

CROSS STEP WALTZ ESSENTIALS

BASIC IN PLACE: His RH on her shoulder blade with a flexible frame; both slide their NEW first feet (He starts with RF, She with LF) crossing front between them on count 1, step side on count 2, step nearly in place on count 3. (He steps: RLR, She: LRL)
Repeat to other side on counts 4-5-6

TOSSACROSS AND TRAVELING TOSSACROSS: Open the forward hands (his L, her R) while doing Basic Step on 1-2-3; reverse casting her into his L arm on counts 4-5-6; her arm always above, his arm below

FOLLOWER'S SOLO: Gent steps RF across on count 1, stops but continues to lead her, rocking forward onto his RF (1-2-3) then back onto his LF (4-5-6) with feet planted. She continues Basic Cross Step as a solo, possibly with Sweeps

OCHOS: Zig Zag the Basic, backing the lady as she crosses in front

WALTZ WALK: After the first cross step both progress forward in promenade position maintaining the down-up-up motion of the basic waltz. Add an underarm turn for the Follow on 4-5-6 or Splits – separate from your partner and rejoin

HE GOES SHE GOES VARIATIONS: Lead goes under their joined hands on 1-2-3; swing her in front to outside of circle and back into his embrace on 4-5-6; walk forward 3 steps, lead an outside turn for follow, swing her across to outside of circle (12 counts)

TWO-HAND HOLD: Her L hand slides down his arm as he backs away, taking two hands. Basic, opening his L/her R hands and sweeping inside hands through; reverse to other side

SHADOW POSITION: Enter Shadow position from He Goes She Goes, changing hands to R in R and L in L. Exit Shadow: with Gent on the inside, to the left of the lady, raise L hands on counts 4-5-6 and turn her R, Place L hand on your shoulder

TRAVELING & TURNING BASIC: Both slide their first feet across between their bodies towards LOD on count 1; He passes in front of her to the outside of the circle stepping L/R on counts 2-3 while rotating ½ turn to the R/clockwise. She takes smaller steps to allow him to pass, stepping R/L on counts 2-3, also turning ½ to the R. On count 2 her RF is between his feet, (as are his between hers on count 5).

- Both execute the other gender's steps on counts 4-5-6: Slide second feet across between bodies towards LOD on count 4; rotate R/clockwise ½ on counts 5-6