

TIMING/ RHYTHM Waltz timing is 3 beats to a measure.

Most waltz figures have a step on each beat; there are no holds.

For Example: **BALANCE FORWARD & BACK**

Forward, Step, Step; Back, Step, Step;

POSITION - "Dance Frame" is very important in dancing Waltz. A good Closed Position enables partners to dance together smoothly. Feet are off-set. Right feet are between each other's feet; left feet are outside. Both people should be looking to the left, over partner's right shoulder.

STEP, TOUCH - one step in any direction, followed by a touch & hold

Forward, Touch, ___; Back, Touch, ___; Side, Touch, ___;

STANDARD INTRODUCTION Apart, Point, ___; Together, Touch, ___;

BALANCE LEFT and/or RIGHT Side, Behind, Recover ; (3 weight changes)

If two are done together, the second one starts with opposite foot.

Rise slightly on the Behind step.

WALTZ AWAY & TOGETHER Turn Away, Side, Close; Turn to Face, Side, Close;

Complete figure takes 2 measures of music.

On the first step, turn away to "V" shape, almost back to back. Bring trailing hands through. Figure begins and ends in Butterfly position.

VINE 3 Side, Behind, Side;

Usually starts with lead foot, moving toward Line of Dance.

Can be done with either foot, moving to either side.

TWIRL/VINE 3 Man does a Vine 3, (SD, BEH, SD) while leading lady to twirl right-face in 3 steps.

THRU, FACE, CLOSE Thru to Face, Side, Close; (also called Thru, Side, Close)

Both step through with inside feet, turning in to face each other, then Side, Close.

Note: Twirl/Vine and Thru,Face,Close are often used together.

CANTER Side, Draw, Close;

Only 2 weight changes take the full 3 beats of music.

Can be done with either foot, going in either direction.

If 2 are done together, both go in the SAME direction, starting with the SAME foot.

Note: Canter can also be forward or backward.