

Metamora Waltz

(United States version of Viennese)

This waltz is typical of the way many Americans incorporate figures from swing or salsa into their waltzing. It is also representational of the Stanford Viennese Ball opening waltz performed by students for the past 25 years.

Metamora, Indiana* is one of Richard's favorite American small towns, thus honoring the American tradition of morphing together elements of several dances into one. (*Michigan and Illinois also have a Metamora.)

Music: *Vintage Dance Music, Richard Powers, Stockton 2004, Band 1.* 3/4 meter
 Kalia's Waltz by Jon Berger, performed by Brassworks Band
 Tempo: 136 bpm.

Formation: Cpls, in Ballroom pos.

Meas

Pattern

4 meas INTRODUCTION No action.

A1

1-4 CW Rotary Waltz, beginning M backing with L, W fwd R, rotating one and three-quarters turns.

5-6 Balance, W swaying CCW in twd the ctr of the hall with a backing waltz step then swaying CW away from the ctr, ending in the "outside lane" (M facing out). At the very end, M raises his L, her R arm to lead:

7-8 W's double underarm turn traveling twd LOD with canter pivot steps (R-L, R-L, both in S-Q timing).

A2

M "tracks" her pivot rotation so he can smoothly slide into waltz pos in front of her to:

1-6 Repeat the Fig A1, meas 1-6.

7-8 W's single underarm turn traveling twd LOD with a waltz step (not pivots) and stepping back L facing M, who finishes facing her and LOD in open 2-hand hold.

B1

1-2 In open 2-hand hold, balance fwd and bkwd.

3-4 Both facing away from ctr, M raises his L hand (lowers his R) and turns W under with an inside turn to exchange places, letting go of the low hand as he passes ptr. Ftwk: take 3 running waltz steps to pass and hold on the 4th backing step, facing ptr.

5-6 In open 2-hand hold, balance fwd and bkwd.

7-8 M raises his R hand (lowers his L) and turns himself under with an inside turn, backing in front of her to exchange places.

B2

1-2 In open 2-hand hold, balance fwd and bkwd.

3-4 M raises his L hand (lowers his R) and turns W under into W's Cradle (not letting go of the low hand this time).

5-6 W backs up as M waltz-walks fwd in a CW Wheel.

Metamora Waltz—continued

- 7 M raises and circles his L hand to let her unwind CW.
- 8 M raises and circles his R hand to let her unwind CW again, both facing LOD, W on the R side, keeping inside hands.

C1

- 1-2 Two running Waltz steps forward LOD, swinging held hands fwd then bkwd.
- 3 Throw held hands fwd again and release into individual Rollaway Canter Pivots (M turning CCW L-R, W CW R-L).
- 4-6 Repeat meas 1-3.
- 7-8 Two running Waltz steps forward LOD ending with held hands extended to the rear (against LOD).

C2 (a condensed version of A)

- 1-2 Take waltz pos to turn together in a Rotary Waltz, only once around.
- 3-4 W's double underarm turn traveling toward LOD with canter pivot steps.
- 5-6 Rotary Waltz once around.
- 7-8 W's single underarm turn waltzing forward toward LOD ending in open 2-hand hold.

D1

- 1-2 In open 2-hand hold, balance fwd and bkwd.
- 3-4 M's Wrap: M raises his R hand (lowers his L) and turns himself under, not letting go of the low hand.
- 5-6 M backs up as he leads her to waltz-walk forward in a CW Wheel.
- 7-8 M keeps only his R hand and leads her in, turning CW to unwind toward LOD. She has returned to her starting position and he ends facing LOD.

D2

- 1-2 In open 2-hand hold, balance fwd, and bkwd changing to R to R hands.
- 3-4 M swings her into Varsouvienne (Sweetheart) position: she waltz-turns only a half-turn to her L. Then both step back (his R, her L) on the second meas, both facing LOD.
- 5-7 Waltz Walk forward LOD in Varsouvienne Position.
- 8 M turns her CW by raising his L hand and lowering his R, then face-loops himself with his raised L hand to place her L hand on his shldr, taking waltz pos with his R arm.

Repeat the sequence from the top. (Note: the M need not complete closed waltz pos by taking her R hand in his L until partway through the initial rotation of the first waltz of A1.)

Begin the sequence a third time, only doing parts A and B, ending by slowing down the double-turn exit from the W's Cradle, facing ptr and bowing.

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