

BEGINNING WALTZ

We are starting today with waltz rhythm because it is the closest rhythm to walking – most measures have three even counts of music and three weight changes. There are some exceptions – close, touch, dip, canter, recover are just a few. Here are the waltz cues for the first two phases, listed in alphabetical order.

Phase 1

- Apart & Together
- Back (Step)
- Balance (Forward & Back)
- Balance (Side)
- Box
- Circle Away
- Circle Away & Together
- Close
- Cross
- Cross Behind
- Cross In Back
- Cross In Front
- Cross Left In Back
- Cross Left In Front
- Cross Right In Back
- Cross Right In Front
- Face
- Pickup
- Recover
- Reverse Box
- Rock
- Step (forward, back, side)
- Thru
- Waltz Away & Together

Phase 2

- Back Twinkle
- Back Waltz
- Box (Left Turning)
- Box (Right Turning)
- Box (Solo Left Turning)
- Canter
- Change Sides
- Check
- Dip
- Forward Waltz
- Lace
- Left Turns
- Maneuver
- Open Box
- Open Reverse Box
- Pivot
- Progressive Box
- Progressive Twinkle
- Reverse Twirl
- Reverse Twirl Vine
- Right Turns
- Roll
- Solo Waltz Turn
- Spin Maneuver
- Spot Spin
- Thru Side Close
- Thru Twinkle
- Turn Face Close
- Twinkle
- Twirl
- Twirl Vine
- Twisty Vine
- Vine Six
- Vine Three
- Wheel

What's a "phase"?

Round dancing is categorized by rhythm and by difficulty (phase). There are 6 phases in round dancing. The chart below shows the phases of the most common rhythms. Note that the majority of the rhythms start at phase 3.

| Rhythm | Abbr | 1 | 2 | 3 | 4 | 5 | 6 |
|------------------|------|---|---|---|---|---|---|
| TwoStep | TS | X | X | X | | | |
| Waltz | WZ | X | X | X | X | X | X |
| Foxtrot | FT | | | X | X | X | X |
| Jive | JV | | | X | X | X | X |
| Cha | CH | | | X | X | X | X |
| Rumba | RM | | | X | X | X | X |
| Bolero | BL | | | X | X | X | X |
| Mambo | MB | | | X | X | X | X |
| West Coast Swing | WCS | | | | X | X | X |
| Slow TwoStep | STS | | | X | X | X | X |
| Tango | TG | | | X | X | X | X |

Every song (dance) has a rhythm and a phase. Dances rated phase 1 & 2 are called *easy level rounds*, *fun level rounds* or *square dance level rounds*. When the cuer starts a dance, he/she should tell the dancers the rhythm of the dance and the phase of the dance.

There are fun and beautiful dances written for all phases. How high the level and how many rhythms a dancer learns is a personal choice.

If this is your first round dance class, you will also be learning new terminology that can be used in other rhythms: leading and following, frame (posture), positions, dance etiquette, and how to read a cue sheet. So succeeding in this class means the next class will be easier.

We need not be musical geniuses to dance. Timing will make more sense after we've learned a few cues. We will teach the most common cues first, and fill in the others as they occur in a dance.

Marie & Gordon