

St Bernard Waltz

Dancers stand in waltz hold, A's with back to the centre of the room.

Take 3 chassis steps along line of dance then stamp twice.

Take two chassis steps back against line of dance.

A's on left foot retire two steps, B's moving forward on right foot.

A's on left foot move forward two steps, B's moving backwards on right foot.

A's chassis 2 step to left along line of dance while lady turns under A's left arm.

Waltz round line of dance.

Please note that WALKING steps are assumed for quick time dances. If dancers wish to be more energetic and use skip change of step, then they would take half the number of steps.