

# Vintage Dance Society

## The Waltz

### The Steps

#### Basic Waltz <sup>1,7</sup>

Men: Count 1- step forward with left foot (step is to near ladies right foot); Count 2- close right foot behind left foot; Count 3- pivot turn on both feet (shifting weight onto left foot at the end); Count 4- step right foot forward between lady's feet; Count 5- step around with the left foot; Count 6- close with right foot.

Women: Count 1- step right foot between man's feet; Count 2- step around with the left foot; Count 3- close with the right foot; Count 4- step forward with the left foot (step is to near mans right foot); Count 5- close right foot behind left foot; Count 6- pivot turn with both feet (shifting weight onto left foot at the end).

#### Turn the Lady Under <sup>4</sup>

The gentleman raises his left arm and the lady turns (pulling right shoulder back) under the arm as the man pursues w/o turning.

#### Pursuit/Back the Lady <sup>6</sup>

The man waltzes forward, lady backwards, in ballroom position without turning.

#### Sauteuse (Leap Waltz) <sup>1</sup>

As basic waltz, but leap rather than step on beats 1 & 4.

#### Polka Redowa <sup>1,2</sup>

Slide first foot forward, "cut" (bring second foot to under first foot - lifting first foot just off the ground), leap onto first foot (turning half way as you land). Repeat, starting with second foot (slide, cut, leap).

#### Polka Mazurka <sup>1,2</sup>

Slide first foot forward, cut (as above), hop on second foot. Then slide first foot forward, cut with second foot, and then leap onto first foot (turning half way as you land). Repeat, starting with second foot (slide, cut, hop, slide, cut, leap).

#### Varsouvienne <sup>1,2</sup>

One Polka Redowa (as above) and after the turn move second foot into second position (count 4), hold (count 5), and then close second foot to first foot (count 6). Repeat, starting with second foot (slide, cut, leap, point, hold, close).

The following steps are taken from materials and workshops presented by Mr. Richard Powers and Dr. Patri Puglicsc. While there are inferences to some of these steps in the manuals I have reviewed, they are not fully described in them.

#### Balancé

Step (away from partner), close, step, step (towards partner), close, step. (Or- step, close, hold, step, close, hold)

#### Hesitation

Extend and point first foot on count 1; close to supporting leg and hold on counts 2 & 3; waltz for three bars. Repeat on second foot (point, hold, close, waltz for three bars).

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