Balmoral Strathspey
(Scotland)

Balmoral (bal-MOHR-ahl) is a 32 bar strathspey for 3 couples in a 4-cpl longways set. This dance was devised by John Charles from traditional formations and was published by the Royal Scottish Country Dance Society in 1963. Robert McOwen presented it at the 1995 University of the Pacific Folk Dance Camp in Stockton, Ca.

Cassette:	Dances frae the North, FAC CS 135 Side A/4.	4/4 meter

Formation: Longways sets of 4 couples, numbered 1-4 from the top of the set.

Steps and   Strathspey Traveling Step*, Strathspey Setting Step*, Reel of Four*, Allemande*,
Styling: Rights and Lefts*, Hands Across*, Polite Turn*.

Dance the Strathspey Traveling Step , beginning R throughout unless otherwise noted. One step to a meas.

* Described in the Scottish Glossary of *Steps & Styling*, published by the Folk Dance Federation of CA. Inc.

Measures	4/4 meter	PATTERN

Chord	<u>INTRODUCTION M bow, W curtsey to ptr.</u>

I. RIGHTS AND LEFTS

1-8   Cpls 1 and 2 (also Cpls 3 and 4) dance Rights and Lefts to end in orig place.
On meas 8, those moving CW dance a polite turn.

II. SET AND RIGHT HANDS ACROSS

9-12   All join hands in each line and Set to ptr. Cpls 1 and 2 (also Cpls 3 and 4) give R Hands Across, half way around, to end on the opp side.

13-16   Rejoining hands, all Set to ptrs again. Giving R hands to ptr in passing, cross back to own side to end with Cpls 2 and 4 facing down the set and Cpls 1 and 3 facing up.
Cpls are now in order 2, 1, 4, and 3.

III. REELS OF FOUR

17-24   All dance Reels of Four on the sides, beg by passing R shldrs. End with the orig Cpl 2 in 1st pos, facing each other. Cpls 1,4, and 3 (in this order) end in the middle of the set facing up, with hands joined in promenade pos (R hand in R, L in L, R hands over L).

IV. ALLEMANDE

25-32   Cpl 2 stand in place while Cpls 1, 4, and 3 raise R hands up over W head and L hands out at chest level and dance Allemande to end in order 2, 3, 4, and 1.

Repeat the dance 3 times each time with a new top cpl.