

The Official Meridian Manor web page is at MeridianManor.net

The unofficial "dance support" page is at SwingDances.net

Waltz ? 	Swing ? 	Other ?
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Please review **videos** for the below American-style **Waltz box** pattern, at www.SwingDances.net

	Top of Box			Bottom of Box		
Music						
Man	L	R	L	R	L	R
Wo-man	R	L	R	L	R	L
Count	ONE	Two	Three	ONE	Two	Three
Alternate Counts	ONE	Two	Three	FOUR	Five	Six
	Fwd	Side	Close	BACK	Side	Close
	LEFT	Side	Close	RIGHT	Side	Close
	Long	Short	Short	Long	Short	Short
	Down	Up	Up	Down	Up	Up
	BOOM	Tic	Tic	BOOM	Tic	Tic

* Most ballroom people say you should count it 1-2-3, 1-2-3.

* Jim was taught & prefers 1-2-3, 4-5-6.

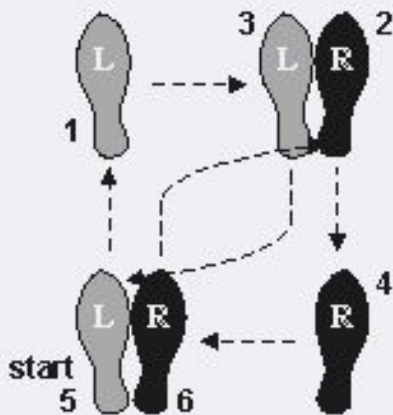
* Note: the "1" count is usually slightly heavier than the "4" count.

* Important: Step & weight change on EVERY beat of music.

* On 1, M can roll from heel to ball of L foot, to get longer, lower fwd. step.

* On 4, M can roll from toe to ball of R foot, to get longer, lower back step.

Waltz Box

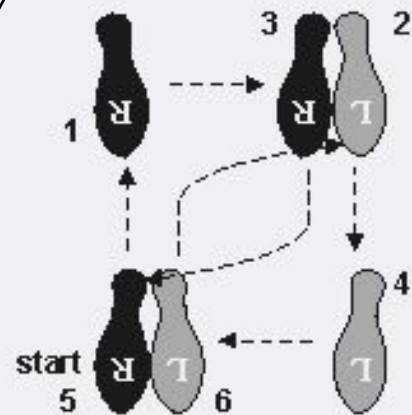


Man's Part:

Note that 6 steps gets you through the pattern. (Counts 1-6, 6 beats of music, step on EVERY beat.)

Note steps 2 & 5 trace perimeter of box, NOT across the diagonal

(Diagram from BallroomDancers.com)



Lady's Part