

WALTZ

GENERAL:

The music is written in 3/4 time, i.e. 3 beats to a measure. Normally 3 steps are taken to each measure of music.

TECHNIQUE:

Major characteristics of Waltz are the rhythmic rise and fall with the low point being through count 1, beginning to rise at the end of count 1, continuing to rise through count 2, continuing to rise to the highest point on count 3, lowering at the end of count 3.

WALTZ

INTRODUCTORY BASICS

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| Box | Lunge |
| Box Finish | Maneuver |
| Diamond Turn | Pickup |
| Dip | Progressive Box |
| Forward Waltz | Right Turns |
| Hover | Side Draw Touch |
| Left Turns | Spin Turn |
| Left Turning Box | Twinkle |

BOX;;

M: Fwd L, Sd R, Cl L; Bk R, Sd L, Cl R; W: Bk R, Sd L, Cl R; Fwd L, Sd R, Cl L;

BOX FINISH;

M: Bk R, Sd L, Cl R; W: Fwd L, Sd R, Cl L;

DIAMOND TURN;;; (Done in BJO position)

M: Fwd L, Sd R, Bk L; Bk R, Sd L, Fwd R; Fwd L, Sd R, Bk L; Bk R, Sd L, Fwd R;

W: Bk R, Sd L, Fwd R; Fwd L, Sd R, Bk L; Bk R, Sd L, Fwd R; Fwd L, Sd R, Bk L;

DIP;

M: Bk L (lower), Hold, Hold; W: Fwd R (lower), Hold, Hold;

FORWARD WALTZ;

M: Fwd L, Fwd & Sd R, Cl L; W: Bk R, Bk & Sd L, Cl R; (can start with either foot)

HOVER;

M: Fwd L, Fwd & Sd R (rising), Rec L (SCP); W: Bk R, Bk & Sd L (rising), Rec R (SCP);

LEFT TURNS;;

M: Fwd L (turning LF), Sd R (turning LF), Cl L; Bk R (turning LF), Sd L (turning LF), Cl R;

W: Bk R (turning LF), Sd L (turning LF), Cl R; Fwd L (turning LF), Sd R (turning LF), Cl L; (3/4 to full turn over 2 meas.)

LEFT TURNING BOX;;;;

M: Fwd L (turn 1/4 LF), Sd R, Cl L; Bk R (turn 1/4 LF), Sd L, Cl R; Fwd L (turn 1/4 LF), Sd R, Cl L; Bk R (turn 1/4 LF), Sd L, Cl R;

W: Bk R (turn 1/4 LF), Sd L, Cl R; Fwd L (turn 1/4 LF), Sd R, Cl L; Bk R (turn 1/4 LF), Sd L, Cl R; Fwd L (turn 1/4 LF), Sd R, Cl L;

LUNGE

A 1 count figure stepping Fwd, Bk or Sd, bending knee & checking motion.

MANEUVER;

M: Fwd R (turn RF), Fwd L (turn RF-face RLOD), Cl R; W: Bk L (turn RF), Bk R (turn RF), Cl L;

PICKUP;

M: Fwd R, Sd L, Cl R; W: Fwd L (Turning 1/2 LF to CP), Sd R, Cl L; (Sometimes cued "Pickup Side Close")

PROGRESSIVE BOX;;

M: Fwd L, Sd R, Cl L; Fwd R, Sd L, Cl R; W: Bk R, Sd L, Cl R; Bk L, Sd R, Cl L;

RIGHT TURNS;;

M: Bk L (turning RF), Sd R (turning RF), Cl L; Fwd R (turning RF), Sd L (turning RF), Cl R;

W: Fwd R (turning RF), Sd L (turning RF), Cl R; Bk L (turning RF), Sd R (turning RF), Cl L; (3/4 to full turn over 2 meas.)

SIDE, DRAW, TOUCH;

M: Sd L, Draw R to L (no wt chg), tch R; Sd R, Draw L to R (no wt chg), tch L;

W: Sd R, Draw L to R (no wt chg), tch L; Sd L, Draw R to L (no wt chg), tch R;

SPIN TURN;

M: Bk & Sd L (RF Pivot), Fwd & Rise R, Sd & Bk L; W: Fwd R (RF Pivot), Bk & Rise L, Sd & Fwd R;

TWINKLE;

Front Twinkle: CROSS IN FRONT, SD, CL;

Back Twinkle: CROSS IN BACK, SD, CL;

2 Prog Twinkles: M: Front Twinkle Twice ;; (L,R,L;R,L,R;) (Progress Fwd) W: Back Twinkle Twice ;; (R,L,R;L,R,L;)

2 Bk Prog Twinkles: M: Bk Twinkle Twice ;; (L,R,L;R,L,R;) (Progress Bkwd) W: Front Twinkle Twice ;; (R,L,R;L,R,L;)

ABBREVIATIONS

| | | | |
|--------------|-----------------------------|--|--------------------------|
| Fwd: Forward | LOD: Line Of Dance | L (R): Left (Right) | SCAR: Sidecar Position |
| Bk: Back | RLOD: Reverse Line Of Dance | LF(RF): L (R) Face | SCP: Semiclosed Position |
| Sd: Side | DLW: Diagonal LOD & Wall | Tch: Touch | Rec: Recover |
| Cl: Close | OP: Open Position | ; Semicolon indicates end of a measure | |
| M: Man | CP: Closed Position | , Comma divides a measure into counts | |
| W: Woman | BJO: Banjo Position | | |