

Free Style Ballroom Amalgamations

1. SD, DRAW, TCH (L & R);; BOX;;
FWD, DRAW, TCH ; BK, DRAW, TCH;
BOX;;
2. PROGRESSIVE BOX;; BOX;;
3. 2 FWD WALTZES;; BOX;;
4. LEFT TURNING BOX ;;;
5. 2 FWD WALTZES;; 1/2 L TURNING BOX;;
2 FWD WALTZES;; 1/2 L TURNING BOX;;
6. 2 PROG TWINKLES;; BOX;;
7. 2 LEFT TURNS;; HOVER; PICKUP;
8. 2 FWD WALTZES;; 2 LEFT TURNS;;
BOX;; HOVER; PICKUP;
9. DIAMOND TURN;;;
10. FWD WALTZ; MANEUVER;
1 RIGHT TURN; 1 FWD WALTZ;
11. FWD WALTZ; MANEUVER;
SPIN TURN; BOX FINISH;

WALTZ

GENERAL:

The music is written in 3/4 time, i.e. 3 beats to a measure. Normally 3 steps are taken to each measure of music.

TECHNIQUE:

Major characteristics of Waltz are the rhythmic rise and fall with the low point being through count 1, beginning to rise at the end of count 1, continuing to rise through count 2, continuing to rise to the highest point on count 3, lowering at the end of count 3.



CENTRE ROUNDS

Introductory Waltz Basics

Carter & Ruby Ackerman



CENTRE ROUNDS

Sponsor:

Centre Region Parks & Recreation (231-3071)

Instructors:

Carter & Ruby Ackerman (238-8949)

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WALTZ

INTRODUCTORY BASICS

Box	Lunge
Box Finish	Maneuver
Diamond Turn	Pickup
Dip	Progressive Box
Forward Waltz	Right Turns
Hover	Side Draw Touch
Left Turns	Spin Turn
Left Turning Box	Twinkle

BOX;;

M: Fwd L, Sd R, CI L; Bk R, Sd L, CI R;
W: Bk R, Sd L, CI R; Fwd L, Sd R, CI L;

BOX FINISH;

M: Bk R, Sd L, CI R;
W: Fwd L, Sd R, CI L;

DIAMOND TURN;;; (Done in BJO position)

M: Fwd L, Sd R, Bk L; Bk R, Sd L, Fwd R;
Fwd L, Sd R, Bk L; Bk R, Sd L, Fwd R;
W: Bk R, Sd L, Fwd R; Fwd L, Sd R, Bk L;
Bk R, Sd L, Fwd R; Fwd L, Sd R, Bk L;

DIP;

M: Bk L (lower), Hold, Hold;
W: Fwd R (lower), Hold, Hold;

FORWARD WALTZ;

M: Fwd L, Fwd & Sd R, CI L;
W: Bk R, Bk & Sd L, CI R;
(can start with either foot)

HOVER;

M: Fwd L, Fwd & Sd R (rising), Rec L (SCP);
W: Bk R, Bk & Sd L (rising), Rec R (SCP);

LEFT TURNS;;

M: Fwd L (turning LF), Sd R (turning LF), CI L;
Bk R (turning LF), Sd L (turning LF), CI R;
W: Bk R (turning LF), Sd L (turning LF), CI R;
Fwd L (turning LF), Sd R (turning LF), CI L;
(3/4 to full turn over 2 meas.)

LEFT TURNING BOX;;;

M: Fwd L (turn 1/4 LF), Sd R, CI L;
Bk R (turn 1/4 LF), Sd L, CI R;
Fwd L (turn 1/4 LF), Sd R, CI L;
Bk R (turn 1/4 LF), Sd L, CI R;
W: Bk R (turn 1/4 LF), Sd L, CI R;
Fwd L (turn 1/4 LF), Sd R, CI L;
Bk R (turn 1/4 LF), Sd L, CI R;
Fwd L (turn 1/4 LF), Sd R, CI L;

LUNGE

A 1 count figure stepping Fwd, Bk or Sd,
bending knee & checking motion.

