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BALLROOM DANCE NOTES -- WALTZ

The waltz was made traditional by the music of Johann Straus and originated in Germany and Austria even though other European countries lay claim to the waltz. Early use of the waltz in America was at the elegant social balls and cotillions. Waltz music is played in slow, medium, and fast tempo but the slow or medium tempo is preferred by most people. The fast waltz is a favorite of those who know the Viennese style.

Waltz Rhythm:

1. The waltz is played in 3/4 time. It has three beats per measure of music, with an accent on the first beat.

3/4 ¹

slow	slow	slow
1	2	3

Waltz Style:

It is a smooth dance with gliding quality of swinging and turning movement. The first step is a reaching step forward, backward, side-ward or turning. The first step receives the accent which gives the dance new impetus, its new direction, or change of step which can be readily seen and is the chief characteristic of the beauty of the waltz.

Dance or Variation

Rhythm or Directional Pattern

Forward Waltz	Fwd L	Fwd R	Cl L to R:	Fwd R	Fwd L	Cl R to L
	S	S	S	S	S	S

Cue: Forward, Forward, Close
The pattern may go either forward or backward

Box Waltz	Fwd L	Swd R	Cl L to R:	Bwd R	Swd L	Cl R to L
	S	S	S	S	S	S

Cue: Forward Side Close
Backward Side Close



Note: Side steps are short, forward steps quite long on first count, and short on second and third step

Waltz Box Turn	Fwd L (toe out, turn 1/4 turn L)	Swd R	Cl R to L:	Bwd R (toe in, turn 1/4 turn L)	Swd L	Cl R to L
	S	S	S	S	S	S

Cue: Turn side close, turn side close

Note: Accent first step by reaching into the turn with a longer step.
For the right turn, start with the right foot and reverse the pattern.

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Half Waltz Turn -- same as for box turn previously described except
 step ahead left pivoting 1/2 turn to left, slide
 right, close left; step right pivoting 1/2 turn,
 slide left, close right.

Waltz Balance -- (ladies go backward, then forward)

- S Step Fwd L
- S Step fwd R bringing foot even with heel of left and rise
on toes of both
- S Step in place with L

- S Step bwd R
- S Step bwd L bring foot even with heel of right and rising
on toes
- S Step in place with R

May be done sideways to left or right. Follow with waltz for-
 ward, box or turn. Balance steps should be small with weight
 on ball of foot.

Waltz Hesitation -- (ladies go backward, then forward) Step forward L,
 swing R forward to about one foot off the floor,
 pointing toe.

- S Step L fwd
- S Swing R fwd past L
- S Touch R lightly to floor, forward

- S Step R bwd
- S Swing L bwd past R
- S Touch L lightly to floor, backward

Swing leg smoothly and reach to an extended leg and toe
 Follow with waltz forward or box with turn and then repeat
 hesitation forward, backward, waltz, waltz.

Conversation Step --

From open position -

Fwd	Fwd	Fwd	Fwd	Sde	Close
1	2	3	1	2	3
L	R	L	R	L	R

Twinkle Step --

Fwd	Sde	Tog-end in open	Fwd	Sde	Close
1	2	3 position	1	2	3
L	R	L	R	L	R

Triple Twinkle -- Begin as twinkle above on first 1-2-3

Then:	Man	Fwd	Fwd	Tog	Lady	Fwd	Fwd	Pivot to L	Reverse
		1	2	3		1	2	3	Position
		R	L	R		L	R	L	

continued.

Triple Twinkle (cont.)

Man	-Bwd	Bwd	Tog
	1	2	3
	L	R	L

Lady	- Fwd	Fwd	Pivot to	Conversation
	1	2	3	Position
	R	L	R	

Man	-Fwd	Sde	Cl
	1	2	3
	R	L	R

Lady	- Fwd	Sde	Cl
	1	2	3
	L	R	L

Hollywood Turn -- Man does Conversation Step

Fwd	Fwd	Fwd
1	2	3
L	R	L

And he leads lady in an underarm turn (turns to her right)

Then: Man - Cross in Front Sde Close

1	2	3
R	L	R

Lady- same as man but starts with L foot

Spanish Cross Forward and Backward --

Waltz box

S Cross L over R (lady steps right back of left) Right reverse position

S Slide R to side

S Close left with slight turn to L

S Cross R over L (lady steps left back of right) Left reverse position

S Slide L to side

S Close turning slight to R

Repeat to left and to right, follow with 4 waltz steps

Scissors Step --

Man - S Step L diagonally across of R

S Step R swd (left reverse position)

S Close L to R

S Step R diagonally across in front

S Step L swd (right reverse position)

S Close R to L

Lady- S Step R diagonally across in back of L

S Step L swd

S Close R to L

Repeat L diagonally across in back of R

Lead: Man leads into right reverse position from the back of a normal box step and is therefore ready to begin this pattern. He leads into each change of direction on the second beat of the measure.

Cue: cross side pivot
cross side pivot

continued...

Weaving Step --

Fwd L Swd R Cl L to R; Cross R over L Swd L Cl R to L;
S S S

Cross L over R Swd R
S S

Cl L to R; Cross R over L, Swd L Cl R to L
S S S S



Start

Lead: turn into open position for first step, man drops right arm and leads through with his left hand on the second cross step, then reverse to open position for third cross step

Note: cross steps are in front for lady also.

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Continued

cross side pivot
cross side pivot