

Flannel Flower Spring Ball



September 13, 2025

Programme & Dance Instructions (in Alphabetical Order)

Gypsy Tap
Grand March
New Fitzroy Quadrille
Highland Rambler
Star Trek
Australian Ladies
Blackwattle Reel
Turn of the Tide

Love 'em & Leave 'em
St Bernard's Waltz (Parts 1 & 2)
Newcastle
Queen of Sheba
Flannel Flower Schottische
Waterfall Waltz
Posties Jig or Dbl. Posties
Uncalled
Waltz Country Dance

* Easy ** Medium Difficulty *** Challenging

AUSTRALIAN LADIES

<https://www.bing.com/videos/search?q=Australian+Ladies+Dance+Video&view=detail&mid=646ED7D1CFBB84517432646ED7D1CFBB84517432&FORM=VIRE>

Longways set for 4 couples.
32 Bar reel (own tune) Australian Ladies
Robert Campbell 1967

Bars

- 4 First couple cross, giving right hands, and cast down two places (2's and 3's take hands and step up)
- 4 Right hand star with third couple
- 4 Lead up through the top of the set (right hand in right hand)
Cross to own side and cast down to second place (3's step down)
- 4 Left hand star with second couple and return to second place
- 4x4 Cloverleaf
- 16 Dancing couple cross, giving right hands and cast around their right hand corner (4 times)
Meanwhile
2's and 3's set and cross giving right hands,
2's and 3's set and change places up and down the set
2's and 3's set and cross giving right hands,
2's and 3's set and change places up and down the set.
- 32 Dancing couple repeat dance from second place then go to bottom of set.

- 64 Repeat with each other couple leading in turn.

This is a Scottish Country Dance in style and was written by a Canadian in honour of four Australian Scottish Country Dancers from Newcastle NSW (Jean Conway, Elma See, Lorraine Dyall and Margaret Gray), who were visiting Canada at that time.

BLACKWATTLE REEL

32 Bar Reel (Soldier's Joy Music)
Formation: Single circle around the room. Lady on right of man. All holding hands.
Written by: Amnon & Sheryn Doernberg 1979

Bars

- 4 Advance and retire
- 4 Repeat
- 2 Right hand (arm) turn with partner
- 2 Left hand (arm) turn with corner
- 2 Right hand turn with partner
- 2 Left hand turn with corner
- 4 Do-si-do partner by the right
- 4 Do si-do partner by the left
- 1 Still facing partner, take one side step to the right
- 1 Honour partner
- 2 Pass partner left shoulder to face a new partner
- 4 Swing new partner (short arm hold) and be ready to start again
- 32

FLANNEL FLOWER SCHOTTISCHE

<https://www.youtube.com/watch?v=C6maRHJg828>

Written by John Short, July 2005
Music written by G.M. Miller 1910

Honour partners, honour corners.

Part A (16 bars)

2 **All Chasses Croisse to Opposite Corner**
(See notes below)

Drop hands.

2 All Chasses Croisse Back as described below. Keep left hands joined.

Turn Corner

1 Using walking steps, all turn corner by the left hand to finish in own place facing partner.

Turn Partner

2 Using walking steps, all turn partner by the right hand one and a half times to finish in partner's place facing away from partner.

Pull past opposite corner

1 Give left hand to the person you are facing and change places with them by pulling past them. Finish facing the centre of the set.
Gents have now progressed one place anticlockwise around the set, ladies have progressed one place clockwise.

8 **Repeat previous 8 bars**

Everyone is now in opposite place with original partner.

Part B (8 bars)

All honour partners.

1 All honour corners.

Top Ladies cross

2 Top ladies change places by walking past each other passing right shoulder. Do not give hands.

4 Repeat previous 4 bars, side ladies crossing.

Ladies are now in original place, gents are in opposite place.

16 Repeat Part A

8 Repeat Part B

Everyone is now in original place.

