

ONLINE WALTZ TEACHING VIDEOS

A **waltz** is a ballroom and folk dance in 3/4 time, performed primarily in closed position.

The Waltz originated in the suburbs of Vienna and the Alpine region of Austria. By the Seventeenth Century it was danced in the Ballrooms of the Hapsburg Court in Germany. Today it is a popular dance at weddings and other social events.

The Waltz is also expressed by movement around the room.

The character is elegant, regal, and graceful.

The style or technique used is rise and fall.

The timing is: ONE - two - three

With the "one" being the downbeat

The basic Waltz step is the box step, a sequence of six steps which, if you were to draw a line connecting all six, would form a box.

Anyone Can Dance Waltz

Men's Part

http://youtube.com/watch?v=GtizV_UqcM8

Beginning

http://www.expertvillage.com/video-series/772_waltz.htm

<http://youtube.com/watch?v=1Iw4x7yEfZc>

<http://youtube.com/watch?v=ju60OYcgjV0>

<http://youtube.com/watch?v=BadPo6o7M5E>

http://youtube.com/watch?v=meC_81rm9wo

<http://youtube.com/watch?v=TFAGFyRYyHY>

<http://youtube.com/watch?v=FSLNtEm4Ats>

Twinkle

<http://youtube.com/watch?v=JRE3AXm1NgE>

Underarm Turn

<http://www.ballroomdancingdirectory.com/learningcenter2.php>

Natural Spin Turn

<http://youtube.com/watch?v=ssdbLOWqj3w>

Turn & Change Combo

<http://youtube.com/watch?v=NyR0pntHNMO>

Basic Weave

<http://youtube.com/watch?v=YlkmzsQ6wmU>

Whisk

http://youtube.com/watch?v=eHOgrhxFW_o

Chasse from Promenade

<http://youtube.com/watch?v=AKha1aMcqs0>

The Dip

<http://youtube.com/watch?v=HqPwH6hqLOo>

Promenade Moves

<http://youtube.com/watch?v=3xKof4IEluc>

Videos can be useful, but you are likely to acquire much more expertise by attending a few dance classes, either at one of the Senior Centers or at one of the local dance studios. Dance class resources are listed near the end of the attached "DANCE SCHEDULE". In Kingsport, the Senior Center's Ballroom Class meets every Friday evening, 5:00-6:30, in the cafeteria. There is no charge for these classes if you are a member of the Kingsport Senior Center.