

BALMAHA

Strathspey

- 1 - 8 1st and 2nd couples, joining hands on the sides, set. They dance Four Hands once round to the left then turn their partner with both hands once round. They finish in a Promenade hold facing up.
- 9 - 16 1st and 2nd couples dance an Allemande. On bar 14 (bar 6 of the Allemande) 1st man brings his partner across in front of him and releasing her right hand, dances into a full left hand turn. They finish facing first corners. 2nd couple retire into top place.
- 17 - 20 1st couple dance right shoulder round first corner position then pass right shoulders in the middle as 2nd man and 3rd woman turn half-way with right hands, release hands, and pulling back their right shoulder, cast into the opposite corner.
- 21 - 24 1st couple repeat bars 17 - 20 with their second corners, who also turn half-way with the right hands and cast into the opposite corner. On bar 24 1st couple pass left shoulders in the middle and dance into -
- 25 - 32 1st man with 3rd couple and 1st woman with 2nd couple dance Right Hands Across almost once round. 1st man, followed by 3rd couple, and 1st woman, followed by 2nd couple, chase clockwise half-way round back to their own sides.

Repeat having passed a couple.

Tune: *Allan Bruce's Strathspey* by A. Cameron.

Balmaha is delightfully situated on the shores of Loch Lomond.