

BLACK HAWK WALTZ
American folk dance
Record FOLK DANCER MH 3002

Black Hawk Waltz

FORMATION: Couples in ballroom position with Lady's back to line of direction facing CW, Man faces CCW.

PART 1: Man. Step fwd on Lft with a slight rock fwd.
Step bkwd on Rft with a slight rock bwd.

Lady. Step bkwd on Rft, then fwd on Lft.

Both now take 2 waltz steps around the rin Man starting on Lft, Lady on Rft, turning CW as they move CCW around the circle.

Note that the man should get into thiw waltz by taking a long step fwd on his Lft to get in front of his lady in preparation for the waltz turn.*****

Repeat the above sequence of 2 rocking steps and 2 waltz steps 3 more times, or a total of 4 times in all. Finish in starting position.

PART 2: THE CROSS OVER STEP

A MAN: Step on Lft crossing it over Rft, put full weight on Lft (count 1, 2, 3). Cross Rft over Lft (count 1, 2, 3). Now cross Lft over Rft, (count 1.) Step sideways to R onto the Rft (count 2). Step on Lft behind Rft, (count 3). Point Rtoe to side to the R and hold for 3 counts.

B Cross Rft over Lft and put weight on it (count 1, 2, 3). Cross Lft over Rft with weight on it (count 1, 2, 3). Cross Rft over Lft, (count 1). Step to L sideways on Lft, (count 2). Step on Rft behind Lft, (count 3). Point Ltoe to L side, (counts 1, 2, 3).

LADY: Does exactly the same thing, but starts on the Rft, therefore she beings part 2 with steps as described in (B) first, then as in (A).

Part 2 is repeated by both Man and Lady.

Repeat Dance from beginning.

TEACHING TECHNIQUE: Line up dancers against one wall and stand with your back to them. Teach the cross-over step first in both directions, over and over until everyone has it. Then have them face partners and hold two hands and do the step crossing over towards the wall first. After this is mastered, assume ballroom position and do the steps in that position. Then, they will be ready to dance in a circle.

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Michael Herman, Director

POBox 201 Flushing LI NY
11352