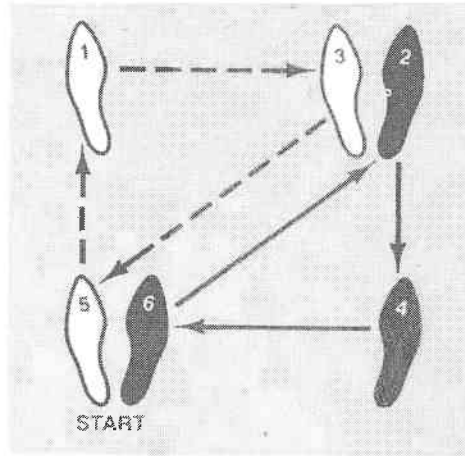


The Waltz Box Step

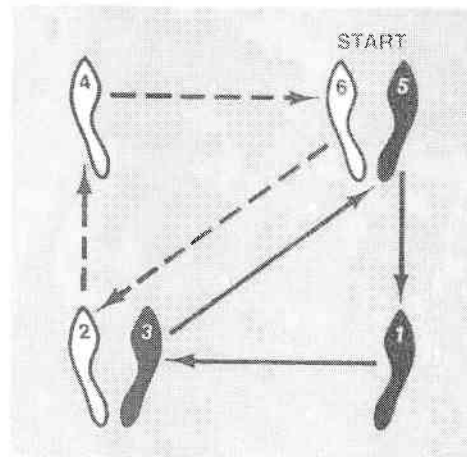
MAN'S PART

1. Step forward with left foot, accenting step.
2. Step to right with right foot.
3. Bring left foot next to right, weight on left.
4. Step back with right foot, accenting step.
5. Step to left with left foot.
6. Bring right foot next to left, weight on right.



WOMAN'S PART

1. Step back with right foot, accenting step.
2. Step to left with left foot.
3. Bring right foot next to left, weight on right.
4. Step forward with left foot, accenting step.
5. Step to right with right foot.
6. Bring left foot next to right, weight on left.



THE WALTZ

Since it originated in Austria or Germany four centuries ago, the Waltz has passed through many stages. Each succeeding generation has added something to its charm—until today it is recognized as one of the most beautiful dances in the world.

Most Waltz melodies are dreamy and romantic. The steps are smooth and gliding—the pattern of the dance is gay and joyful. And because the Waltz Box Step gives you all four directional movements—forward, back, left and right—it is a basic step for many other dances, including the Fox Trot, the Rumba, and the Samba. You should therefore really learn to Waltz well.

There are three beats to each measure of Waltz music, and the music itself plainly suggests that you count: ONE, two, three . . . ONE, two, three. Since this same beat is carried throughout the Waltz, it is very easy to keep time once you have learned the steps. When you dance be sure to accent the first of every three steps and strive to bring your feet together at the end of the pattern. Once you have mastered the Basic Waltz Box Step, add variety to your dancing by turning slightly to the left throughout.