

# BALANCE ON-LINE

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A 32-bar strathspey for four couples in a longwise set  
3rd and 4th couples start on opposite sides

BARS	DESCRIPTION
1–2	1st and 4th couples turn partners once round giving both hands and end facing partners <b>while</b> 2nd couple steps up and 3rd couple steps down.
3–4	1st and 4th couples set advancing to finish back to back with partners <b>while</b> 2nd and 3rd couples set to partners.
5–8	1st and 2nd couples (at the top) as well as 3rd and 4th couples (at the bottom) dance half reels of four across the set. 1st and 4th couples take partners' left hands as they pass on bar 8, then take right hands with 2nd and 3rd couples respectively.
9–12	Strathspey balance in line twice (see description). At the end of bar 12, corners (2nd and 3rd couples) pull right shoulders back to face in.
13–16	1st and 4th couples, retaining left hands, 1st couple facing up and 4th couple facing down, lead out the ends of the set, cross and cast one place (1st couple down, 4th couple up).
17–18	1st woman and 4th man, facing each other on the men's side, as well as 1st man and 4th woman, facing each other on the women's side, turn once round giving both hands and end facing each other.
19–20	All four couples set facing up or down the sides, 1st woman and 4th man as well as 1st man and 4th woman advancing to finish back to back.
21–24	All dance half reels of four on the sides. 1st woman and 4th man as well as 1st man and 4th woman take left hands as they pass on bar 24, then take right hands with the dancers on the ends of the set.
25–28	Strathspey balance in line twice (see description). At the end of bar 28, 3rd woman (at top of women's side) and 2nd woman (at bottom of men's side) pull right shoulders back to face in.
29–32	1st man and 4th woman as well as 1st woman and 4th man, retaining left hands, change places on the sides, release hands, and chase anti-clockwise halfway round the square formed by second and third places. Finish in order 3, 1, 4, 2 with 4th and 2nd couples on opposite sides. (Dancers use one bar to change places on the sides and then during the chase one bar dancing up or down on the sides and two bars crossing the set.)

Repeat the dance from new places.

**Note:** Bars 17–28 are almost identical to bars 1–12, except that they are danced on the sides rather than across the set.