

## Lena of Boisdale's Waltz

To Lena MacLellan of Boisdale in recognition for her work as a dance teacher in South Uist on the occasion of the St Peters Traditional Dance Club's 20<sup>th</sup> Anniversary on 7 July 2018.  
By Mats Melin.

In couples, start side-by-side in promenade hold

Bars

- 1-2 Advance and Retire.
- 3-4 Turn towards partner,  $\frac{1}{2}$  way round whilst moving forwards, and retire one step.
- 5-8 Repeat bars 1-4 back to place.
- 9-10 One outward turn (away from partner).
- 11-12 Join both hands in open hold, step to man's left and step man's right.
- 13-14 Change places pass left shoulders turning clockwise halfway (one step forward turn right shoulder back  $\frac{1}{2}$  way and retire to opposite position).
- 15-16 Join both hands, balance forward and back.
- 17-18 Repeat bars 13-14 back to place.
- 19-20 Join both hands in open hold, step to man's left and step man's right.
- 21-22 In waltz hold, the couple rock forward and back from the man's point of view, make a quarter turn-round clockwise.
- 23-28 Repeat bars 21-22 three more times, making three more  $\frac{1}{4}$  turns to complete a full turn round clockwise.
- 29-30 Make one natural waltz turn.
- 31-32 Make one reverse waltz turn.

Join promenade hold and begin again.