



St. Bernard's Waltz - Circle dance variation Online - without partners.

(Traditional Couples Dance steps pictured below)

First done on "The Centrepiece" variation by Brant Bambery and Kathryn Kusa

A beautiful Scottish dance as a "Traditional couples dance" we wanted to dance it with others who never had a partner online during covid restrictions so this was a variation made for "The Centrepiece" we started with partners and went into circle formation.

Original Couples Dance information below - Variation is also good for people who can't hold hands

Music : St. Bernard's Waltz, Mary's Requiem by Caledonian Fiddle Orchestra In Concert;

Steps for circle variation :

Facing in towards centre of circle

Hands V Hold - Online can be free

Right Together x 3

Stamp Stamp  
Left together x 2

Step in with a flowing movement  
Right forward  
Left Forward

Back Right  
Back Left

Turn for three around right shoulder

Quick Waltz steps :  
Right together right  
Left Together right  
Right together right  
Left Together right

### More Information on Original Dance:

The St Bernard's Waltz, is a sequence dance which appeared in many different sources in the mid-20th century, at the height of the Old Time Dancing revival in England. The St Bernard's Waltz remains one of the most popular sequence dances.



