

The Slow Waltz



Suggested CD :
the Essential Waltz Collection
(WR2CD5030)

The Time Signature:

3 / 4 Three beats to one bar

Tempo (bars per minute): 30

Accented Beat: One

Counting in Beats : 123, 123, 123 etc.

***Counting in Beats & Bars : Commence
with first bar and then accumulate :
123, 223, 323 etc.***

One Step is equal to one beat.

The Slow Waltz

Basic figures covered:

Forward Basic

(Right Foot Closed Change)

Backward Basic

Change Step

Wisk and Chasse

(from Promenade)

Hesitation Change

(from Natural Turn)

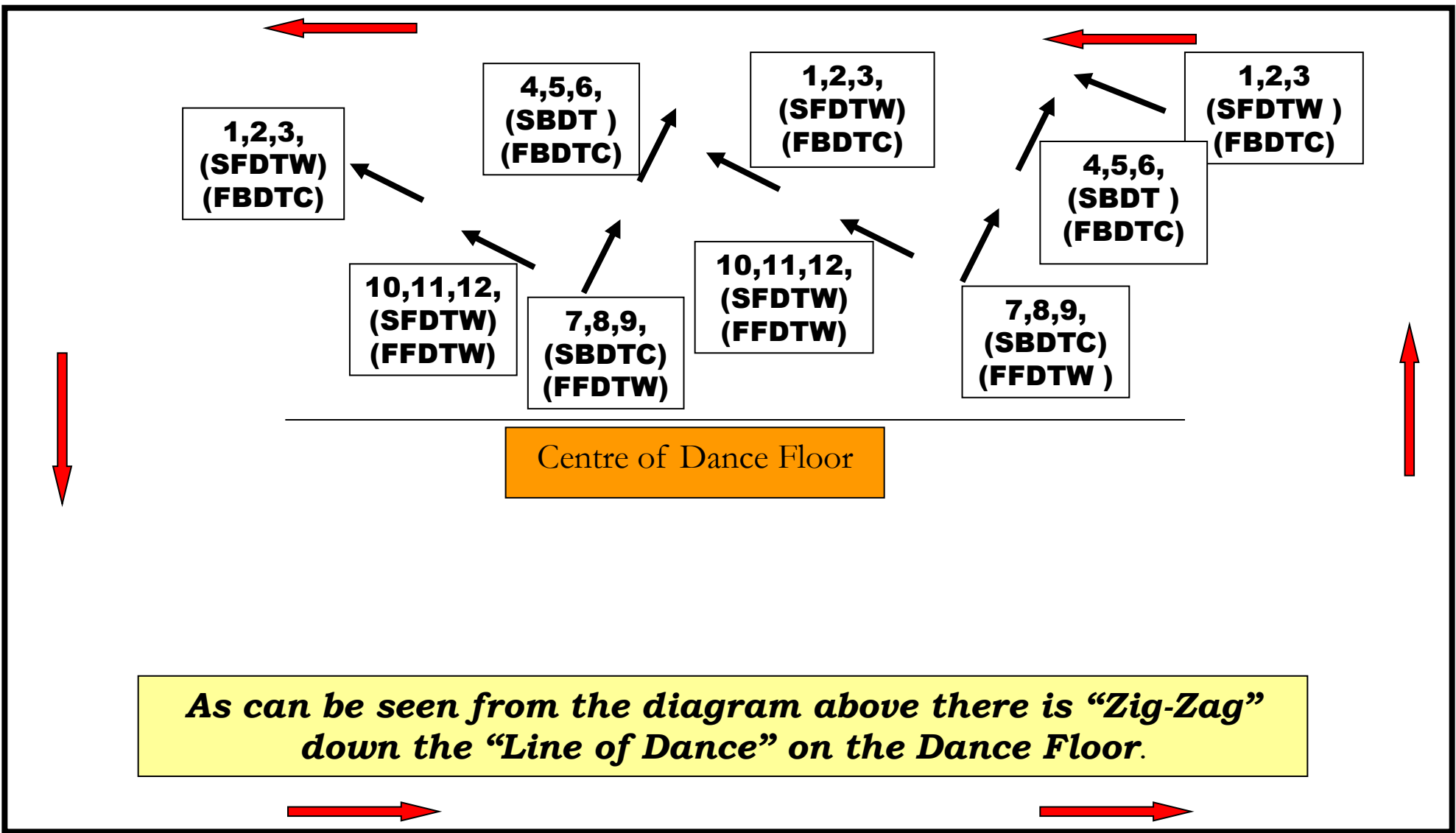
Natural Spin Turn

(from Natural Turn)

(Corners)



Diagonals used during the Basic Waltz (Leaders Directions)



The Steps - Slow Waltz

Forward Basic

(Right Foot Closed Change)

(Reverse to Natural)

Change Step

(Forwards & Backwards)

- Back Basic

The Steps - Slow Waltz

(1) Right Foot Closed Change - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	1	HT	SFDTW	1
Side Left	2	T	TBDTC	2
Close Right to Left	3	TH	FBDTC	3

(1) Closed Change – Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left	1	TH	SBDTW	1
Side Right	2	T	TFDTC	2
Close Left to Right	3	TH	FFDTC	3

The Steps - Slow Waltz

(2) Change Step 1 - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Left	1	TH	NCOD	4
Side Right	2	T	NCOD	5
Close Left to Right	3	TH	NCOD	6

