

## Splash Spring 2018 waltz class

~ time to invoke our inner Richard Powers ~

**1:05** - Walk students to AFDC (briskly!)

**1:15** - Start class

- Introduction (**4 min**)
  - What is waltz, relationship to the music ( $\frac{3}{4}$  time)
  - *Demo of rotary waltz*
    - Count out six beats while dancing
- Evenly divide roles into leads and follows (**4 min**)
  - Reason: partnered dance. Traditionally guys = leads, girls = follows, but since we're all learning it really doesn't matter.
  - Let them choose first, ask if anyone wants to change for balance, then just assign the remaining students.
- Basic steps - alone (**8 min**)
  - Step back and forth to six counts --- counting, then music (120 → 138 bpm)
  - Emphasize ball of feet, not-locked knees
- Partner up - Frame (**10 min**)
  - **Etiquette and ground rules:** Smile, ask for names, we will rotate rapidly. Two rules: Keep your partner safe, and have fun.
  - Brace and pressure.
  - No noodle arms, spinning exercise.
  - Waltz position: lead hand on shoulder blade, follow hand on shoulder. No clenching of other hand! Same amount of pressure as previous exercise.
  - Walk towards *line of dance* --- counting, then music (120 → 138 bpm). Step on the beat.
- Rotary waltz steps (**20 min**)
  - Leads left, follows right. Start a little staggered
  - Count 1:
    - Leads: Over the top, "crossing the bridge"
    - Follows: Step forward and face line of dance
  - Count 2 and 3: Rotate and step closed—changed places!
  - Count 4:
    - Leads: Step forward and face line of dance
    - Follows: Over the top, "crossing the bridge"
  - Count 5 and 6: Rotate and step closed—we're back!
  - Review many times. Start with counting, then music (120, 124, 128, 132)
  - **Tips:**
    - Start slightly ahead on 1 (cheat)
    - Start leaning on count six (but don't take a step)
    - Look line of dance to help with rotation (and dizziness)
    - Keep a strong frame and pressure

**2:00** - Water / bathroom break

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**2:05** - Rotary waltz and variations (**30 min; basically until the end**)

- *Remember to go back to just turning basic every so often*
- I'm getting dizzy / lost! → **Waltz walk**. Always an option.
  - How to get into it: Leads can "point" and look forward
  - How to get out of it: Leads get slightly ahead on six, cross over on 1
- **(X) Follow backing...** just like stepping in place!
  - How to get into it: Slow down the rotation
  - How to get out of it: Rotate more on 4-5-6
- **Single outside turn** on 1
  - Make sure follow is facing forward
  - Hand makes a halo around the follows' head
  - Leads' feet tracks their partner
  - Catch your partner at the end!
- Patty cake and free spin
- **Planetarium waltz! - Fast** (I "promised" them this ^\_^)
  - *You can always do the turning basic, especially if the music gets fast.*
  - When music gets fast, 1) frame is super important, 2) take smaller steps
- *At this point we have options....*
  - **Even faster?** - Farmer Refuted (156), Yeon Bap (160), Potter Waltz (172), He's a Pirate (182)
  - **Accelerating?** - Proud Corazon (138 → 178)
  - **Patty cake...** starting from waltz position or waltz walk
    - End by getting back into waltz position and then turning basic
    - Or... **Free spin**, catch your partner, walk, and then turning basic
  - **Double outside turn** on 1
    - Be safe! Leads should signal "Double."
    - Halo and tracking still apply

**2:35** - End class, walk back to Main Quad