



Waltz	
1. Purpose Of Dance?	
<p>2. Class Rules:</p> <p>a) Hard Sole Shoes Suggested</p> <p>b) Practice 1 Hour Per Week, Suggested</p> <p>c) Faster, Slower, New Turns</p> <p>d) <b>Still Standing Rule -</b></p> <p>Complete Turn = Success</p> <p>+ Reinforcement</p> <p>Practice 50 Times To Look Smooth</p>	

### 3. 4 Cs



a) **Cooperation** - Getting Along

b) **Courtesy**

Counter clockwise

Travel Outer Ring

Stationary Middle

c) **Compliment** Teacher: Ask Qs

d) **Counting**: Importance Of Counting

Synchronization –  
Keeping In Step

Getting Back In Step

### 3. Dance Position



Arm Position:

Knees Bent

Lean Back

Natural Opposite

Women's

first walk = right foot.

first triple = right foot.



Men's

first walk = left foot.

first triple = left foot.



## 4. Leading Theory



a) **2 Handed Leads**








b) **Twirling**

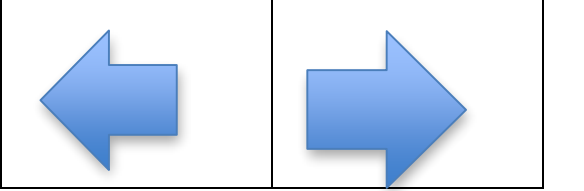
c) **Arm Tension –**



Keep Your Feet Under Your Shoulders

Keep Her In Front Of You

Tension Exercises

<h1>5. Arm Tension Theory</h1>		
		
<p>Equal but Opposite</p>	<p>Same for every form of dance</p>	
<p>Frame</p>	 <small>ClipartOf.com/225781</small>	
<p>Body Leads</p>		
<p>How do we move?</p>	<p>Without Arm Tension</p>	<p>Visual  Synchronized Swimming</p>
<p>Arm tension is how we move as a unit</p>	<p>With Arm tension</p>	<p>By Feel</p>

<p>6. Arm Tension Principles</p>	
<p>Arm Tension</p>	<p>Equal but Opposite</p>
<p>Dance Frame Men set arm tension</p>	<p>Women – Equal But Opposite Reaction (Newton’s Laws).  Muscle tone</p>
<p>Neutral is never neutral</p>	<p>One Pound of Pressure Basic Position</p>
<p>Men: Set a One Pound neutral arm tension</p>	<p>Women: Maintain equal but opposite arm tension</p>
<p>I want to feel your muscle tone  Connect your hands to your arms to your body core</p>	<p>Your hands have weight  Not size zero, lighter than a feather</p>
<p>Wherever I touch you</p>	<p>You Touch Me Back</p>

<b>7. Arm Tension Exercises</b>  Equal but Opposite  Arm Tension		
<b>Open Position</b>		Patty Cake
Forward		Back
Twirl		Corner
<b>Closed Position</b>	Billowed Sail  Maintain Connection	

8. Waltz



Music









What do we listen for in the music?

First Major Down Beat.

$\frac{3}{4}$  Time



<b>9. Step.</b>		<b>Footwork:</b>	
a) Feet	Count	c) Steps	d) Music - Timing
Long	Boom	Left	whole note 
Short	Tap	Right	half note 
Short	Tap	Left	half note 
Long	Boom	Right	whole note 
Short	Tap	Left	half note 
Short	Tap	Right	half note 

## 10. Waltz Step



### a) **Basic.**

Feet: Long, Short, Short

Feet: Long, Short (Slight Pass), Short

Music: Boom (Long), Tap (Short), Tap (Short)

Scruff Feet: sawdust noise

$\frac{3}{4}$  Time


Side To Side Waltz

Front To Back Waltz

Drama: Rise And Fall Of The Waltz

Bent Knee Glide

Gliding Step

<p>11. Waltz Turns</p>	
<p>Outside Twirl</p> <p>Inside Twirl</p>	
<p>Breakaway</p> <p>Breakaway Weaving</p> <p>Breakaway Weaving (Touch)</p>	
<p>Z Turn:</p>	