Part C (16 bars)

Top couples advance & retire

2 In ballroom hold, top couples slip step twice toward centre of set and twice away. (This is slow.)

Top couples rotary chasse

2 In ballroom hold top couples make one (slow) rotary chasses turn inside the set, opening out into a half ballroom hold, finishing facing anticlockwise around the set in front of the couple on their right.

Promenade back to place

4 Top couples in half ballroom hold promenade (walk) back to place.

8 Side couples repeat last 8 bars

Part D (8 bars)

Top couples cross

2 In ballroom hold top couples change places, using slip steps, gents passing back to back. To suit the music, this movement is danced as two slow slip steps followed by four quick slip steps. Do not turn around. Remain in ballroom hold.

- Side couples cross**
2 Side couples repeat previous 2 bars. Remain in ballroom hold.
- Top Couples cross back**
2 Top couples cross back to place, ladies passing back to back. Remain in ballroom hold.
- Side couples cross back**
2 Side couples repeat previous 2 bars. Remain in ballroom hold.

Part C (16 bars)

- All advance & retire**
2 In ballroom hold, all couples slip step twice toward centre of set and twice away. (This is slow.)
- All rotary chasse**
2 In ballroom hold all couples (slow) rotary chasses once anticlockwise around the set, opening out into a half ballroom hold, finishing facing anticlockwise around the set.
- Grand Cross back to place**
4 In half ballroom hold with partners, gents put left hand into centre, form a grand cross and promenade (walk) back to place.
- 8 Repeat the previous 8 bars but finish with a "flourish" (see above).

NOTES:

1. Chasses Croisse

Gents Chasses Croisse by dancing to right behind partner with four small slip steps. On the last slip step they close their left foot to their right foot but do not put weight on the left foot. Then balance diagonally forward and to the right by stepping diagonally on the left foot then stepping back on the right foot. The gent's right hand is given to opposite corner during the balance.

Gents Chasses Croisse Back by reversing the above balancing with corner using the right foot and the left hand.

Ladies Chasses Croisse by dancing to left in front of partner with four small slip steps. On the last slip step they close their right foot to their left foot but do not put weight on the right foot. Then balance diagonally forward and to the left by stepping diagonally on the right foot then stepping back on the left foot. The lady's right hand is given to opposite corner during the balance.

Ladies Chasses Croisse Back by reversing the above balancing with corner using the left foot and the left hand.

Note that the ladies pass in front of their partners in both directions.

2. Flourish

This is the final movement of the dance. While promenading back to place in half ballroom hold, the gents should take their partner's right hand in their right hand. On the last half bar, the ladies will turn clockwise out of the half ballroom hold (with right hands still joined) to face their partners. All dancers should raise their left hands behind (palms facing up) at shoulder height and create a pose (by tensioning right arms) on the last beat.

GYPSY TAP

<https://www.youtube.com/watch?v=FBMOTw4Fhg8>

Formation: Couples in circle in ballroom hold, facing forward around circle
Devised by: Prof. Bolot (c1930)
Music: 6/8 Marches

- 2 2 side steps (fwd around circle) to man's left/ladies right
- 2 3 walking steps forward and close
- 4 Repeat (Step-together, step-together, 1,2,3-together)
- 8 Repeat sequence in opposite direction, finish facing forward, inside hands joined.
- 2 Step (diag,) forward and away from partner and tap inside foot, then forward and towards partner and tap outside foot
- 2 Drop hands and turn single away from partner using four steps
- 4 Repeat step away, toward, turn single
- 2 In half ballroom hold, start outside foot, walk forward 3 steps and lift inside foot (1,2,3-kick)
- 2 Walk back 3 steps and close, facing partner and take ballroom hold
- 4 Rotary Chasse 2 turns
- 32 Repeat as required

HIGHLAND RAMBLER

<https://www.youtube.com/watch?app=desktop&v=tlliNtQk5Ls&feature=youtu.be>

Formation: Longways set of four couples (but can be danced in a three couple set)
Music: 40 Bar reels x 8
C1 is Couple 1. C2 is Couple 2, L1 is Lady 1, G1 is Gent 1, etc.

