



### FIVE-STEP WALTZ and Variations

Recorded metronome settings of 144 & 152 beats/min.

The original Valse à Cinq Temps, as composed by Cellarius' friend Perrot, in London, around 1845.

**Man:** *Jeté* (small leap) L in front of partner  
 Step R directly behind L (3rd position)  
 Pivot so that L ends up directly behind R (3rd position), weight on L  
 Step R forward toward line of direction (no leap), possibly assisting lady's leap around in front of you (as you step R between her feet)  
 Hold weight on R, pivoting to the right, and glissade (brush) L through, from rear to front, which will swing up into another *jeté*.

This is a full turn (360°) in 4 steps, so you repeat beginning L again.  
 We will call this a "leap waltz" in 5/4 time (informally) for Troupe rehearsals.

**Woman:** *Jeté* (very small leap) R forward toward line of direction, between man's feet.  
 Cut L under R, as you turn to the right  
*Jeté* (almost in place) R, continuing to turn to the right (completing a half-turn)  
 Leap L around in front of gent, lifting R behind  
 Hold, closing R to L without weight, while pivoting on the L.

#### **Variation:**

Remove the leaping to achieve a smooth *valse à trois temps* for the first 3 counts, and a step-pivot for counts 4,5. We will call this a "smooth waltz" in 5/4 time.

#### **Variation:**

Reverse turning (counterclockwise) for either the leap or smooth waltzes.

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The Five-Step Waltz, as described by Ferrero ('59), Howe ('62), Hillgrove ('63) and others.

Note: Hillgrove's earlier books ('57 & '58) did not describe this; Howe's earlier book ('58) described the original *Valse à Cinq Temps*.

**Man:** Glide L forward in line of direction  
 Cut R under L, kicking L forward so that it is extended (straight leg), toe pointed to floor  
 Bring L back to 6th position, closed to the R leg (weight still on R)  
 Glide L forward, turning as a couple halfway around  
 Finishing the half-turn, close R to 6th position in front of the supporting L leg.

**Woman:** Same steps, executed on the opposite feet

Repeat on the opposite feet for the next 5 counts. We will call this the "mazurka step" in 5/4.

#### **Variation:**

Do these steps forward only, in half-open position (side-by-side) without turning. We will call this the "skater's mazurka step" in 5/4 time.