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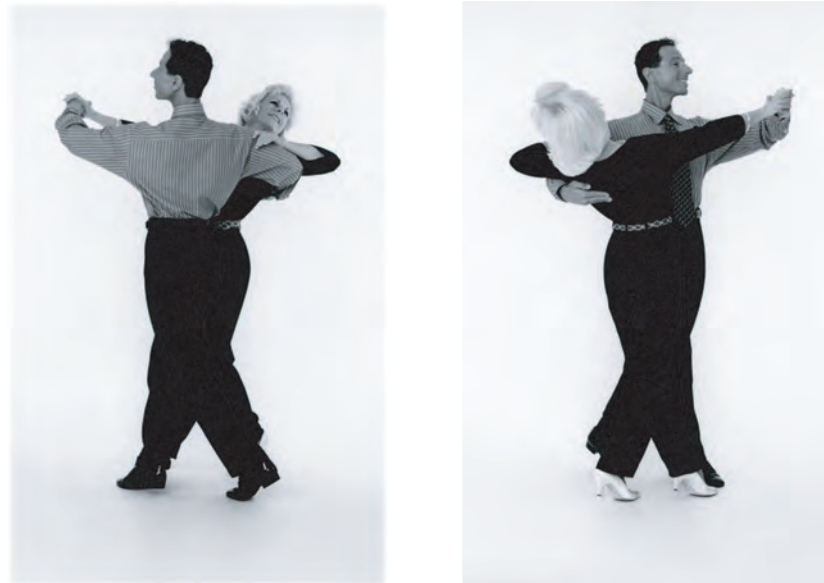
**Closed Position**



**Promenade Position**



**Fallaway Position**



**Right Outside Position**



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## Waltz Facts

### History

Until the 18th century, dance was strictly divided between courtly and country forms. In the courts, dances like the Minuet were refined affairs with an elaborate language of bows and curtsies. There was little physical contact between dancers, and proper form, like turned-out feet, was considered essential. Everything changed with the Waltz.

The name Waltz came from the Italian word “volver,” meaning to turn or revolve. It evolved from a German and Austrian peasant dance called the Landler, and was the first widely popular dance to feature a closed position. Because of this close hold, Waltz was denounced as scandalous and immoral.

The Waltz was ultimately standardized with the Box pattern and the dance hold we know today. The Waltz dominated much of the European and American dance scene until the First World War, when the Tango and Foxtrot enraptured a whole new generation.

### Dance Characteristics

Waltz is characterized by rise and fall and sway. The feet stay in contact with the floor, creating a smooth, gliding look. Waltz has an elegant gracefulness with a romantic, and sometimes sad, feel.

### Musical Information

- Time Signature: 3/4
- Tempo: 30-32 mpm
- Count: 123, 123
- Beat Value: 1-1-1
- Alternative Teaching Count: 123, 456
- Counting in Beats and Bars: 123, 223, 323, 423, etc.

### Footwork

- **Basic**
  - Starting forward: Heel Toe, Toe, Toe Heel
  - Starting backward: Toe Heel, Toe, Toe Heel
- **Chassé**
  - Starting forward: Heel Toe, Toe, Toe, Toe Heel
  - Starting backward: Toe Heel, Toe, Toe, Toe Heel

### Waltz Technical Tips

- **Rise and Fall:**
  - Rise should be smooth, gradual and high onto the toes.
  - There is no foot rise on back steps on count 1, only commencement of body rise.
  - The five main types of rise and fall used in Waltz are:
    1. Basic: Commence to rise e/o 1 (no foot rise on back steps), Continue to rise on 2 & 3, Lower e/o 3.
    2. Balance Steps: Commence to rise e/o, NFR, continue to rise on 2, NFR, lower on 3.
    3. Chassé: Commence to rise e/o 1 (no foot rise on back steps), Continue to rise on 2 & 3, Up on 4, Lower e/o 4.
    4. Delayed Rise: No rise on 1, Rise on 2, Up on 3, Lower e/o 3 (used in the Fallaway and Box).
    5. Continuity: Commence to rise e/o 1 (no foot rise on back steps), Continue to rise on 2, Up on 3, Lower e/o 3 (used in Box with Underarm Turn for Follower on 2<sup>nd</sup> and 3<sup>rd</sup> measure)
- **Sway:** Initiate sway from the swing of the hips, making sure not to break at the waist.
- **Forward Walks:** Weight is taken on the moving foot, rolling from the back of the heel to the front of the foot, making contact with all parts of the foot.
- **Movement:** Initiate movement on count 1 from the standing leg to create powerful strides.
- **Musicality:** It is best to start dancing at the beginning of a 4-measure (12-count) phrase.

