Viennese Waltz   **Donna Frankel, Instructor**
                                        1   2   3
Rhythm: 3/4 Twice as fast as a standard Waltz. Down, up, up

Tips:
A.. The posture is the same as for the standard Waltz, but dance close to your partner from the waist down. With a firm frame, lean back above the waist for better turning.
B. The L foot steps through partner's feet, turned outward for count 1. The R foot will turn inward on count 1.
C. For better turns, practice without a partner. (Think down, up, up and long, short, short when turning.)

1. **Basic Progressive**: Man moves only forward, lady moves only backward. Long, short, short steps with down accented on count 1. Move in a straight line CCW., man L, R, L then R, L, R. Lady does reverse.

2. **Side Balance**: Man steps L to L side with wide step. Step back on R ball of foot, just behind L foot, which is lifted slightly off the floor, and then placed down again for count 3. Reverse stepping with wide step to R with R foot, step back on L behind R. R foot is lifted off floor and then placed down in same place for count 6. Lady performs identical steps, starting on count 4 and ending on count 3.

3. **Viennese Turning Left** Reread Tips above. Man steps L turning toes out to the side, step around CCW with R, step L foot across R as you swing your body and your partner around to finish a full 360 degree turn to L. (As you cross L foot over, rise up onto toes.) Turn R toes inward turning body to L. on count 4, turn L foot out and around (count 5), and step R foot together to complete another 360 turn to L.(count 6). Lady starts with R foot inward on count 4, finishes on count 3. Use the momentum of the turn to bring your partner completely around when you are in the lead, (whoever steps with L foot to begin turn.)

4. **Forward, Backward Balance**: Similar to #2 except side (long) step is taken forward and then backward. (Think slide, up, down,; long, short, short). Man & Lady move first fwd then bkwd. Man starts L, Lady R. (Think--move together, then apart). Hold R hands, L hand on your own waist.

5. **Lady's Inside Turn:**   Start with 2 basic Viennese turns. Man lifts L arm, twirling lady quickly under twice. (She is rotating to her L with 2 counts for each full rotation) Man does 2 basic progressives, while Lady steps back on R, turn 1/2 on L to L, step R around to starting position.

Repeat turn. Lady finishes stepping back on L foot. Resume couple basic turns.

6. **Hesitation Changes**: Used to catch breath from turning and to change direction of turns. Man steps fwd on L, drawing R ball of foot to L ft and hold count 3.   Lady steps back on R foot, drawing L ball of foot to R foot and holding count 3. (In order to change direction for turns, an odd number of hesitations must be used.)

7. **Viennese Turning R**: After 1, 3, or an odd number of Hesitations, man steps with R foot turned out to R and turns CW following #3 but using the opposite foot. Lady starts stepping back on L reversing the man's steps.

8. **Lady's Outside/Inside Turns**: Man leads lady into R, UAT, 2 bkward basics and Inside UAT.   (Her footwork is RLR, back up with 6 waltz steps (LRLRLR), then Inside turn (LRL) to L.).

9. **Interrupted Lady's Outside/Inside Turns**: Same as #8, except Man puts his hand on her forearm to change direction of turns. Remove waltz steps inbetween the two turns.

10. **Reverse or L Turn:** Man steps fwd L between lady's feet, side with R, cross L over R. Finish with a bk side tg for a small ½ box. Lady does a small ½ box bkwd, then steps L ft between man's feet, side and cross L over R ft.

11. **Natural or R Turn**: A reverse of #10, turn is same ft work, but to R.

12. **Reverse Fleck Roll (L Fleck Roll**): Man circles with L ft crossing front, R to R side, L ft crosses in front. Man's R ft to side, cross L behind, R ft to side. Think: F-S-F, S-B-S. Lady steps side with R ft, cross behind with L, step side with R. Then Crosses L front, step side with R, cross front with L.   Think S-B-S, F-S-F.

13. **Natural or R Fleck Roll**: Lady starts R ft, man L, but reverse direction.

14. **Contra Check**: Three count ¼ turn.