

Waltz Across Texas With Us

Presented by: Johanna Hourahan and Alyssa Locklear

Program Objectives:

1. Establish general waltz timing and rhythm
2. Learn an individual, choreographed waltz line dance.
3. Practice partner dances for both country western and ballroom styles of waltz.

Level/TEKS: Middle School 6th grade: 116.22b 6 & 7

7th grade: 116.23b 6 & 7

8th grade: 116.24b 6 & 7

High School 116.52c2

Suggested Equipment:

- Music
- Pennies
- Dots
- Paper plates

MUSIC RECOGNITION

Listening to Music & Beat Activities:



Activities:

- Hearing the 1,2,3
- Finding the downbeat
- Eyes closed listening
- Clapping the beat
- Walk in Circle – forward and backward
 - Line of Dance (LOD): counter-clockwise
 - 2 lanes on dance floor - inside for slower dancers; outside for faster dancers

Music Suggestions: "Chim Chim Cheree" by The Sound of Musical Orchestra (from Mary Poppins soundtrack)

"Grand Waltz" by David Chase (from Sound of Music soundtrack)

"Rainbow Connection" by Kermit (from The Muppets)

"Alibis" by Tracy Lawrence

PARTNER DANCE FUNDAMENTALS

Asking a Partner to Dance:

Etiquette Dos:

1. Know how to ask someone how to dance and introduce yourself.
2. Thank partner after dancing.
3. Apologize for bumping into someone on dance floor.

Etiquette Don'ts:

1. Chew gum on floor.
2. Cross dance floor or LOD.
3. Leave partner on floor (always escort off of floor).

Rules of Leading:

1. Hold partner confidently, not tensely.
2. Listen to music and find beat before starting to dance.
3. *Step off on accented beat.*
4. Start each new step with left foot lead.
5. Give lead for new step or direction before stepping into it.
6. Start with easier steps and introduce variations later.

Rules of Following:

1. Lady responsible for following partner and adapting to rhythm or style he dances.
2. Maintain easy resistance, not rigid or tense, throughout body that gives gentleman alert, moveable partner that he can lead (not limp noodle).
3. Keep gentleman's rhythm (can help him by tapping rhythm on his shoulder).
4. Be alert to partner's lead (change of direction, etc.).
5. Support own weight, arch back, and move with partner's hand.
6. Step straight back with reaching motion to give gentleman room to step ahead.
7. Pass feet close together.
8. Try not to anticipate partner's actions.

Activities:

Partner Walk in LOD

- With NO CONTACT
- Patty Cake
- Grocery Cart
 - Suggested Music – "Bye Bye Blackbird" by Joe Cocker (from Sleepless in Seattle soundtrack) and "Shut Up and Dance" by Aaron Watson
- Dance Frame

Dance Frame/Closed Position:

Most common dance position for moving around the dance floor in LOD
Gentleman faces LOD; lady faces him

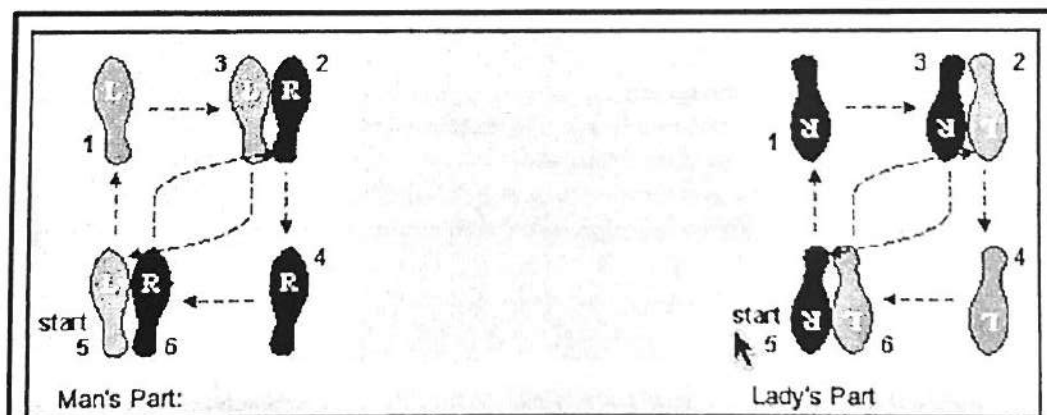


Contact Points:

1. Man's right hand on lady's back: Right hand is loosely cupped with fingers and thumb together (not spread apart). Hand connects to her back on her shoulder blade. His wrist should make contact with her underarm at the junction of her arm and body.
2. Lady's left hand and forearm on man's upper arm: This connection can vary, based on the length of each partner's arm length and relative height. A couple of average height and arm length will find her hand resting on top of the junction of his deltoid and bicep. Lady's arm should rest comfortably on the gentleman's arm, with no space in between at any point.
3. Man's left hand to lady's right hand: Palm to palm in an upper-hand clasp, with fingers and thumbs closed around partner's hand. His left arm should be extended out at the shortest person's shoulder height. Arms should meet in the middle of frame with tension in both partners' biceps.

