

Callanish

CEILIDH DANCE INSTRUCTION

St. Bernard's Waltz

Formation: couples around the room in ballroom hold heading anti-clockwise, ladies on the outside.

Music: Waltzes

Bars: **Description**

1-4: In ballroom hold, take three steps sideways towards the lady's right, man's left, then stamp both feet.

5-6: Take two steps sideways in the opposite direction.

7-8: Take two steps towards the centre of the room (lady heading forwards with right foot then left foot, man backwards with left foot then right).

9-10: Take two steps back out (same feet).

11-12: Lady turns about on the spot under the joined hands.

13-16: Waltz onwards round the room.

Repeat ad lib.