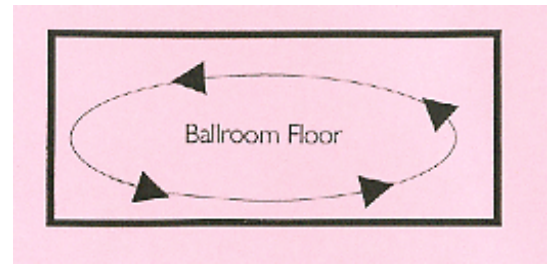


# The Waltz

- Partners move in a clockwise direction around each other
- Couples move in a counter-clockwise direction around the ballroom

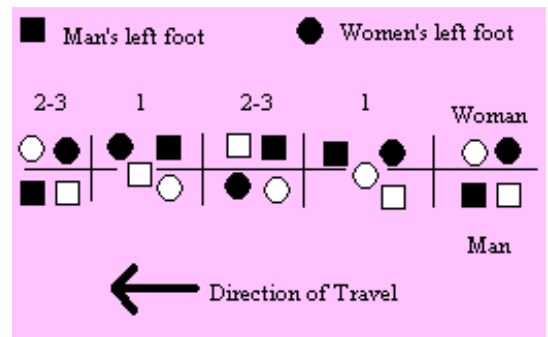


Count: 1 2 3 1 2 3 1 2 3 1 2 3 1 ...  
 Man: Large Small Small Small Small Small Large Small Small Small Small Small Large ...  
 Woman: Small Small Small Large Small Small Small Small Small Large Small Small Small ...

Action: Travel Pivot Pivot Travel Pivot Pivot Travel Pivot Pivot Travel Pivot Pivot Travel ...

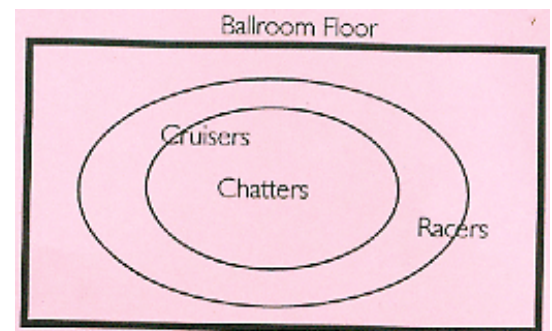
## Starting position

Gentleman's back toward the center of the room (he is facing out towards the wall). Lady's back towards the wall (she is facing in towards the center of the room). Gentleman's right hand is on the lady's backbone at the waist; lean back so that each dancer feels the weight of his/her partner. Lady lightly rests her left arm on the gentleman's right arm, left hand on his right shoulder. Gentleman extends his left arm in a gentle curve (this is the direction of travel); lady extends her right arm in a gentle curve. Gentleman grasps lady's hand, both hands palms down.



## Notes

- Large steps occur when you are facing the outside of the circle.  
*(The person facing into the ballroom takes a small step placed in the space between their partner's feet.)*
- One step sequence of "Large-small-small" rotates the couple clockwise halfway around themselves.  
*(If the gentleman was looking out at the walls he is now looking in towards the center of the ballroom.)*
- During the pivots  
 The person facing out leads with their right foot taking a steps backwards while turning.  
 The person facing in leads with their left foot forward while turning.
- Give weight to your partner; lean back (remember centrifugal force).
- Look your partner in the eyes to avoid dizziness.
- Waltzing on the ballroom floor -  
Center for Chatters  
Middle Lane for Cruisers  
Outside for Racers
- No sudden stops!



As Yoda Says  
 "Do, or Do Not"

**The Key to Waltzing: Practice, Practice, Practice**