Waltz in Eb

Dancing for Fun Book 1







Dance 11: Waltz in Eb Choreography Link to YouTube:

http://www.youtube.com/watch?v=cMK9GgMT2PA&feature=share&list=PLMXzOm _ ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=11

Key Signature: 3/4 Introduction: 9 measures

Measures 1–9: Introduction. Remain in place. Start in 2 lines facing each other about 3 feet apart with lines of dancers 90 degrees to audience. During the introduction, stand still.

Section A

Measures 10–17: Starting to R, do 8 <u>balance steps</u> while turning around your partner and alternating feet. Torso twists toward the leading foot. Arms are straight next to the body, palms facing forward, fingers spread. After 8 <u>balance steps</u>, complete a full circle.

Measures 18–25: Facing your partner and staying in place, do 8 <u>balance steps</u> starting on R and alternating feet with torso twisting toward the leading foot. Opposite arm than leg is forward high and turned upward, head raised facing lifted arm, while other arm is turned down and low behind body. Both elbows are slightly bent. Partners should touch wrists of lifted arms.

Measures 26–27: Stepping back on R through slight <u>demi-plié</u> and immediately straightening R knee again, drag L pointed foot on the floor toward body while scooping back, up, and front with R arm moving in <u>sagittal plane</u>. Head follows movement of arm.

Measures 28–29: Repeat measures 26–27 to opposite side, still moving backward.

Measures 30–31: Step forward on R and repeat measures 26–27 in reverse direction, moving forward.

Measures 32–33: Repeat measures 30–31 to opposite side, still moving forward.

Measures 2–9 in music: Repeat movement of measures 10–17 in opposite direction (starting on L and circling to L).

Measures 10–29 and 34–37 in music: Repeat section A.

Section B

Measure 38: Stepping on R through <u>demi-plié</u>, straighten R leg and twist torso to R. L arm (opposite arm than leading leg) is forward high with palm turned upward while R arm is low behind body with palm turned down. Left leg, with toes on floor, is bent behind R leg.

Dancing for Fun: Group Dancing for All Ages Book 1

Measure 39: Step back on L in <u>demi-plié</u> while crossing R arm, palm up, in front of body, bending torso down slightly, head down. Left arm is straight and to side. Right leg, with toes on floor, is bent in front of L leg.

Measure 40–41: Stepping on R, do 360 degrees <u>rainbow turn</u> on R leg. Finish facing your partner.

Measures 42–45: Repeat measures 38–41 to opposite side.

Measures 46–53: Repeat section B.

Measures 38–51 and 54–55 in music: Repeat movement of measures 38–53, but do a hop instead of each step, including a hop on each turn.

Measures 56–63: Repeat movements of measures 10–17 in opposite direction (starting on L and circling to L).

Measures 64–87: Repeat section A.