

MY FIRST WALTZ****

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Record: Grenn 14262B WALTZ TOUJOURS(flip Desert Blues/CEM 37008 Together(flip Waltz in June) (Al Russ Orchestra)

Recommended Speed: 45 Footwork: Opposite,(except when W part in parentheses)

Rhythm: Ph II WZ

Sequence: Intro-A-B-C-D-(if use CEM record add E)-End**-

Intro 1-4: ; ; Apart Point ; SCP & Touch ;

wait; wait ; Bk L, pointing R toe at ptrn; Take wt on R trng to SCP, tch L ;

A 1-4: 2 Fwd WZ to fc; ; Canter Twice ; ;

1-4: Fwd L,R, L; Fwd R,L,R trng to CP/Wl ; Sd L, draw R to L; Sd L, draw R to L ;

5-8: BOX ; ; Reverse Box [BFLY] ; ;

5-8: Fwd L, Sd R, Clo L ; Bk R, Sd L, Clo R ; Bk L, Sd R, Clo L; Fwd R, Sd L, Clo R;

9-12: Wz Awy & Together ; ; Vin/Twrl 3; PU fc LOD ;

9-12: Fwd L trng awy f/ ptrn, Sd R down LOD w/ slight bk to bk pos, Clo L to R; Sd & Fwd R trng to fc ptrn, Sd L, Clo R ; Sd L, XRIBL, Clo L (W Sd & Fwd R trng ½ RF, Sd & Bk L trng ½ RF,Sd R); Fwd R (W fwd L trng to fc ptrn & RLOD) ;

13-16: BOX ; ; Reverse Box [*BFLY] ; ; {to repeat A, go to SCP}

13-16: Repeat meas 5-8 Part A

B 1-4: Wz Balance Left; & Right ; Vin/Twrl 3; Thru Fc Clo [BFLY];

1-4: Sd L, XRIBL ; in plc L; Sd R, XLIBL,in plc R; repeat meas 11 Part A;); Fwd bet ptrns R, Sd L trng to fc ptrn, Clo R ;

5-8: Wz Awy; W Roll to LOP ; Open Wz Box ; ;

5-8: Repeat meas 9 Part A ; in plc R,L,R (W Rolls in front of M L,R,L making full LF trn);Fwd L,Sd R,Clo L (W Fwd R, Sd L, Clo R); Bk R, Sd L, Clo R (W Bk L, Sd R, Clo L) ;

9-12: Lace Under ; Fwd fc Clo ; Sd Draw Tch L; & R [BFLY];

9-12:Fwd L,R,L leading W und jnd lead hnds (W Fwd R,L,R crossing in front of M); Fwd R, Sd L trng to fc ptrn.Clo R; Sd L, draw R to L not taking wt on R; Sd R, drawing L to R not taking wt on L;

13-16: Wz Awy & Together ; ; Solo Wz Trn [BFLY] ; ;

13-16: Repeat meas 9-10 Part A ; ; Fwd L trng awy f ptrn, Sd R cont trn, Clo L completing ½ trn; Bk R cont trn, Sd L cont trn, Clo R;

C 1-4: Vin/Twrl 3; PU fc LOD ; 2 Left Trng Wz [CP/Wall] ; ;

1-4: Repeat meas 11-12 Part A ; ; Fwd L trng up to ¼, Sd R cont trn, Clo L; Bk R trng up to ¼, Sd L cont trn, Clo R;

5-8: Full Wz Box ; ; Dip Bk & Hold ; Rec to Sdcr ;

5-8: Repeat meas 5-6 Part A ; ; Stp Bk on L & Hold ; Take wt on R trng to SDCR pos ;

9-12: Twnk Bjo ; Manuv; 2 Right Trng Wz [BFLY] ; ;

XLIFR, Sd R trng to Bjo pos, Clo L (W XRIBL,Sd L, Clo R); Fwd R starting RF trn to fc ptrn & RLOD, Sd L, Clo R (W in plc L,R,L) ; Bk L trng up to ¼, Sd R cont trn, Clo L; Fwd R trng up to ¼, Sd L cont trn, Clo R;

13-16: Stp Swing ; Spin Manuv; 2 Right Trng Wz [BFLY] ; ;

13-16: Stp fwd taking W on L, Swing R fwd; Repeat meas 9 Part C (W does LF spin in plc L,R,L to end fcg ptrn) ; Repeat meas 11-12 PART C ; ;

D 1-4 Wz Awy & Together ; ; Thru Twnk L; Thru Twnk R ;

1-4: Repeat meas 9-10 Part A ; ; Fwd L X bet ptrns, Sd R fcg ptrn, Clo L; Fwd R X bet ptrns, Sd L, Clo R; *

5-8: Left Trng Box [CP/Wall] ; ; ;

5-8: Fwd L trng ¼, Sd R, Clo L; Bk R trng ¼, Sd L, Clo R; Repeat meas 5-6 Part D ; ;

9-12: Fwd & Tch ; Bk, Trn L ; Prog Box ; ;

9-12: Fwd L, Fwd touching R; Bk R trng ¼ LF, Sd L, Clo R ; Fwd L, Sd R, Clo L; Fwd R, Sd L, Clo R ;

13-16: Wz Fwd ; Manuv; 2 Right Trng Wz [CP/Wall] ; ;

13-16: Fw L,R,L; Repeat meas 9 Part C ; Repeat meas 11-12 PART C ; ;

E 1-5: (for CEM record only) Fwd & Tch ; Bk Trn L ; Wz Fwd ; Manuv ; 1 Bk Canter ;

1-5: Repeat meas 9-10 Part D ; ; Repeat meas 13-14 Part D ; ; Bk L twd LOD, draw R to L;

END 1-4: Dip Bk; Manuv, 1 Bk Canter; Drift Apt ;

1-4: Stp Bk on L & Hold {twds COH on Grenn, twds LOD on CEM} ; Fwd R bet W's feet trng ¼ {1/2 on CEM} RF, Sd L,Clo R (W in plc L,R,L);Bk L twd LOD {twds RLOD on CEM} , draw R to L; Release lead hndhold, Bk L, point R foot at ptrn ;

**** This was designed as exercises in using this rhythm as an introduction to Round Dancing. Almost all of the modules are interchangeable and can be repeated as often as necessary.