

Walk

1. Walking in waltz time (accent the first beat of each 3 beats).
2. Walking in different directions (still in 3/4 meter).
3. Walking with a partner using different dance positions.
4. Analysis of style and quality.

Hesitation and Balance

1. Swinging and rocking - shift weight from one foot to the other.
2. Throwing "underhand" as in softball (notice the down swing).
3. Hesitation waltz - swing quality - down up.
4. Waltz Balance - step on all beats - still accent the first beat - quality: down, up, up
5. Principles involved in turning while swinging. C.W. and C.C.W.
6. With partners using different dance positions and with turns - C.W. and C.C.W.

Combining Walk, Hesitation and Balance

1. Simple combinations using various dance positions.
2. Simple combinations including turning - C.W. and C.C.W.

Swedish Waltz

Waltz Balance forward - open dance position	1 measure
Waltz Balance backward - open dance position	1 measure
6 walking steps forward - open dance position	2 measures
4 waltzes turning C.W. or C.C.W. - closed dance position	4 measures

Note: For C.W. turn man steps forward left; for C.C.W. turn man must step back on left foot. (For additional movement turn partner C.W. under man's left arm on the last waltz)

"Falling" into a Waltz Turn

1. Quality of "rise and fall." - forward; back; not to the side
2. Review of mechanical principles of turning while progressing in line of direction.
Man should step back on left foot toward line of direction then forward on right foot toward line of direction.
3. Analysis of basic waltz: forward, side, close

Additional Waltz Possibilities

1. Draw step as done in Tango.
2. Corte or dip.
3. Breaks as done in Rumba.
4. Crossing feet (in front or back) on different counts.
5. Change of rhythm - (one long beat two counts and one short beat one count.)
Cantor
6. Change in speed - accelerate to Viennese.
7. Volte - waltz in original form.