



The St Bernard's Waltz As danced with Da Hooley ceilidh band

The St Bernard's waltz is a dance for couples. Dancers take a ballroom hold with their partner. Couples stand in a circle around the room, the man having his back to the centre of the circle.

Bars 1-4: Both walk forwards for 3, then either stamp twice, or heels up/down

Bars 5-8: Walk back again for 2

9-12: Taking his partner with him, the man takes two steps backwards towards the centre of the circle, then two steps forwards away from the centre.

Bars 13-16: Take a ballroom hold with your partner and step/hop round for 8

Da Hooley ceilidh band are based in Edinburgh, Scotland

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