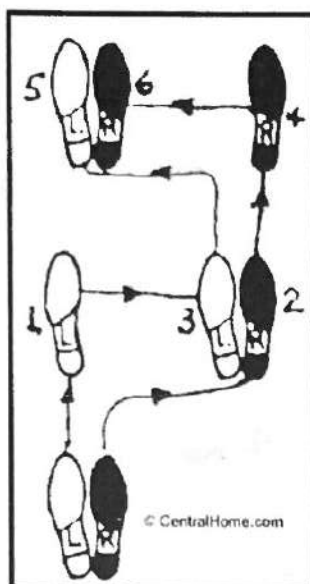
BALLROOM WALTZ

Box Step (Foundation Move) - use dots here



<http://www.danceliteracy.com/p/waltz.html>

Box Travel

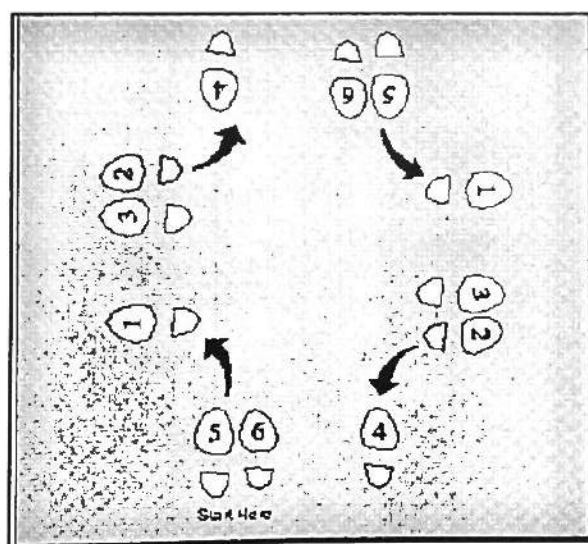


http://www.centralhome.com/ballroomcountry/waltz_steps-1.htm

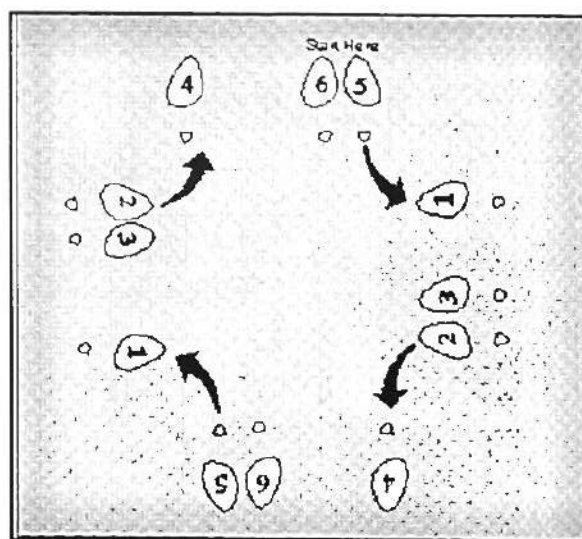
Box Turn

Gentlemen start turn with left foot turning to the forward left diagonal; ladies start turn with right foot stepping to the back right diagonal

Man's Part



Lady's Part



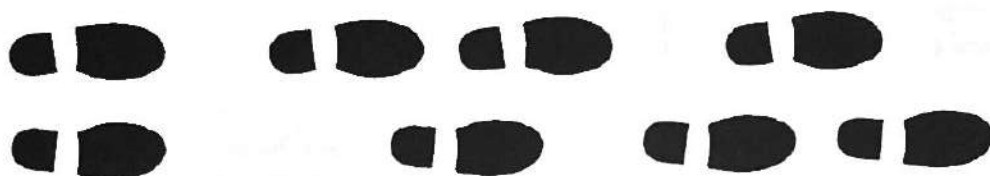
<http://www.dancetv.com/tutorial/waltz/waltz5.html>

Ballroom Waltz Songs: "So This is Love" (from Cinderella soundtrack) and "Open Arms" by Journey

COUNTRY WESTERN WALTZ

Straight Travel (use paper plates for sliding activity)

- Man starts with the left and steps long, short, short on the 1,2,3 beat. Feet always pass by each other, they do not close in this step.
- Lady starts with the right and steps backwards with long, short, short steps on the 1,2,3 beat. Feet always pass by each other; they do not close in this step.



Lady Underarm Turn

- Man continues a Straight Travel step while initiating the Lady Underarm Turn when he steps forward with his left foot. He raises his left arm high enough for the lady to turn underneath, and guides her around. His right hand goes to his belt buckle while she turns.
- Lady steps with her right foot to turn over her right shoulder during a "1,2,3" step. Her left hand comes to her belt buckle while she turns, and she places it back on his shoulder when she is finished turning.

Crossover moves from Ballroom Waltz

Country Western Waltz Songs: "Gone, Gone, Gone" by Turnpike Troubadours and "We Bleed Maroon" by Granger Smith

LINE DANCE WALTZ

"Jackson Waltz" by Dave Sheriff

TWINKLE LEFT, TWINKLE RIGHT

1-2-3 Cross left over right, step right diagonal forward right, step left next to right

4-5-6 Cross right over left, step left diagonal forward left, step right next to left

WALTZ BASIC STEP FORWARD WALTZ BASIC STEP BACK

1-2-3 Step forward left, right together, close

4-5-6 Step back on right, left together, close

1/4 TURN, CHASSE LEFT, CHASSE RIGHT

1-2-3 Quarter turn over the right shoulder, step left to left side, right, close

4-5-6 Step right, step left together, step right open

CROSS, POINT, HOLD, CROSS, POINT, HOLD

1-2-3 Cross left over right, point right to right side, hold

4-5-6 Cross right over left, point left to left side, hold

Repeat from Twinkle....

<http://www.copperknob.co.uk/stepsheets/jackson-waltz-ID102434.aspx>