

BALLROOM DANCING WALTZ

WALTZ

"Falling" into a WALTZ TURN

| | | |
|---------|---------|------------------------------|
| forward | Count 1 | |
| side | Count 2 | |
| close | Count 3 | |
| back | Count 4 | (Like turning an automobile) |
| side | Count 5 | |
| close | Count 6 | |

For a LEFT turn or CCW go forward LEFT then back RIGHT.
For a RIGHT turn or CW go forward RIGHT then back LEFT.

To progress in LOD with ease, as most folk and round dances require, -- dancers in closed dance position should turn to the RIGHT. Man starts by standing with his back toward LOD and steps back on LEFT toward LOD, then side, close, completing a half turn; now he steps forward on RIGHT toward LOD and continues the side, close.

MOVING FORWARD - WALTZ

| | |
|---|---------|
| forward left - long step | count 1 |
| forward right - shorter step | count 2 |
| forward left - short step and bring feet together | count 3 |
| continue starting with the right foot | |

SWEDISH WALTZ - for practice of LEFT and or RIGHT turns.

1 Meas. Waltz balance forward (open dance position)
2 Meas. Waltz balance back right (open dance position)
3-4 Meas. Six walking steps forward
1-2-3-4 Meas. 4 waltzes turning RIGHT or LEFT in closed dance position.
Note: Man steps forward on left for left turn; man must get around in front of partner and step back on left foot for the right turn.

Waltz Balance

Hesitation Waltz

Canter - Step - 1; hold 2; step - 3; repeat

Hambo - Man, Step - 1; step 2; hold - 3; repeat

Lady, Step - 1; hold 2; step - 3; repeat

American Waltz - "Box" "Slow"

Vienese Waltz - Balance; "Fast"; - rhythm change.

Racket Waltz - Step - 1; Step - 2; Step - and; Step - 3; repeat

WALTZ - POLKA popular around 1900 (and now its the Cha-Cha-Polka)

| | |
|-------------------|------------|
| Hop on right foot | - count ah |
| step left | - count 1 |
| step right | - count 2 |
| step left | - count 3 |
| hop left | - count ah |
| step right | - count 4 |
| step left | - count 5 |
| step right | - count 6 |