

Cross-Step Waltz Variations

(United States, France)

Cross-Step Waltz is a vernacular dance form, sometimes spelled Crosstep Waltz. French social dancers call it The Boston and have been dancing it since the 1930s. Parisians also include it as a Paso Doble variation. Today Cross-Step Waltz is quickly spreading through the U.S., Europe, and China, remaining in the vernacular/folk tradition (i.e., not yet adopted by ballroom dance studios).

Music: Any slow waltz music of approximately walking tempo.

Rhythm: 3/4 meter, 112 to 118 beats/min is best.

Formation: Cpls usually in closed Ballroom pos but with some variations.

Steps: Basic Step: M step on R across L (ct 1); step sdwd on L (ct 2); replace wt onto R while pulling R back a little (ct 3). Repeat with opp ftwk and direction, crossing L over R. W dances opp, beg crossing L over R.

Turning Basic: M step on R across L twd LOD (ct 1); step sdwd on L across LOD (ct 2); step sdwd on R twd LOD while pulling R shldr back (ct 3). This was a half-turn and M is now on outside facing in; M step on L across R twd LOD (ct 4); step fwd on R in LOD between ptr's ft (ct 5); step fwd on L twd LOD (ct 6). W does these same steps beg on M's ct 4.

Waterfall: Turning Basic where M crosses behind on ct 4 while W crosses in front.

Gypsy: Turning Basic without touching ptr, leading and following with eyes and body placement.

He-Goes-She-Goes: M raise his L arm and travel straight fwd under it, passing in front of W, then lower arm (cts 1-3); Waltz Walk fwd with W on the "inside track," at the L side of the M (cts 4-6); M raise his L hand and loop it in front of W's head into a CCW Follow's Underarm Turn (cts 7-9); M lower his L hand and sweep W by in front of him back to his R side and catches her (cts 10-12).

Frisbee: Same except M winds his hand back on ct 6 to lead a Follower's Free CCW Spin on cts 7-9.

He-Goes-Rollaway: Same except M free spins CW (rollaway) as W free spins CCW on cts 7-9.

Leader's Underarm Turn: Simply cts 1-3 immediately followed by cts 9-12 of He-Goes-She-Goes.

Grapevine Underarm Turn: M step on R behind as W crosses L in front (ct 1); side step twd LOD (ct 2); M lead W to cross behind as he crosses in front (ct 3); side step twd LOD as M raises his L arm to lead W into a CW underarm turn (ct 4); W rotate CW under her raised R arm, stepping back L as M steps on R behind L (ct 5); W complete her rotation stepping R twd LOD as both return to Ballroom pos (ct 6). Note: W remains in the "outside lane" throughout.

Cross-step Waltz Variations—continued

Grapevine Rollaway: The same ftwk as above except ptrs completely release from Ballroom pos and roll away from each other (M turning CCW) on cts 5 and 6, continuing to travel LOD.

Open Grapevine Rollaway: M raise his L arm and travel straight fwd under it, passing in front of W, then lower arm (cts 1-3); M step fwd and to R side on L offering his R hand at his R side, cross L behind pressing lightly into W's palm, all traveling LOD (cts 4-6). W mirrors M's ftwk (cts 4-6). Note: W is now on the inside lane.

Rollaway as above (cts 7-9).

Exit as in He-Goes-She-Goes (cts 10-12) or repeat the Grapevine Rollaway (cts 4-9) before exiting.

Open Grapevine Underarm Turn: Same as He-Goes-She-Goes except grapevine on cts 4-6.

Open Grapevine Free Spin: The same as Frisbee except grapevine on cts 4-6.

Grapevine Combos: Alternate between each of the above three when the W spins CCW.

Inside And Outside Grapevines: Begin with any of the Open Grapevine Combinations (with W on the inside track), then start to exit as in He-Goes-She-Goes except instead of M swinging W into Ballroom pos, he swings her into the outside lane, giving her open 2-hands. W is now on the outside track. M leads the Grapevine Underarm turn or Grapevine Rollaway.

Make Up Stuff: Cross-Step Waltz is easy to fix or re-start, and simple walking is allowed, so begin with cts 1-6 of He-Goes-She-Goes, then invent a new way of walking around each other, or borrow figures from swing, salsa, tango, etc.

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