

## WALTZ

Rhythm: 3/4, 3 beats per measure, slight accent on 1st beat.

Posture: Erect, regal with head held high, back straight. Bend knee (dip) on count 1, up on toes for counts 2 & 3. Think down up up. Basic Closed Position with follower slightly to leader's right side. Danced LOD (Line of Dance: CCW--Counter clockwise).

Variations:

1. **Progressive Half Boxes:** Leader alternates leading foot but moves only forward. Follower alternates leading foot but moves only backwards. Think L forward side close, R forward side close for the leader. The Progressive is used to move quickly across the floor. Requires 2 measures.

2. **Classic Box Step:** Leader does forward ½ box followed by a backward ½ box. Follower does same pattern but in reverse, starting with backward ½ box.

3. **Left Box Turn:** Leader steps forward on L, follower back on R. Leader steps R foot to R side turning 1/4 turn to L. Follower steps L foot to her L side with 1/4 turn to her L, both close free foot to standing foot on count 3. Reverse feet and direction for even numbered 1/2 boxes. Think forward side close, back side close for the leader, the reverse for the follower. It takes 4 measures or 4, 1/2 boxes to complete a full circle. When the L foot steps forward on count 1, the toes should be turned out to the L side, when stepping on the R foot for count 1, the R toe should point inward to the L.

4. **Hesitation Left turn:** Leader steps forward on L with a long step. Follower steps back on R. Draw free foot to standing leg, but don't place weight on it. Hold or pause for count 3. Finish with a 1/2 box, leader steps back on R foot side turning 1/4 turn with L close R foot to L foot. Follower does reverse. Requires 2 measures.

5. **Underarm Turn:** Start with 1/2 box, leader lifts L arm high and gently pushes follower with R hand on back. Leader continues doing 2 more box steps while follower takes 6 forward waltz walks starting L foot to pass under the arms and make a completed circle to her right. Leader retrieves the follower bringing her toward him in a closed position as he steps back on his R foot to complete his 4th 1/2 box, or he may turn ¼ to L to meet follower. The follower steps L foot forward to complete a final box. Four measures are required for the Underarm Turn.

6. **Spirals, aka "V" Step, Zig Zag,** Ladder steps done in Banjo Position. Start with 1 Progressive 1/2 box. Leader places follower on his right on the diagonal with strong lead. Leader steps forward diagonally across his L foot, step side with L, close with R. Now step forward on the diagonal with L foot, step side with R foot on count 2, close with L foot on count 3.

Follower does the reverse holding leader away from her, so she doesn't "hang" her neck on his right arm. Follower thinks cross back, side, close, with gentle turn side to side. Use 1 Progressive 1/2 box to leave the spiral. A minimum of 4 measures are needed.

**7. Hesitation Promenade:** Use 3 Left Turn Boxes to be in a proper Promenade position, the leader facing the wall, the follower facing in toward the center of the room. Each looks over their shoulders toward the LOD, the lead is a straightened joined hand (L leader, R follower). Using the outside foot, take a long step in the LOD, draw up the free (inside) foot and hold one count. Step through with this inside foot, forward in LOD. Turn to face each other stepping side (count 2), close free foot (count 3). Takes 2 measures. To get out of this step, use 1 hesitation L turn or a ¼ turning box step, and soften the straight hand hold.

**8. Hesitation Promenade with Underarm Turn on second measure:** Start by completing 3 measures of #7 (Hesitation Promenade). Leader lifts L arm up and gently guides follower under, as he does a cross through, step side and close on measure 4. The follower steps under the arms with her free foot (L), turns to her R stepping forward on R foot, and on count 3 takes a long step on the L foot to return opposite her partner. This variation requires 4 measures.

**9. Promenade Under Arm Turn on first measure:** Leader lifts his L arm up before first measure. Follower makes full traveling turn to R with R foot, L, then R. Finish with a L foot crossing over R, step side with R foot, close L foot to R. Leader does a basic hesitation promenade throughout turns. Can do double turns combining #9 and then #8, ending with cross side close. The follower must remember that these are all traveling turns and while the leader should adjust his steps to her, she cannot turn in one spot, but must progress forward.

**10. Twinkle Step:** Leader steps forward on L, rocks back on R (or steps forward on R) and forward on L, turning follower to his R side. Follower does back R, back L, turns to R to step forward on R. The turn is done so that hips are together (side by side). If used to get into promenade, both finish with a cross side close, straightening the leading arms. Can finish continuous Twinkle Steps with a Follower's Under arm Twinkle Turn for counts 4, 5, and 6.

**11. Flip Flop:** Leader's lead is opening his L arm to the L side releasing the follower's hand on count 3. He can do a waltz walk forward or a zig zag, while the follower steps L crossing in front, R to R side, step L back, and reverse, crossing side to side making ½ turns (but not a full 180) in front of leader. She alternates arms, holding leader behind shoulder, with free arm held palm down to the side. The leader holds his L hand up to catch the follower's R hand to get out of pattern. Then he can finish with a follower's inside UAT or ½ box.

**12. Outside/Inside UAT:** Start with #5, but on follower's 3<sup>rd</sup> step, the leader blocks the turn with his R hand on her upper R arm with enough pressure to reverse her direction. Her next three steps will make an inside L turn,

finish with a leader's ½ box starting R foot back, follower does ½ box with L foot forward.

**13. UAT with change of hands to Varsouvienne:** Start with #5, on follower's 3<sup>rd</sup> step the leader changes to a R hand hold and takes the follower's free hand (L) with his L, turning her quickly to the R with a ½ turn so that both of you face LOD. From here both can do a forward progressive or a waltz walk forward, follower begins with L foot forward. Leader can turn follower under outside or inside, remembering to change hands back, or go into a Sweetheart step.

**14. Sweetheart:** Start with #5, (follower's underarm turn). Leader retrieves follower taking both her hands to do waltz walk facing front to front. Leader lets go of follower's L hand, swinging her out (both hold free hands out to side (ballet 2nd position), to do waltz walk back to back. Can continue in front to front and back to back or use inside underarm turn to be in "sweetheart" aka wrap or cuddle position. This has the follower's arms criss crossed over her front, the leader takes both her hands with the follower in his arms. After several sweetheart turns, the partners may waltz walk backwards in a circle for at least 2 measures, returning with a follower's underarm turn to return to the box position, or the leader can change hands and turn the follower under to return to basic position.

**15. Viennese R and L turns:** Starting with 2 progressive steps (#1), the couple does a L turn with two ½ boxes. Easiest is to then do 2 Progressives, but these steps may be omitted by more advanced dancers. Then proceed to a R box turn with two ½ boxes. This will take a strong lead to change direction. Be sure partner stepping forward on L foot places that foot between partners feet for tight turning.

**16. Carousel:** Start with #5 (follower's underarm turn). Instead of retrieving the follower with a 1/2 box, the leader steps out to his L on his R foot on count 1, and places his right arm across the follower's back. The follower places her L arm curved gently out to the side, and both partners waltz walk forward around each other in a wheel formation. Stay in the wheel at least 2 measures, preferably longer. Use an inside underarm turn to return to the box step. The follower will turn backwards to her L, and the leader retrieves her in a closed position. The Carousel requires a minimum of 7 measures.