### Waltz General Technical Tips

- **Posture:** Both partners are upright with spines lengthened up through the crown of the head with shoulders blades down and keeping the ribcage flat. Leaders should have a forward poise with their blocks of weight aligned. Followers should have a fully stretched spine, angled slightly leftwards, without tipping the shoulders.
- **Frame:** Leader's frame should be wide from elbow to elbow, maintaining width across both the back and the chest. Follower's arms should be light and responsive in the Leader's frame. For more details on the Closed Position frame, see: *Dance Position Definitions*.
- **Promenade:** Create Promenade Position by rotating the body – not pushing with the arms, which results in breaking your frame.

Many Smooth figures can be danced in multiple dances, often by just changing the count. Sometimes the entrance or exit of the figure will need to be modified. This is a fun and easy way to greatly expand your repertoire. Use this list to add figures to your Waltz.

From this Dance	Figure
Foxtrot	2 Promenade (dance a side balance on the first measure)
	3B Rock Turn to Right (dance a back balance on the first measure)
	6B Zig Zag Outside Partner (dance a forward balance on the first measure and a back balance on the third measure)
	9 Fallaway Twinkles
	10 Promenade Twinkles
	11. Turning Twinkles to Outside Partner (dance a back balance on the third measure)
	12 Promenade Twist (dance a side balance on the first measure)
	14 Promenade Pivot (dance a side balance on the first and third measures)
	15B Running Steps in Box Rhythm
Viennese Waltz	2B Fifth Position Breaks with Underarm Turn
	3 Left Turn
	5A Crossbody Lead
	5B Crossbody Lead with Underarm Turn
	6 Hand To Hand
	7B Backward Progressive Changes
	9 Change of Place

**Sample DVIDA Bronze American Waltz Routine  
(For DVIDA Professional Examinations Figures 1-15)**

FIGURE	TIMING	STARTING ALIGNMENT	ENDING ALIGNMENT	NOTES
WALL 1				
Natural Turn	123 x 4	FDW	FDC	
Fallaway and Box	123 x 4	FDC	FLOD	No turn on last meas
Progressive	123 x 2	FLOD	FLOD	
Two Way Underarm Turn	123 x 6	FLOD	FDW	No turn for Leader on last meas
Balance and Box	123 x 2	FDW	FDW NLOD	
WALL 2				
5 <sup>th</sup> Position Breaks	123 x 2	FDW	FDW	
Twinkle and Weave	123 x 4	FDW	FLOD	
Left Turning Box	123 x 4	FLOD	FLOD	
Box with Underarm Turn	123 x 4	FLOD	FDW NLOD	Turn 1/8 L on 4 <sup>th</sup> meas
WALL 3				
Grapevine	123 x 2	FDW	FDW	
Simple Twinkle	123 x 2	FDW	FDW	
Face to Face, Back to Back	123 x 6	FDW	F NLOD	Turn 1/8 L on 1 <sup>st</sup> meas
WALL 4				
Balance Steps - Side to Side	123 x 2	FLOD	FLOD	
Right Box Turn	123 x 6	FLOD	FLOD	
Box Step (Straight)	123 x 2	FLOD	FLOD	
Progressive Twinkles	123 x 4	FLOD	FLOD	
Balance Steps - Forward & Back	123 x 2	FLOD	FLOD	
Balance and Box	123 x 2	FLOD	FDW NLOD	Turn 1/8 L on 2 <sup>nd</sup> meas
WALL 5				
Promenade Chassé	123, 12+3, 123	FDW	FDW	
Turning Twinkles	123 x 3	FDW	FDW	omit last meas
Promenade Chassé	12+3, 123	FDW	FDW	omit 1 <sup>st</sup> meas of school figure
Balance and Box	123 x 2	FDW	FDC	
Reverse Turn	123 x 2	FDC	FDW	

Routine may continue from Wall 1 starting with the Two Way Underarm Turn, making 1/8 turn L on 1<sup>st</sup> Meas.