MANEUVER;

M: Fwd R (turn RF), Fwd L (turn RF-face RLOD), CI R;
W: Bk L (turn RF), Bk R (turn RF), CI L;

PICKUP;

M: Fwd R, Sd L, CI R;
W: Fwd L (Turning 1/2 LF to CP), Sd R, CI L;
(Sometimes cued "Pickup Side Close")

PROGRESSIVE BOX;;

M: Fwd L, Sd R, CI L; Fwd R, Sd L, CI R;
W: Bk R, Sd L, CI R; Bk L, Sd R, CI L;

RIGHT TURNS;;

M: Bk L (turning RF), Sd R (turning RF), CI L;
Fwd R (turning RF), Sd L (turning RF), CI R;
W: Fwd R (turning RF), Sd L (turning RF), CI R;
Bk L (turning RF), Sd R (turning RF), CI L;
(3/4 to full turn over 2 meas.)

SIDE, DRAW, TOUCH; [Also FWD & BACK]

M: Sd L, Draw R to L (no wt chg), tch R;
Sd R, Draw L to R (no wt chg), tch L;
W: Sd R, Draw L to R (no wt chg), tch L;
Sd L, Draw R to L (no wt chg), tch R;

SPIN TURN;

M: Bk & Sd L (RF Pivot), Fwd & Rise R, Sd & Bk L;
W: Fwd R (RF Pivot), Bk & Rise L, Sd & Fwd R;

TWINKLE;

Front Twinkle: CROSS IN FRONT, SD, CL;
Back Twinkle: CROSS IN BACK, SD, CL;
2 Prog Twinkles: M: Front Twinkle Twice ;; (L,R,L;R,L,R;)
(Progress Fwd) W: Back Twinkle Twice ;; (R,L,R;L,R,L;)
2 Bk Prog Twinkles: M: Bk Twinkle Twice ;; (L,R,L;R,L,R;)
(Progress Bkwd) W: Front Twinkle Twice ;; (R,L,R;L,R,L;)

ABBREVIATIONS

Fwd: Forward	LOD: Line Of Dance
Bk: Back	RLOD: Reverse Line Of Dance
Sd: Side	DLW: Diagonal LOD & Wall
Cl: Close	OP: Open Position
M: Man	CP: Closed Position
W: Woman	BJO: Banjo Position
L (R): Left (Right)	SCAR: Sidecar Position
LF(RF): L (R) Face	SCP: Semiclosed Position
Tch: Touch	Rec: Recover

; Semicolon indicates end of a measure
, Comma divides a measure into counts

INTRODUCTORY DANCES

KISS IN THE DARK

INTRO: (CP/LOD) SD, DRAW, TCH (L&R);;
A: (CP/LOD) BOX;; (SCAR/DLW)
2 PROG TWINKLES;;
(CP/LOD) LEFT TURNING BOX;;;
B: (CP/LOD) 2 FWD WALTZES;;
1/2 LEFT TURNING BOX;;
(CP/RLOD) 2 FWD WALTZES;;
1/2 LEFT TURNING BOX;;
ENDING: SIDE LUNGE & HOLD;

FASCINATION

INTRO: (CP/LOD) SD, DRAW, TCH (L&R);;
A: (CP/LOD) LEFT TURNING BOX;;;
(CP/LOD) 2 FWD WALTZES;;
2 LEFT TURNS;; (CP/Wall) BOX;;
(CP/Wall) HOVER; PICKUP;
B: DIAMOND TURN (SCAR);;
2 PROG TWINKLES;;
(CP/DLW) HOVER; PICKUP;
ENDING: THRU to a SIDE LUNGE;

I COULD HAVE DANCED ALL NIGHT

INTRO: (OpFc/DLW) FWD, TCH (CP), -;
BK 1/2 BOX (CP/LOD);
A: (CP/LOD) 1 FWD WALTZ; MANUV;
1 R TURN; (CP/LOD) 1 FWD WALTZ;
[Option: SPIN TURN; BOX FINISH;]
2 LEFT TURNS;; HOVER; PICKUP;
B: DIAMOND TURN (BJO);;
(CP/LOD) 2 FWD WALTZES;; BOX;;
ENDING: BK, DIP, HOLD;

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