



Dance Tips
Count: 1, 2, 3, 4, 5, 6
Timing: $\frac{3}{4}$
Av. Beats per minute: 96

American Waltz Level 1

1. **Basic Box**
2. **Turning Box**
3. **Hesitation:**
 - (a) **Forward**
 - (b) **Back**
 - (c) **Side to Side**
 - (d) **$\frac{1}{4}$ turn left**
4. **Box & Lady's Underarm Turn**
 - (a) **Inside Underarm Turn**
 - (b) **Outside Underarm Turn**
5. **Twinkle**

In addition to the positioning of the feet for the dance steps of the syllabus, the following topics/requirements will be covered which you will be expected to commit to memory:

- 1) You **MUST LISTEN TO THE BEAT** of the music.
- 2) You **MUST** count each step – 1, 2, 3, 4, 5, 6. Count 1 is your **PUSH** or **STRIDE** step.
- 3) You **MUST** correctly position your **HANDS**...set your framework.
- 4) You **MUST** correctly position your **HEAD**.
- 5) You **MUST** know the names of the 5 steps, what each step & each version of the step is called.
- 6) You **MUST PRACTICE THESE STEPS** before returning to the next dance class. (We will know!)
- 7) You **MUST** understand & practice **Etiquette/Rules of Ballroom Dance** for the dance floor.