## Precedes And Follows For Waltz Choreography

<b>Figures that commence:</b>	<b>Figures that end:</b>
<b>Facing LOD:</b>	<b>Facing LOD</b>
<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 2. Progressive</li> <li>• 3A. Left Turning Box</li> <li>• 3B. Right Turning Box</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and Box</li> <li>• 5. Simple Twinkle</li> <li>• 6. Two-Way Underarm Turn</li> <li>• 7. Face to Face - Back to Back</li> <li>• 10. Progressive Twinkles</li> <li>• 11. Turning Twinkles</li> </ul>	<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 2. Progressive</li> <li>• 3A. Left Turning Box</li> <li>• 3B. Right Turning Box</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and Box</li> <li>• 5. Simple Twinkle</li> <li>• 7. Face to Face - Back to Back (at a corner to end F new LOD)</li> <li>• 10. Progressive Twinkles</li> <li>• 11. Turning Twinkles</li> <li>• 14. Fallaway and Box (making no turn on last measure of box)</li> <li>• 15. Twinkle and Weave</li> </ul>
<b>Facing DW</b>	<b>Facing DW</b>
<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 2. steps 1-3 of Progressive</li> <li>• 3A. Left Turning Box</li> <li>• 3B. Right Turning Box</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and Box</li> <li>• 5. Simple Twinkle</li> <li>• 6. Two-Way Underarm Turn</li> <li>• 7. Face to Face - Back to Back</li> <li>• 9. Natural Turn</li> <li>• 10. Progressive Twinkles</li> <li>• 11. Turning Twinkles</li> <li>• 12. Grapevine</li> <li>• 13. Promenade Chasse</li> <li>• 15. Twinkle and Weave</li> </ul>	<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 2. steps 1-3 or 1-6 of Progressive</li> <li>• 3A. Left Turning Box (making only 1/8 turn on last measure)</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and BOX (when starting FW and making 1/8 turn on box)</li> <li>• 5. Simple Twinkle</li> <li>• 6. Two-Way Underarm Turn</li> <li>• 8. Reverse Turn</li> <li>• 9. Natural Turn (at a corner to face DW new LOD)</li> <li>• 11. Turning Twinkles</li> <li>• 10. Progressive Twinkles (at a corner, making no turn on last measure to end FDW new LOD)</li> <li>• 12. Grapevine</li> <li>• 13. Promenade Chassé</li> <li>• 14. Fallaway and Box (at a corner)</li> </ul>

