

# Mist on the Mountain

(So. Scotland)

Robert McOwen devised this dance with Margaret Lepley in 2008 and dedicated it to Marianne Taylor, who had written its beautiful tune. The band Tullochgorum recorded the dance in 2011 on the album *Shining Lights*. This dance was presented by Robert McOwen at the 2024 Stockton Summer Dance Camp. It was also taught by Kamrin MacKnight at the Folk Dance Federation's Officers Ball in November 2024.

Music: 3/4 meter, 32 meas waltz      Music: [pixton.org/download/download-robert-mcowen.html](http://pixton.org/download/download-robert-mcowen.html)

Video: On YouTube, search for "Mist on the Mountain Waltz."

Formation: Circle of couples around the room, in ballroom hold; M's back to center.

Steps & Basic Waltz Turn: Full CW turn using 6 steps and two measures. M begins with L, W with R.

Styling: Balance Step: Spring onto R (ct 1); bring L heel to R instep, straightening L and take the wt onto the ball of L and R is lifted slightly (ct 2); step R in place, extending L diag L and lifted slightly (ct 3). This movement generally moves fwd or bkwd and can be done with opp ftwk. Note: This is a pas de basque done in waltz time, i.e. 3 cts per meas rather than 4 cts per meas.

Chassé: Step L to L (ct 1); step R next to L (ct 2); step L to L (ct 3). In short, a step-together-step (no hop). Typically done in ballroom position, with steps taken to the side, and can be done with opp ftwk.

Allemande Hold: Facing in same direction, M on L of W, M slightly behind W. Hands are joined in W position. R hands joined with M's R arm extended behind W to her R. L hands joined with W's L arm extended in front of M. Also known as Varsouvienne position.



Allemande Hold.

Meas	3/4 meter	PATTERN
4 meas	INTRODUCTION. Stand in place in ballroom pos. Acknowledge ptr. M's steps are described; W use opp ftwk until otherwise noted. CHASSÉ, W SOLO TURN, WALTZ.	
1-2	Beg L, Chassé CCW (cts 1-3). Step L to L (ct 1); point R to R side (ct 2); hold (ct 3).	
3-4	Repeat Meas 1-2, with opp ftwk and direction, moving CW.	
5-6	M raise L hand and release R hand. M beg R waltz in place as W beg R turn R under raised arm with two waltz steps.	
7-8	Resume ballroom pos and dance one Basic Waltz Turn.	
9-12	Repeat meas 1-4. TRANSITION TO ALLEMAND HOLD.	
13-14	Repeat meas 5-6 but finish facing ptr with R hands joined at chest height.	
15-16	Waltz step bkwd. Then M step R in place, face CCW and point L fwd while W step L-R, face CCW and point L fwd. During meas 4, lift R hands over W's head and finish in Allemande Hold facing CCW.	

## Mist on the Mountain – continued

### STEP-BRUSHES CCW AND CW, BALANCE, SOLO TURNS, WALTZ.

M and W use same ftwk until meas 28.

- 17 Facing and moving CCW, step L fwd (ct 1); brush R fwd and hold with pointed toe (cts 2-3);
- 18 Repeat meas 17 with opp ftwk.
- 19-20 Beg L, three steps fwd (cts 1-3); pivot on L to R to face CW and point R fwd (cts 1, 2); hold (ct 3).
- 21-24 Repeat meas 17-20 with opp ftwk and direction. Finish facing CCW, L pointed fwd.
- 25-26 Beg L, Balance Step fwd and back. Release R handhold.
- 27 Beg L, W step L in front of R to begin waltzing, turning R under joined L hands (cts 1-3) while M steps L-R in place (cts 1, 2), then steps L fwd, turning R under joined L hands to face W.
- 28 Beg R, M waltz step in place while W take two steps in place and touch R next to L (ct 3). During this meas, release L hands and take ballroom pos. M and W now use opp ftwk.
- 29-32 Moving CCW, two Basic Waltz Turns. End with M's back to ctr.

Sequence: Repeat dance as many times as the music allows.

