

BALMORAL BLUES

HOLD

Double hold (man and lady facing each other)

DIRECTION

Man facing wall

STARTING FOOT

Man starts with his left foot

Lady starts with her right foot

TIME

4 /4

TEMPO

28 -32 bpm

Chasse (side together side, down line of dance)		
Zig zag down line of dance (four steps)	1, 2, 3, 4 Q Q Q Q	
Step lock step, down line of dance (swivel on last step to face against the line of dance). Both man and lady are turning OUT		
Step lock step, against line of dance		
Chasse against line of dance (side together side)		
Zig zag against line of dance (four steps)	1, 2, 3, 4 Q Q Q Q	
Step lock step, down line of dance (swivel on last step to face line of dance). Both man and lady are turning OUT		
Step lock step, down line of dance		
Lady does two Allemande turns (underarm)	1, 2, 3 and hold QQS	
Sway to man's left, sway to man's right		
Chasse down line of dance (changing to shadow hold)		
3 runs diagonal to wall and tap	1, 2, 3, 4 Q Q Q Q	
3 runs diagonal to centre and tap	1, 2, 3, 4 Q Q Q Q	
Lady turns out (3 step turn) Man takes 2 steps towards the lady (SS)	1, 2, 3 and hold QQS	
Step lock step diagonal centre (against line of dance) and close feet ready to start again.	1, 2, 3, 4 Q Q Q Q	

https://www.youtube.com/watch?v=DsOkYHu6H_k&ab_channel=sequencedanceuk