### Precedes And Follows For Waltz Choreography (Continued)

<b><i>Figures that commence:</i></b>	<b><i>Figures that end:</i></b>
<b>Facing Wall</b>	<b>Facing Wall</b>
<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 3A. Left Turning Box</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and Box</li> <li>• 5. Simple Twinkle</li> <li>• 6. Two-Way Underarm Turn</li> <li>• 7. Face to Face - Back to Back</li> <li>• 11. Turning Twinkles</li> <li>• 13. Promenade Chassé</li> </ul>	<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight) (by starting and ending FW)</li> <li>• 1B. Box with Underarm Turn (at a corner)</li> <li>• 3A. Left Turning Box (by starting and ending FW, or by underturning)</li> <li>• 4A. Balance Steps: Forward, Back, Side to Side (by starting and ending FW)</li> <li>• 4B. Balance and Box (by starting F ALOD)</li> <li>• 5. Simple Twinkle</li> <li>• 6. Two-Way Underarm Turn</li> <li>• 7. Turning Twinkles</li> <li>• 8. Promenade Chassé</li> <li>• 9. Twinkle &amp; Weave (at a corner)</li> <li>• 10. Fallaway and Box (at a corner and underturning last measure)</li> <li>• 11. Progressive Twinkles (at a corner)</li> </ul>
<b>Facing DC</b>	<b>Facing DC</b>
<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 2. Progressive</li> <li>• 3A. Left Turning Box</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and Box</li> <li>• 8. Reverse Turn</li> <li>• 14. Fallaway and Box</li> </ul>	<ul style="list-style-type: none"> <li>• 1A. Box Step (Straight)</li> <li>• 1B. Box with Underarm Turn</li> <li>• 2. Progressive</li> <li>• 4A. Balance Steps</li> <li>• 4B. Balance and Box</li> <li>• 5. Simple Twinkle</li> <li>• 7. Face to Face - Back to Back (at a corner, to end FDC new LOD)</li> <li>• 9. Natural Turn</li> <li>• 10. Progressive Twinkles (no turn on last measure)</li> <li>• 11. Turning Twinkles</li> <li>• 14. Fallaway and Box</li> <li>• 15. Twinkle and Weave</li> </ul>

### 1A. BOX STEP (STRAIGHT) - LEADER

Commence in CP, F LOD										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	LF forward	CP	F LOD	Nil	Com to rise e/o 1	HT	1	S	Nil	1 <sup>st</sup> Meas: 1 <sup>st</sup> half of Box
2	RF to side	CP	B ALOD	Nil	Cont to rise on 2 and 3	T	2	L	Nil	
3	LF closes to RF	CP	B ALOD	Nil	Lower e/o 3	TH	3	L	Nil	
4	RF back	CP	B ALOD	Nil	Com to rise e/o 4, NFR	TH	1	S	Nil	2 <sup>nd</sup> Meas: 2 <sup>nd</sup> half of Box
5	LF to side	CP	F LOD	Nil	Cont to rise on 5 and 6	T	2	R	Nil	
6	RF closes to LF	CP	F LOD	Nil	Lower e/o 6	TH	3	R	Nil	

**Notes for Leader and Follower:** 1. May commence in other alignments.

2. Alignment on steps 2 and 3 may also be given as F LOD (B LOD for Follower), and Alignments on steps 5 and 6 may also be given as B ALOD (F ALOD for Follower).

### 1A. BOX STEP (STRAIGHT) - FOLLOWER

Commence in CP, B LOD										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	RF back	CP	B LOD	Nil	Com to rise e/o 1, NFR	TH	1	S	Nil	1 <sup>st</sup> Meas: 1 <sup>st</sup> half of Box
2	LF to side	CP	F ALOD	Nil	Cont to rise on 2 and 3	T	2	R	Nil	
3	RF closes to LF	CP	F ALOD	Nil	Lower e/o 3	TH	3	R	Nil	
4	LF forward	CP	F ALOD	Nil	Com to rise e/o 4	HT	1	S	Nil	2 <sup>nd</sup> Meas: 2 <sup>nd</sup> half of Box
5	RF to side	CP	B LOD	Nil	Cont to rise on 5 and 6	T	2	L	Nil	
6	LF closes to RF	CP	B LOD	Nil	Lower e/o 6	TH	3	L	Nil	

