

## St Bernards Waltz

The St Bernards Waltz add a bit of variety to a traditional waltz, and is great for those whose waltzing isn't sufficiently up to scratch.

### DIFFICULTY RATING: EASY

### WHAT YOU WILL NEED

A partner. This is a steady couples dance. Most waltz tunes work for this dance.

### WHAT YOU NEED TO KNOW BEFORE STARTING

You don't need to be able to waltz properly as it only occupies 12 beats of the dance. Provided you can spin round and not stand on your partners feet you should be fine. The dance may flow smoother if everyone forms a circle around the room, gents on the inside facing out, ladies facing their partner in towards the centre of the circle. However, provided you keep an eye out for other people you can arrange yourselves more freely around the dance floor.

### THE STEPS

Beats	Description
1-12 (12)	<ul style="list-style-type: none"> <li>Starting position is waltz hold facing your partner. Moving to the gentleman's left (lady's right) side step (then close your feet together) three times - moving off on beats 1, 4 and 7. Then both stamp gently your right and left foot (beats 10 and 11).</li> </ul>
13-24 (12)	<ul style="list-style-type: none"> <li>Side step (and close) twice, moving to the gentleman's right (lady's left);</li> <li>Then gentleman step backwards for two (lady steps forward as the gentleman steps back).</li> </ul>
25-36 (12)	<ul style="list-style-type: none"> <li>Gentleman step forwards for two steps as the lady steps backwards for two.</li> <li>Gentleman turns their partner under their raised left arm.</li> </ul>
37-48 (12)	<ul style="list-style-type: none"> <li>Resume waltz hold and waltz round the room for 12 beats.</li> </ul>

## HOW TO CONTACT THE HEADLANDERS CEILIDH BAND

If you would like a specific dance included on these pages or want to know more about us then please let us know.

Email: [mail@headlanders.co.uk](mailto:mail@headlanders.co.uk), or telephone/text: **07721 494 004**

If you want a list of ceilidh related books with a wide range of dances please refer to the links page.

We have invested substantial time and effort in putting these resources together and you are welcome to use these dance instructions if you are seeking to organise your own ceilidh. In return all we ask is that you do one, or more, of the following:

- send us an email saying thanks, let us know how you found the site (Google etc, recommendation by a friend), some details about your ceilidh - how it went, what it was for etc, tell us if the instructions are clear enough;

- if you're in Aberdeen or the North East of Scotland why not ask us for a quote/check our availability. Our prices are competitive and having a band, with all the equipment, music and dance calls can make organising the ceilidh significantly easier on you - we know the amount of work that is involved in organising a ceilidh (and how heavy PA equipment is!) having been there ourselves;
- mention us to your friends and relatives if they are looking for a ceilidh band;
- provide a link to our homepage on your own website. All you need to do is paste the code between the square brackets into your own html code: [`<A HREF="http://www.headlanders.freemove.co.uk">the Headlanders ceilidh band</A>`]