

# AN INTRODUCTION TO THE WALTZ

Learn about the waltz and how to do the box step with these easy instructions.

## THE MUSIC

The waltz is written in  $\frac{3}{4}$  time. This means there are three beats to each measure. Each beat is counted as "1," "2," "3." The lead foot alternates with each measure, so "Left, 2, 3" then "Right, 2, 3." Because of this waltz steps are written in a series of six steps.

For classic waltz music, listen to music by Johann Strauss or Joseph Haydn. For more modern waltzes, try "Moon River," "Edelweiss," or even "Potter Waltz" on the soundtrack for *Harry Potter and the Goblet of Fire*.

## THE PARTNERS

When it was first danced, the waltz was quite scandalous! It was the first time a man and woman in English society danced publicly in an embrace. Today, the waltz is one of the most popular of all the ballroom dances.

## LESSON #1: CLOSED POSITION

Stand six inches from your partner. Turn to face your partner. The man puts his hand slightly beneath his partner's left shoulder blade with his right arm held at a 90-degree angle. The woman puts her left hand over the man's arm to rest comfortably on the man's shoulder. Her thumb should be on the inside of his shoulder, her fingers on the outside. Her right hand rests in the man's hand. She should look over the man's right shoulder.

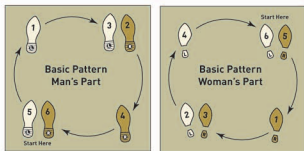
## LESSON #2: LEADING AND FOLLOWING

The leader decides which steps to use and controls the direction around the dance floor. The leader starts each new pattern with his left foot. Followers must remember to let the leader lead and to take straight steps, either backwards or forwards.

## LESSON #3: THE BOX STEP

Using the three count, follow these steps:

| COUNT | MAN               | WOMAN             |
|-------|-------------------|-------------------|
| 1     | left foot forward | right foot back   |
| 2     | right foot side   | left foot side    |
| 3     | left foot close   | right foot close  |
| 4     | right foot back   | left foot forward |
| 5     | left foot side    | right foot side   |
| 6     | right foot close  | left foot close   |



To learn more waltz steps, visit <http://www.dancetv.com/tutorial/waltz/index.html>



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