### 1B. BOX WITH UNDERARM TURN - LEADER

Commence in CP, F LOD										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	LF forward	CP	F LOD	Nil	Com to rise e/o 1	HT	1	S	Nil	1 <sup>st</sup> Meas: 1 <sup>st</sup> half of Box
2	RF to side	CP	B ALOD	Nil	Cont to rise on 2 and 3	T	2	L	Nil	
3	LF closes to RF	CP	B ALOD	Nil	Lower e/o 3	TH	3	L	Nil	
4	RF back	FacP	B ALOD	Nil	Com to rise e/o 4, NFR	TH	1	S	Nil	2 <sup>nd</sup> Meas: 2 <sup>nd</sup> half of Box (start of Follower's UAT R)
5	LF to side	Prep for FUATR	F LOD	Nil	Cont to rise on 5 and 6	T	2	R	Nil	
6	RF closes to LF	UAT	F LOD	Nil	Lower e/o 6	TH	3	R	Nil	
7	LF forward	UAT	F LOD	Nil	Com to rise e/o 7	HT	1	S	Nil	3 <sup>rd</sup> Meas: 1 <sup>st</sup> half of box (e/o Follower's UAT R)
8	RF to side	UAT	B ALOD	Nil	Cont to rise on 8 and 9	T	2	L	Nil	
9	LF closes to RF	Prep for CP	B ALOD	Nil	Lower e/o 9	TH	3	L	Nil	
10	RF back	CP	B ALOD	Nil	Com to rise e/o 10, NFR	TH	1	S	Nil	4 <sup>th</sup> Meas: 2 <sup>nd</sup> half of Box
11	LF to side	CP	F LOD	Nil	Cont to rise on 11 and 12	T	2	R	Nil	
12	RF closes to LF	CP	F LOD	Nil	Lower e/o 12	TH	3	R	Nil	

**Lead:** Leader releases R hand from Follower's back at end of step 3, raising L arm between steps 4 and 5, to allow Follower to move forward under L arm, making a large clockwise circle, and to return to CP on steps 10-12.

**Note:** Alignment on steps 2, 3, 8, and 9 may also be given as F LOD. Alignment on steps 5, 6, 11, and 12 may also be given as B ALOD.

**Notes for Leader and Follower:** 1. May commence in other alignments.

2. Leader may turn 1/4 L on 3<sup>rd</sup> measure (Follower will make 3/4 turn to R over steps 4-9), in which case Leader will have CBM on step 7, and Follower's foot positions on steps 7-9 will be: 7. RF. Forward, 8. LF to side, 9. RF closes to LF.

3. Up to 1/4 turn L may be made on the 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> measures.

## 1B. BOX WITH UNDERARM TURN - FOLLOWER

Commence in CP, B LOD										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	RF back	CP	B LOD	Nil	Com to rise e/o 1, NFR	TH	1	S	Nil	1 <sup>st</sup> Meas: 1 <sup>st</sup> half of Box
2	LF to side	CP	F ALOD	Nil	Cont to rise on 2 and 3	T	2	R	Nil	
3	RF closes to LF	CP	F ALOD	Nil	Lower e/o 3	TH	3	R	Nil	
4	LF forward	FacP	F ALOD	Nil	Com to rise e/o 4	HT	1	S	Nil	2 <sup>nd</sup> Meas: Start of UAT R
5	RF forward	Prep for FUATR	F C	1/4 turn R btw 4 and 5	Cont to rise on 5	T	2	L	5	
6	LF forward	UAT	F DC	1/8 turn R btw 5 and 6	Up on 6, lower e/o 6	TH	3	L	Nil	
7	RF forward	UAT	F DW	1/4 turn R btw 6 and 7	Com to rise e/o 7	HT	1	S	7	3 <sup>rd</sup> Meas: End of UAT R
8	LF forward	UAT	F DW ALOD	1/4 turn R btw 7 and 8	Cont to rise on 8	T	2	S	Nil	
9	RF forward	Prep for CP	F ALOD	1/8 turn R btw 8 and 9	Up on 9, lower e/o 9	TH	3	S	Nil	
10	LF forward	CP	F ALOD	Nil	Com to rise e/o 10	HT	1	S	Nil	4 <sup>th</sup> Meas: 2 <sup>nd</sup> half of Box
11	RF to side	CP	B LOD	Nil	Cont to rise on 11 and 12	T	2	L	Nil	
12	LF closes to RF	CP	B LOD	Nil	Lower e/o 12	TH	3	L	Nil	

**Notes:** 1. Follower commences to turn under Leader's raised L arm on step 5.

2. Alignment on steps 2 and 3 may also be given as B LOD.

3. Follower may add stylistic sway to the R on the 3<sup>rd</sup> measure (SRR).