

PROGRESSIVE WALTZ
American

Music: Alice Blue Gown or any good waltz

Formation: Couples in a circle, M on the inside. Move counter-clockwise.

- Meas. Inside hands joined. Start with outside ft. (M L, W R)
- 1 Running waltz fwd.
- 2 Running waltz fwd - pivoting on the third step, turning with back to the line of direction.
- 3 Running waltz bwd - still moving in the line of direction.
- 4 Running waltz bwd - pivoting on third step, turning toward partner.
- 5-6 Closed dance position. 2 waltz steps turning clockwise (while progressing counter-clockwise).
- 7-8 M's part - Release partner and take one waltz step bwd toward center of circle and one waltz step fwd to meet a new partner.
 W's part - 3 two-step turns or 2 waltz turns, moving ahead to meet a new partner.
- 1-8 Repeat above as long as desired,