- 4 C1 dance in toward partner and up (gent's right shoulder to lady's left shoulder) and then dance down behind own lines into second place (as C2 move up).
- 4 C1 and C3 right hand star (finish with L1 facing out from set)
- 4 C1 and C2 left hand star (finish with L1 facing out from set)
- 4 C1 (L1 followed by G1) dance around L2 and down the centre of the set. L1 finishes between C3 and all take hands facing down. G1 finishes between C2 and all take hands facing down.

- 4 The two lines of three lead down the set, drop hands and all solo turn right shoulder back to face up
- 4 The two lines of three lead back up the set. C1 drop hands with C2 and C3, leaving them in their original places
- 4 C1 (G1 followed by L1) dance out the top of the set, around L2 into second place on own sides
- 4 C1 right hand turn partner once around and finish in second place on own sides
- 8 C2, C1, C3 circle left and right*

- 40 Total**
Scottish progression for a three couple dance in a four couple set. (C1 will dance the sequence a second time from second place. They will then drop to the bottom and a new C1 will lead the sequence twice, and so on.)

*Optional: On the last sequence only, all four couples circle left and right.

LOVE 'EM AND LEAVE 'EM

<https://www.youtube.com/watch?v=5Ao12K-DRzE>

Written by: Noreen Grunseit, 1983

Music: Duke of Atholl's Reel or similar 32B jigs.

Formation: 4 couples square set, numbered clockwise (tops and sides). Progressive.

Bars

- 4B Top couples advance for 4 and retire for 4 steps while side couples promenade around the set anti-clockwise to opposite places (all in lower promenade hold).
- 4B Side couples advance and retire while Top couples dance around to opposite place.
- 8B Repeat to place
- 2B Top couples advance to the centre
- 2B Take opposite person in ballroom hold and slip step out between side couples
- 4B Polka anticlockwise to the gent's position
- Meanwhile:
Side couples split, taking two steps to the side and back to make way for dancing couple to come through.
- 8B Side couples repeat (top couples splitting)
- 8B Top couples advance 4 walking steps, take hands in a circle and circle left 3 places (6 walking steps). Gents take the lady on his left (own partner) in two hand open hold and swing back to his place
- 8B Side couples repeat
- 4B Top Ladies half chain
- 4B Side Ladies half chain
- 8B Ladies turn one quarter to face anticlockwise around the set. Gents pull left shoulder back and cast anticlockwise around the set, taking lower promenade hold with the next lady and dance back to his place, flicking the lady back to his right side at the end to start again.

Repeat three times to finish with original partner.

The men don't change from tops to sides as the ladies do, and as the ladies can become disoriented, it's good idea for men to remind them each time whether they are dancing as a top or a side.

THE NEW FITZROY QUADRILLE

<https://www.youtube.com/watch?v=T6Lhm1XQoVk>

Arranged by Norm Ellis 2010, Melbourne, in celebration of new Fitzroy Venue at the NFF.
Quadrille: Numbering (anti-clockwise) 1,3,2,4.

First Figure (First Set – Figure 1) 32 bars x 4

Bars

- 8 *Top couples:* Rights & Lefts;
- 8 Set to, and Turn Partners;
- 8 Ladies Chain;
- 4 Half Promenade to other side,
- 4 Half Rights & Lefts home
- 32 Repeat with Side Couples leading
- 32 Repeat with Top Couples dancing with the Side Couple to their Right
- 32 Repeat with Top Couples dancing with the Side Couple to their Left.

Second Figure (Caledonians – Figure 2) 24 bars x 4

- 8 *1st Man:* Solo (in the middle) while others Circle Left & Right
- 8 Set to, and Turn Corners;
- 8 Promenade with Corner Lady back to Man's place; (ie Ladies progress)
Repeat with each Man leading in turn.

