

# **Cross-Step Waltz Variations**

## **from the 2019 Château de Ligoure Stage**

Richard Powers

Here is a written description of our Cross-Step Waltz variations, in case it will help you remember and master them.

### **BASIC CROSS-STEP WALTZ STEP**

1) The Lead crosses R foot over L with weight; 2) steps side L with weight; 3) replaces weight onto R while also pulling R back a little. Repeat opposite, crossing L over R. The. Follow dances opposite, beginning crossing L in front then crossing R in front.

### **WATERFALL**

The Lead does the complete Co-Waterfall from La La Land while the Follow does the Cross-Step Waltz Basic, crossing L forward on count 1 instead stepping back L.

Hints:

Leads, \*look\* toward your right just before count 4, to help direct her travel in that direction. This is a visual lead, which is more comfortable than a physical lead pulling her in that direction. In other words, he lets her dance by on count 4 instead of making her dance.

Try to have every molecule of your body, and your partner, traveling straight down LOD at all times.

### **GRAPEVINE UNDERARM (OUTSIDE) TURN**

3 steps of a Grapevine followed by the Lead turning Follow once CW under his L arm.

1) Lead crosses R behind as Follow crosses L in front; 2) Side step toward LOD; 3) Lead crosses R in front as Follow crosses L behind; 4) Side step letting Follow face forward LOD; 5-6) Follow's Outside Underarm turn.

This can have an optional Tuck on count 3, slightly bracing into your partner's hand. Swing dancers often like a Tuck before an Outside Underarm Turn.

### **2-HAND HAND GRAPEVINE + FREE SPIN**

1) Lead crosses R behind as Follow crosses L in front; 2) Side step toward LOD; 3) Lead crosses R in front as Follow crosses L behind; 4) Side step letting Follow face forward LOD; 5-6) Follow's CW Free Spin.

### **2-HAND GRAPEVINE + REAR HAND INSIDE TURN**

If the Follow is turned CW by the rear hand, it's an inside turn instead of an outside turn.

### **CROSS-STEP WALTZ MIXER**

In a large circle, all do a Turning Basic traveling LOD for 4 bars; ending by facing in with Follow on the right, all taking hands in a large circle. All step forward one bar and back one bar; The Lead turns the next Follow CCW under his L arm with an Inside Turn as he cross-steps behind her, both changing places with each other. Then he sweeps her toward his right into his R arm as she 4) steps forward R toward the outside lane, 5) steps side L toward the outside, 6) pulls her R shoulder back and they take waltz position to recommence from the beginning.

**CROSS-STEP RUEDA** , also simply called Waltz Rueda, is the Cross-Step Waltz Mixer with freestyle variations instead of the Turning Basic during the first four bars of music. Several of our variations worked.

**2-HAND GRAPEVINE +REAR HAND INSIDE TURN** works great in Waltz Rueda because you end holding the hand you want for taking hands in a circle.