(2) Change Step 1 – Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	1	HT	NCOD	4
Side Left	2	T	NCOD	5
Close Right to Left	3	TH	NCOD	6

The Steps - Slow Waltz

(3) Basic 2 - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right	1	TH	NCOD	7
Side Left	2	T	STFDTW	8
Close Right to Left	3	TH	FFDTW	9

(3) Basic 2 - Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	NCOD	7
Side Right	2	T	STBDTW	8
Close Left to Right	3	TH	FBDTW	9

The Steps - Slow Waltz

(4)Change Step 2 - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	NCOD	10
Side Right	2	T	NCOD	11
Close Left to Right	3	TH	NCOD	12

(4) Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right	1	TH	NCOD	10
Side Left	2	T	NCOD	11
Close Right to Left	3	TH	NCOD	12

The Steps - Slow Waltz

Repeat : Set 1 to 4 (Steps 1 to 12)

***Practice at least 20 minutes per
day for three days
then move on:***

Slow Waltz - Whisk and Chasse

(5) Whisk - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	SFDTW	13
Side Right	2	T	FFDTW	14
Cross Left Tight Behind Right	3	TH	FFDTW	15

(5) Whisk - Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right	1	TH	SBDTW	13
Side Left	2	T	STDTC	14
Cross Right Behind Left	3	TH	FFDTC	15

The Steps - Slow Waltz

(6) Chassis from Promenade - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	1	HT	FDLOD	16
Side Left - Close Right	2 and	TT	DLOD	17, 18
Side Left	3	TH	FFDTW	19

(6) Chassis from Promenade -Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	FDLOD	16
Side Right - Close Left (Turning)	2 and	TT	DLOD	17, 18
Side Right	3	TH	FBDTW	19

The Steps - Slow Waltz

Set 5 and 6 (Steps 13 to 19)

Practice at least 20 minutes per day for three days then move on:

Slow Waltz - Outside Basic

(7) Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (Outside Partner)	1	HT	FDTW	20
Side Left	2	T	STBDTC	21
Close Right to Left	3	TH	FBDTC	22

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left	1	TH	BDTW	20
Side Right	2	T	STDTC	21
Close Left to Right	3	TH	FFDTC	22

The Steps - Slow Waltz

Set 7 (Steps 20 to 22)

Practice at least 20 minutes per day for three days then move on:

Slow Waltz -Hesitation Change (from Natural Turn)

(8) Hesitation Change - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	1	HT	SFDTW	23
Side Left	2	T	FBL0D	24
Close Right to Left	3	TH	FBL0D	25

(8) Hesitation Change - Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left	1	TH	SBDTW	23
Side Right	2	T	FFL0D	24
Close Left to Right	3	TH	FFL0D	25

Slow Waltz -Hesitation Change (from Natural Turn)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Left	1	TH	SBL0D	23
Side Right	2	Stay Low	FFAL0D	24
Drag Left to Right (No Weight)	3	Stay Low	FFAL0D	25

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	1	HT	STL0D	23
Side Left	2	Stay Low	FBAL0D	24
Drag Right to Left (No Weight)	3	Stay Low	FBAL0D	25

Slow Waltz - Hesitation Change - (Continued)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	SFALOD	26
Side Right	2	T	FBL0D	27
Close Left to Right	3	TH	FBL0D	28

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right	1	TH	SBAL0D	26
Side Left	2	T	FFL0D	27
Close Right to Left	3	HT	FFL0D	28

Slow Waltz – Hesitation Change – (Continued)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right	1	TH	SBL0D	29
Side Left	2	T	STFDTW	30
Close Right to Left	3	TH	FFDTW	31

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	SFDL0D	29
Side Right	2	T	STBDTW	30
Close left to Right	3	TH	FBDTW	31

Slow Waltz -Hesitation Change – (Continued)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	1	HT	SFDTW	32
Side Right	2	T	No Change	33
Close Left to Right	3	TH	FFDTW	34

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right	1	TH	SBDTW	32
Side Left	2	T	No Change	33
Close Right to Left	3	TH	FBDTW	34

The Steps - Slow Waltz

Set 8 (Steps 23 to 34)

Practice at least 20 minutes per day for three days.

Slow Waltz - Natural Spin Turn

(9) Natural Spin Turn – Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (Outside Partner), Side Left, Close Right	1,2,3	HT, T, TH	SFDTW/TBLOD/FBLOD	35, 36,37
Back Left, Pivot to Right, Right Foot Forward	1,2	THT, HT	SFDLOD/FFLOD	38,39
Pivot Left Foot Side (Slightly Back)	3	TH	FBDTC	40

(9) Natural Spin Turn -Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left (Outside Partner), Side Right, Close Left	1,2,3	HT, T, TH	SBDTW/TFLOD/FLOD	35, 36,37
Forward Right, Pivot to Left, Left Foot Back	1,2	HT, T, TH	SFLOD/TBLOD/FBLOD	38,39
Diagonally Forward Right, After Brushing in passed Left Foot (Under the body)	3	TH	FFDTC	40

The Steps - Slow Waltz

Set 9 (Steps 35 to 40)

Practice at least 20 minutes per day for three days.

The Steps - Slow Waltz

Congratulations you are now in command of the basic Waltz!
Please Note that any of the above modules can be mixed and matched to create your own version of the Waltz.