Third Figure: (Lancers – Figure 2) 32 x 4

- 4 *1st couple:* Lead Up & Retire
- 4 + 8 Lead up. turn lady under (4 bars) & Two hand open swing in the middle (4 bars)
and swing back to place (4 bars);
- 8 Top & Bottom Lines Advance and Retire, twice;
- 8 All open hand open Swing Partners home;
Repeat with each Couple leading in turn (sidelines for 3rd & 4th times through)

Fourth Figure: (Caledonians – Figure 3) 32 bars x 4

- 4 *1st Lady & 2nd Man:* Advance & Retire,
- 4 Advance again & Turn with Both Hands back to places;
- 8 1st & 2nd couples: Lead Through, & back to places;
- 8 All: Set to, and Turn Corners;
- 4 All circle up: Advance & Retire
- 4 All: Turn Partners;
Repeat with 2nd Lady & 1st Man leading;
Repeat with 3rd Lady & 4th Man leading;
Repeat with 4th Lady & 3rd Man leading.

Fifth Figure: Half Waltz Cotillion + Coda 32 Waltzes x 4

- 8 *1st Couple:* Waltz inside the Set;
- 8 All Ladies Balance (forward & back), Crossover (passing Rt. shoulder), and Honour;
- 8 All Gents Balance (forward & back), Crossover (passing Left. shoulder), and Honour;
- 8 Half Grand Chain to place; (starting with partner, using wide, full turns)
Repeat with each couple leading in turn, and
Coda: All: Waltz the Set, unwind the Set and Waltz the Hall.

Notes:

The "Lead Through" in the 4th Fig. is danced in the "Quadrille Style" ie. NOT with "Arches" or "California Twirls". The Lead Couple, holding inside hands, go between the opposite couple as both couples dance to the opposite side of the Set (6 steps/beats), and turn away from their partner (2 steps), to return to place passing on the outside of the opposite couple, who have turned in toward each other, taking inside hands, so-as to lead back between the "active" couple (6 steps), all using the last 2 beats to face back across the Set. Neither couple changes place with their partner, as is done in either a "half Right & Left" or "California Twirl".

Arr. Norm Ellis, Feb. 2010, Revised June 2010

NEWCASTLE

<https://www.youtube.com/watch?v=DNIPWmZ9GII>

Playford First Edition 1651

- | | | |
|----|-------|--|
| A1 | 1-4 | In a circle all forward and back a double |
| | 5-8 | Set to partner, set to corner |
| A2 | 9-16 | Repeat |
| B1 | 17-18 | Arm right with partner |
| | 19-24 | Men left hand start all the way round
WHILE
Women skip clock wise (other direction to men) back to place |
| B2 | 25-26 | Arm LEFT with partner |
| | 27-32 | Women right had start all the way round
WHILE
Men skip counter clock wise (other direction to women) back to place |
| A1 | 1-4 | All side with partner over and back |
| | 5-8 | All step to the right, honour and pass partner to face new partner on corner of set |
| A2 | 9-12 | All side with new partner over and back |
| | 13-16 | All step to the right, honour and pass partner to face next partner in new position in set |
| B1 | 17-18 | Present side couples lead to centre, change hands and lead out, then form an arch |
| | 19-24 | Present head couples cast off outside, go under the nearest arch with someone, and return to the place you cast from. |
| B2 | 25-32 | Head couples repeat, and leading in and out, side couples casting off |
| A1 | 1-4 | Present partners arm R once around |
| | 5-8 | Arm left 1 ½ to meet a new partner on the corner of the set |
| A2 | 9-12 | Arm R this partner |
| | 13-16 | Arm L 1 ½ , ending in lines up and down the hall, close together, with the W on the L of their current partner |
| B1 | 1-6 | Lines fall back a double and come forward, turn single |
| | 7-8 | Pass through the line changing places with opposite and forming new lines across the hall, close together. (Dancers on the inside of the old line go to the ends of the new line: forward 4 steps. Dancers on the end of the old line take 2 steps forward and 2 steps inward to end close to an opposite) |
| B2 | | Lines fall back, come forward, turn single, and pass through to meet your original partner in original place in a square |

POSTIES JIG

<https://www.youtube.com/watch?v=YYPtg9slseo>

Longways set of 4 couples.

