

## St. Bernard's Waltz

(Couples in ballroom hold, men back to the centre.

Men start with the left foot, ladies with the right foot).

**Bars**

**(40 Bar Waltz)**

- 1 - 4** Step left foot close right foot, step left foot close right foot, step left foot close right foot with a light stamp, and lightly stamp left foot. (side, side, side, stamp, stamp).
- 5 - 8** Step right foot close left foot, step right foot close left foot, without weight, step back left foot, step back right foot. (towards centre of the dance).
- 9 - 12** Step forward left foot, step forward right foot, (towards wall), lady turns under the man's left hand.
- 13 - 16** Waltz round, ready to begin again.

*Source: collected by Barbara Gibbons.*