

PEACE OF IONA

Music: Mike Scott and The Waterboys. (See also note below).

Choreography: Peter Vallance. Universal Hall at Findhorn, Scotland.

Rhythm: 4/4 Introduction: 16 bars.

Formation: V-hold

Part A

The first part travels to the left starting with the left foot.

2 slow walks (L and R) then a quick grapevine - side L, behind R, side L, and in front R.

This step sequence happens x4.

Part B

Second part is coming into the centre and out.

4 slow walks in (L R L R) then 4 quick walks out (L R L R)

Then a cross replace and on the spot (L foot crosses over R, step back on the R, then 2 steps on the spot (L&R).

This second part happens once the first time, then twice, but four times at the end.

About the music

Mike Scott was inspired to write his song in the mid 90s when he visited Iona and he described Iona as having a “healing presence of peace and soul”. These are some of the lyrics from the song: “Peace of the rested mind, Peace of the glad heart”