32 Bar jig

Bars

- 2 Ends Set - (Couples 1 and 4 set to their partner)
 - 2 Cast off - (Ends only cast off to finish between 2nd and 3rd couple.)
 - 4 Figure of eight - (Ends half figure of eight around end couple closest to them and finish on the side between 2nd and 3rd couple.)
 - 2 Men arch - (Men 1 and 4 form an arch and change sides with partners. Ladies go under the arch.)
 - 2 Turn corner (Turn corner person using free hand and finish with couple 1 between couple 2 and couple 4 between couple 3.)
 - 2 Arch - (Couples 1 and 4 change places with bottom couple making arch.)
 - 2 Turn corner (Finish between couples 2 & 3)
 - 2 Arch
 - 2 Turn corner
 - 2 Arch
 - 2 Turn corner (Finish where arches and turns started.)
 - 4 Half rights and lefts (This now has set as couples 2,4,1,3)
 - 4 Swing. (Ends swing partner using long arm hold. At the end of swing, new end couple be ready to start.)
- 32

DOUBLE POSTIES JIG

<https://youtu.be/7GoCT4ouSZE>

(Set in bottom right of screen only. Other sets are dancing "Postie's Jig".)
Longways set of four couples. 4 x 32 bar jig.

In Double Postie's Jig, the lead couples (C1 and C4) dance the conventional "Postie's Jig", but the other couples (C2 and C3) are moving also.

Lead Couples (Couple 1 and Couple 4)	Other Couples (Couple 2 and Couple 3)	Bars
Set once	Set once	2
Cast one place behind own line towards the middle of the set	Cross diagonally to the nearest end of the opposite line, stay facing out.	2
Dance a half figure of eight out through the nearest end of the set, crossing with partner first and then casting	Dance a half figure of eight, casting behind lines first and then crossing with partner, Stay facing out.	4
<i>At this time G1 and G4 are together in the middle of the set in the ladies line. Also L1 and L4 are together in the middle of the set in the gents' line.</i>	<i>At this time G2 and G3 are at the ends of the gents' line. L2 and L3 are at the ends of the ladies line. All are facing out. C2 and C3 are going to dance around the outside of the set to each of the four "corners" in turn.</i>	
G1 and G4 make an arch and dance over L1 and L4 (inside hands) under the arch to change sides.	C2 (individually) dance down while C3 (individually) dance up to change places on the sides. (Pass right shoulder but do not take hands.)	2
Turn the "post" with available hand.	Be a "post" and turn lead person as appropriate.	2
Take inside hands with partner and change place with other lead couple "bottoms up" (ie couple at bottom of set make the arch).	C2 and C3 continue in the same direction around the outside of the set to the next "post" position. (Pass right shoulder and do not take hands.)	2
Turn the "post" with available hand.	Be a "post" and turn lead person as appropriate.	2
G1 and G4 make an arch and dance over L1 and L4 (inside hands) under the arch to change sides.	C2 and C3 continue in the same direction around the outside of the set to the next "post" position. (Pass right shoulder and do not take hands.)	2
Turn the "post" with available hand.	Be a "post" and turn lead person as appropriate.	2
Take inside hands with partner and change place with other lead couple "bottoms up" (ie couple at bottom of set make the arch).	C2 and C3 continue in the same direction around the outside of the set to the next "post" position. (Pass right shoulder and do not take hands.)	2
Turn the "post" with available hand.	Be a "post" and turn lead person as appropriate. Stay facing out.	2
C1 and C2 dance half rights and lefts.	C2 and C3 set once facing out, then set once facing in.	4
C1 and C2 swing partner, finishing on own sides.	C2 and C3 swing partner, finishing on own sides.	4
Total		32
Repeat three times		3 x 32

QUEEN OF SHEBA

<https://www.youtube.com/watch?v=1HOHJ1J2OOQ>

Style: Formal, brisk walk

Longways set for four couples. 1st and 3rd couples improper.

