

Kardinia Saunter

This is a couples dance with couples forming in a circle Man in centre – Lady on outside facing centre. The dance proceeds in an anticlockwise direction (L.O.D.). Part 1 and Part 2 are similar but in the opposite directions. Begin the dance with a two handed hold at waist height.

Down L.O.D = Down line of dance, Against L.O.D = Against line of dance,

Double hold = Facing each other holding hands at waist height

Q = quick, S = Slow, M = Man, L = Lady

8 Bar introduction

	Direction	Beat	Description	Tempo	
Part 1	Down L.O.D.	4 beat	Side close – Side close	QQQQ	
		4 beat	Ballroom Hold – Full turn in place (natural) (Close feet on last QQ)	SQQ	
		4 beat	M Left-L Right hold high – change of sides, Lady under	SQQ	
		<i>(Man facing centre – Lady facing wall) Double hold</i>			
		4 beat	Side close – Side close	QQQQ	
	Against L.O.D.	4 beat	Side close – Side close	QQQQ	
		4 beat	Ballroom Hold – Full turn in place (natural) (Close feet on last QQ)	QQQQ	
		4 beat	M Left-L Right hold high – change of sides, Lady under	SQQ	
		<i>(Man facing wall – Lady facing centre) Double hold</i>			
	4 beat	Side close – Side (don't close)	QQQQ		
Part 2	Against L.O.D.	2 beat	(Double hold) – both 1/4 Swivel on back foot bringing front foot through centre – place and 1/4 swivel Back facing partner – point with back foot. (don't place foot just point)	QQ	
		2 beat	(Still double hold) – both 1/4 Swivel on front foot bringing back foot through centre – place and 1/4 swivel back facing partner and point with front foot.	QQ	
	<i>(Man facing wall – Lady facing centre)</i>				
Part 3	Down L.O.D.	4 beat	Side close – Side Two handed hold. (drop back hand on last beat)	QQQQ	
	Down L.O.D.	4 beat	Single hand hold (man left lady right) 1/4 Turn with your back to L.O.D. (open out) – Lock step backwards (man left over right and lady right over left) then step back with outside feet (Man right, Lady left)	QQS	
			3/4 Swivel turn outwards (away from each other) (man turn to right lady turn to left) to face partner again.		
		4 beat	Two handed hold, Side close – Side (dont close)	QQS	
		8 beat	Two handed hold Weave – (Man right foot through centre, place – left foot forward, place – right foot behind, place – left foot forward, place – repeat (this is a weaving pattern)	QQ-QQ -QQ-QQ	
	Down L.O.D.	2 beat	Dip forward on righ foot (M) left foot (L) and back. Change weight to (M right, L left) Man right H hold lady left	QQ	
	2 beat	Maintain hold, Step away from one another – Bringing feet together. Step back and turn to face one another taking up double hold. Begin again.	QQ		