

Ballroom Waltz

Waltz music has 3 beats to the bar at about 30 bars per minute.

The basic rhythm is slow-slow-slow which is shown below as 123. However, in some figures there are 4 steps where the second or third slow is replaced with two quicks and is shown below as 1&23 or 12&3.

Man's
Start Timing

Section 1: Reverse Turns to Impetus

Two Rvs Turns	LF	123123	Start facing wall, end facing wall
Whisk	LF	123	
Wing	RF	123	
Chasse to Right	LF	12&3	Turn about 180 during chasse
Back Lock	LF Back	12&3	Lady o/s
Last 3 steps of Weave	LF back	123	Lady RF o/s
123 of Nat Turn	RF o/s lady	123	End backing LOD
Open Impetus	LF back	123	End in PP weight on front feet

Section 2: Chair to Spin Turn

Chair	RF	123	Check on 1. End in PP, weight on back feet
Contra Check	LF	123	Check on 1. End in PP, weight on front feet
Chassé to Left	RF	12&3	Turn lady gradually on chasse
Spin Turn	RF o/s lady	123*3	End facing new LOD

Start again with Section 1

OR MOVE ON TO

Section 3: PP Spin Turn to Spin Turn

Dance a PP Spin Turn instead of Spin Turn at end of Section 2.

PP Spin Turn	RF o/s lady	123123	
			End in PP facing half way between centre of room and down LOD
Weave	RF	123123	Apart from 1, turn to left on all other steps
			Move down room end in BH ready to go o/s lady
(Apart from the final Spin Turn the following is from the Woodside Waltz)			
Natural turn	RF	123	Turn to R
Hesitation turn	LF back	123	Turn to R. Hesitate on 3. Back to wall.
Two Rvs turns	LF	123123	End facing wall
Whisk, Wing, Open Telemark	LF	123*3	End in PP facing down LOD
Hover, Closed Contra	RF thro.	123123	End ready to go o/s lady

Spin turn	RF o/s lady 123*3	MUST spin to new LOD!
-----------	-------------------	------------------------------

Section 4: Whisk to Spin Turn

Whisk	LF	123	End in PP along new LOD
Chassé to left	RF	12&3	Along LOD turning lady slowly
Spin Turn in corner	RF o/s lady 123*3		MUST spin to new LOD!

Start again with Section 1

OR MOVE ON TO

Section 5: Turning Lock to Outside Spin

After the Chasse to Left above in Side 4

1 st 3 steps of Spin Turn		123	
Three step turn	LF back	123	End backing LOD
Turning lock to PP	RF back	1&23	End facing centre of room in PP Lady turn on 23 of lock
Weave	RF	123123	Apart from 1, turn to left on all other steps
End in BH with Man ready to step o/side Lady			
Fwd basic o/s lady	RF	123	End backing LOD
2*Three step turns	LF back	123123	
End in Viennese Cross, RF behind LF facing LOD. Lady LF in front of RF			
Hesitation change	LF	123	Turn to back to corner, hesitate on 3
Back lock	LF back	12&3	Straight back into corner
Outside spin	LF back	123	180 natural turn, (rock turn)
Back lock, end in PP	RF back	1&23	end in PP on 3

Section 6: Outside Spin to Spin Turn

Outside Spin as above

Chasse to left	RF thro.	12&3	Along LOD turning lady slowly
Spin Turn	RF o/s lady 123*3		MUST spin out to new LOD!

Start again with Section 1

Other Combinations

Whisk + Open Chassé (end in PP)

Whisk (+ Open Chassé) + Wing + Telemark (closed or open)

Whisk (+ Open Chassé) + Wing + Chassé to R

Whisk (+ Open Chassé) + Weave

King Charles Routine:

Whisk, syncopated whisk, wing, open telemark, o/s check from PP, back whisk, chasse, spin turn

Engagement Waltz Routine:

Whisk, open chasse, hover and turn, ronde, slip pivot, o/s lady into spin turn