CIRC TWICE

BOX CIRCULATE FORMATION

3. Zero Box R<HRU – PASS TO THE CENTRE – SQUARE THRU but on the 3RD hand TOUCH $\frac{1}{4}$

SAME SEX BOX FORMATION

4. Zero Box – SWING THRU – BOYS RUN – TAG LINE – CLOVERLEAF – GIRLS SQUARE THRU 3 –

ALAMO STYLE

5. SWING THRU – DOUBLE SWING THRU – LEFT SWING THRU

THAR FORMATION

6. WALK AROUND THE CORNER – PARTNER LEFT ALLEMANDE THAR – SLIP THE CLUTCH.
7. L.A GO FORWARD 3 - MAKE A WRONG WAY THAR – (girls in) – SHOOT THE STAR & TURN THE NEXT WITH A LEFT MAKE AN ALLEMANDE THAR SAME GIRL L.A.

BACKTRACK FORMATIONS

8. L.A. – BOYS STAR RIGHT – to the same girl STAR PROMENADE – GIRLS BACKTRACK TO THE SAME MAN – L.A.
9. HEADS STAR THRU – D.P.T. – CENTRES IN – ALL FACE RT go single file EACH GIRL BACKTRACK – L.A.

Try creating some of your own modules and discover how many Basic & Mainstream calls you can use prior to a LEFT ALLEMANDE