Hold near hands.

Start with right foot

Dance written M. Heffner/W. Porter – Maggot Pie 1979 - Modified C. Towns 1989

Music based on Handel's Arrival of the Queen of Sheba by Heffner/Porter.

- | | |
|--------|--|
| 4 bars | Up a double, back a double (lead up and fall back without turning around) |
| 4 bars | Gypsy partner right shoulder |
| 8 bars | Down a double, back a double (lead down and fall back without turning around)
Gypsy partner left |
| 4 bars | RH Stars (top 2 couples and bottom 2 couples) |
| 4 bars | Mid couples LH star MEANWHILE end couples chase clockwise to other end |
| 8 bars | Repeat to own end. Finish with men facing out of the set. |
| 8 bars | Forward & back a double to man's wall, gypsy right with neighbour (along the line). |
| 8 bars | Forward & back a double to ladies wall, gypsy left along line (neighbour). |
| 2 bars | End couples turn with right hand into arch ALONG THE SET, women in middle |
| 4 bars | Mids. chase through clockwise under arches to place |
| 2 bars | Top couples quarter turn back to place. |
| 2 bars | L2 & M3 three quarter right hand turn into arch ACROSS THE SET |
| 4 bars | Ends chase clockwise under arches to place. |
| 2 bars | Mids. quarter turn back to place. |
| 8 bars | Bomb burst: End couples and middles lead out, and fall back then gypsy that person right. |
| 8 bars | Star burst: With neighbor on corners, face diag. out of the set.
Lead out and fall back then gypsy that person left. Finish in side lines Ends face middles, middles face ends. |
| 6 bars | Half hey plus one place along the line |
| 2 bars | Take two hands with partner and change places |
| 8 bars | New ends face middles, new middles face ends.
Half hey plus one place then change sides to original place. |

ST BERNARD'S WALTZ

Couples dance.

Ballroom hold, standing side-on to line of dance. Man facing the wall.

Parts 1 and 2 are done alternately.

Music: St Bernard's Waltz $\frac{3}{4}$ time. 56 bars per minute.

Bars PART 1

Man starts LF, lady RF.

4 Both take three slow chasse steps along LOD finishing with feet together and stamp, stamp.

2 Both take two slow chasse steps back against LOD, closing at the end of the second step, but not transferring weight to that foot.

2 Leading with his LF, the man takes two slow steps backward (lady forward with her RF) toward the centre

2 With the man leading with his LF (lady her RF) take two slow steps forward (lady backward).

2 Releasing lady's LH, the man walks 2 steps along line of dance while turning the lady under their raised arms. The lady dances a complete natural turn forward.

4 Taking ballroom hold, dance a circular waltz along LOD

PART 2

Partners face one another, side on to line of dance, with a crossed arm hold.

2 Both take two slow sidewise steps (man with LF, lady with RF) and swing the other leg over in the direction of the LOD (ie man's R, lady's L)

2 Repeat in the opposite direction.

4 Repeat in both directions

2 Stepping on the raised foot (man's L, lady's R) swing the other leg over in the direction of the line of dance and repeat in the opposite direction

2 Man turns lady under their raised arms moving forward along the LOD, while the lady does one complete waltz turn (as before).

4 Taking ballroom hold, dance a circular waltz along LOD

Repeat

32

A;(The sideways steps in Part 2 (bars 17 to 26) are known colloquially as "four long and two short.)

