

Introduction to waltz by Brian & Meghan: <https://youtu.be/uarhZB9QbN0>

Waltz basics: closed position, connection & frame, $\frac{3}{4}$ time | 1 2 3 | 4 5 6 | (1 step/count)

Waltz Box: Leader - forward,side,close back,side,close

Follower - back,side,close forward,side,close

flat, ball, heel flat, ball, heel

1 2 3 4 5 6

Maintain a good frame to support lead & follow.

Closed position facing and offset.

Left Turning Box.

Underarm Turn.

Underarm Turn and Complete a Left Turning Box.

Progressive Box.

Partial & Overturn Left-Turning

TIPS

1. Be aware that your partner might not know the moves, and be ready to adjust.
2. Counting 1,2,3,4,5,6 lets you know when you are on count 1 & 4 to start a new move.
3. Move from flat footed to ball of trailing foot on counts 2 & 5, heel down on 3 & 6.
4. While dancing, think about a move to do next, give yourself time with a box or progressive box to prepare and smoothly flow into the next move.
5. All of the moves we've learned may be done in the center of the floor, and used to move around in the center of the floor.
7. You can perform the moves we've learned in a different order - it's up to you.
8. Try to name and picture the moves that we've learned.