

Presented by Bill Pillich

WALTZ

Walk

1. Walking in waltz time (accent the first beat of each 3 beats)
2. Walking in different directions (still in 3/4 meter)
3. Walking with a partner using different dance positions.
4. Analysis of style and quality

Hesitation - Waltz Balance

1. Swinging and rocking - to shift weight from one foot to the other
2. Throwing "underhand" as in softball (notice the down swing)
3. Hesitation waltz - swing quality - down up
4. Waltz Balance - step on all beats - still accent the first beat - quality: down, up, up.
5. Principles involved in turning C.W. and C.C.W.
6. With partners using different dance positions and with turns- CW and CCW.

Combinatinnns

1. Simple combinations using various dance positions
2. Simple combinations including turning - CW and CCW

"Falling" into a Waltz Turn

1. Quality of "rise and fall" - forward:back:not to the side
2. Review of mechanical principles of turning while progressing in line of direction.  
Man should step back on left foot toward LOD then forward on right foot toward LOD.
3. Analysis of basic waltz; forward, side, close (Waltz Box)

Additinnal Waltz Possibilities

1. Draw, step as done in Tango
2. Corte or dip
3. Breaks as done in Rhumba
4. Crossing feet (in front and back) on different counts
5. Change in speed - accelerate to Viennese
6. Spot turns
7. Pivot turns