STAR TREK

<https://www.google.com/search?client=firefox-b-d&q=Star+Trek+Contra+Dance+video&sei=S7bTZ7z019Xn4-EPqbGT0Qs#fpstate=ive&vld=cid:5c8b2a6a,vid:1IPZRrT5j3A,st:0>

Written by: Mark Richardson

Formation: Becket formation. Clockwise progression

Music: 32 bar contra reels

4 All star right using Scottish hand hold.

4 Gents drop out in their home place. Ladies half chain across the set

8 Ladies pass right shoulders to start the hey for 4

8 Ladies cross right shoulder to swing partner at home

4 Long lines forward and back

4 Star right once around then gents lead partner up or down to progress

32

TURN OF THE TIDE

<https://www.youtube.com/watch?v=i79t8WtpM2c> (Simple version)

Composed : Ron Coxall c1998
Formation: Longways set: Duple Improper
Music: Own Tune: Moonlight Moorings: Heather Bexon). 32 bar waltz

Bars

- 4 In fours, circle left half way, then two-hand partner half way
4 2s Lead down through the 1s and cast back up to place
4 Circle left in fours 1/2 way, 2-hand turn Partner 1/2 way
4 1s: Lead down through the 2s and cast back
The following 8 bars are known as "The Tidal Movement" and represent the tide moving in and out.
2 1s: Lead down between 2s again,
2 Turn to face up, change hands, Fall back down the set
4 Repeat back to place
Turning Pousette (representing a boat turning on its anchor at the turn of the tide)
2 Gents (start on left foot) push partner away from the centre
2 Gents step left (1/4 turn) / Ladies step left (1/4 turn) to face across the set
2 Gents push Partner to the centre of the set
2 2-hand turn Partner half way and open out to form a new circle of 4
32 Repeat

Alternative movement for second couple during bars 17 to 24. This allows the 2s to join in The Tidal Movement.

- 2 As the 1s lead down, 2s turn single away from partner and finish facing the top of the set and take inside hands
2 As the 1s fall back down the set, 2s also fall back down the set
2 Both 1s and 2s dance up the set with inside hands still joined
2 As 1s dance into place, 2s cast around 1s so that all couples finish in place.
Than all couples take two hands with partners ready for the waltz pousette.

WATERFALL WALTZ (Modified)

<https://www.google.com/search?client=firefox-b-d&q=Waterfall+Waltz+dance+video&sei=fLftZ4KUDsDE4-EP773B6Q8#fpstate=ive&vld=cid:8a20421d,vid:eGLTW-upgqk,st:0>

Note: Video is unmodified version. Disregard last four bars.

Composer: Pat Shaw, 1966. Modified: Bill Propert, 2019
Music: Waltz. Tune: Caerdroea, played at old time waltz tempo 150bpm
Formation: Sicilian circle, couple facing couple around the room.
32 bar repeat dance

This dance won the prize at the National Eisteddfod (Port Talbot 1966) in the competition for the 'Composition of a Twmpath Dance'.

- 4 Gentlemen right hand turn (shake-hand hold)
- 4 All back to back ('do-si-do') with opposite
- 4 Ladies right hand turn
- 4 All back to back with partner and stay facing partner
- 2 All chassé two steps sideways (Gentlemen to their left behind Ladies who go to the right)
- 2 Two hand turn partner half way around.
- 2 All chassé two steps sideways (Gentlemen to their left behind Ladies who go to the right)
- Two hand turn partner half way around
- 4 Circle in fours to the left half way around.
- 4 Two hand balance towards partner (partners already have inside hands joined) and open two hand 1/2 turn opening out to face next couple.

WALTZ COUNTRY DANCE (Modified)

Formation: Progressive Sicilian Circle.
Music: 32 bar waltz plus 8 bar waltz-on. –
Modified by John Short 2025

Bars

- 4 Opposites take hands and balance forward and back – everyone stepping forward on right foot, back on left foot.
Men change places with opposite ladies, turning lady under their joined right hands.
Men move clockwise, ladies anti-clockwise
- 4 Balance and change with partners
- 8 Repeat
- 4 All join hands and balance forward and back. Men release right hands and turn lady on left over to their right under their raised left hand.
Finish with all hands joined again.
- 12 Repeat balance and change three more times, finishing with normal waltz hold with partner.
- 8 The two couples in the set balance toward and away from the opposite couple (2 bars) and then waltz around the other couple on in the direction they were facing at the start of the dance to form a new set with an approaching couple.