

Waltz

3 Beats to a bar

3 bars to each Section

The first beat of each bar is emphasised with a **long stride** and downward movement

Beats 2 and 3 are both shorter steps and rise onto the balls of the feet

Think – **Down Up Up, Down Up Up**

Lead Starts facing the wall

Natural Turn Clockwise	1	2	3	1	2	3	1	2	3
	Forward (Right)	Side	Together	Back (Left)	Side	Together	Forward (Right)	Side	Together
Reverse Turn Anti-Clockwise	1	2	3	1	2	3	1	2	3
	Forward (Left)	Side	Together	Back (Right)	Side	Together	Forward (Left)	Side	Together

Follow Starts facing the centre

Natural Turn Clockwise	1	2	3	1	2	3	1	2	3
	Back (Left)	Side	Together	Forward (Right)	Side	Together	Back (Left)	Side	Together
Reverse Turn Anti-Clockwise	1	2	3	1	2	3	1	2	3
	Back (Right)	Side	Together	Forward (Left)	Side	Together	Back (Right)	Side	Together

A Few Tips:

Travel anticlockwise around the floor

The leader usually starts **facing direction of travel** or the wall

Followers start **facing backwards to direction of travel** or to the centre of room

Pull up from the chest and have your hips slightly forward

Leading is mainly done with the torso so your right sides should be touching (no gapping)

Keep your head up and slightly to the left looking over your partners right shoulder

Look up. Rest your eyes on where the ceiling meets the wall - Never look at your feet

Try to keep your feet on the ground all the time so that you glide across the floor

Hold your frame without leaning on your partner – shoulders relaxed, arms up.

On the count of ONE the long forward stride is taken between the follower's legs