

# **A Few Cross-Step Waltz Variations**

## **from the 2018 Seattle Waltz & Swing Weekend**

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Here is a written description of our Cross-Step Waltz variations, in case it will help you remember and master them. **You don't need to remember or master all of these.** You'll remember your few favorites, and you only need a few in a 3-minute waltz with someone. Most Follows prefer to linger with the basic turning cross-step waltz, in between a few variations.

### **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.

Lead's hints:

Roll your R shoulder back just before crossing R behind on count 1.

Keep rolling your shoulders a little, with crossing steps, to make it easier to follow.

Hold your partner just a little lower and move more laterally.

### **GRAPEVINE, TUCKED 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, and the tuck provides a clearer signal for advanced figures.

Follow's hint: Don't fall with your body completely backing up in grapevines (count 3). Instead, always intend to be traveling forward LOD, so you can start shading toward your right during the count 3 tuck.

### **GRAPEVINE DOUBLE UNDERARM TURN SANDWICH**

This starts like a Grapevine Underarm Turn but he leads her into a second CW Underarm Turn on the next 1-2, as the Follow continues pivoting LOD. Catch in closed waltz position for a lateral grapevine. 3) the Follow crosses in front (she naturally falls into that after underarm turns) as the Lead crosses behind, 4) Side LOD, 5) she crosses behind as he crosses in front, 6) Side LOD.

Both cross in front on 1 for a Turning Basic, which means the Lead crosses in front twice in a row, on 5 and 1.

### **LONG 6-STEP GRAPEVINE**

Six steps of a lateral grapevine: 1) Lead crosses R behind as Follow crosses L in front; 2) Side step toward LOD; 3) He crosses R in front as she crosses L behind; 4) Side step; 5&6) Same as 1 & 2. Note that when you're finished, the Follow will be crossing behind on the next count 1.

### **LONG GRAPEVINE, TUCK-DOUBLE OUTSIDE TURN**

After a long Grapevine of six steps, the Follow is crossing behind on count 1. As we saw above, this is a good time to tuck, then the Follow turns CW under raised arms on counts 2-3-4-5. That's a double pivot. Side step toward LOD on 6.

### **LONG GRAPEVINE, TUCKED OUTSIDE TURN, FREE SPIN**

It's just that. She just turns under his arm once, and free-spins for her second turn.

### **DOUBLE OUTSIDE UNDERARM TURN**

After the count 1 cross-step, he leads her to walk forward LOD on 2 into a Follow's Double Underarm Turn on 2-3-4-5-6. Note the delayed lead, waiting until ct. 2 to lead her under.

### **FOLLOW'S INITIATED DOUBLE UNDERARM TURN**

Often a lead will accidentally turn her under on count 1 (swing habit timing) then it will fall apart or be on the wrong foot. So she delays the turn to count 1, then chooses to turn under twice.

### **THREE-COUNT SWING**

This is similar to 3-count Hustle but simpler. Do two steps of any swing move then end rocking back on the third step, stopping completely. Begin the next swing move on the free foot, then the third rock step will be on the opposite foot. All swing moves work but since this is one count less than traditional 4-step swing, the Lead must stop his partner a moment sooner than traditional swing.

### **GRAPEVINE OUTSIDE TURN + INSIDE TURN SHOULDER BLOCK + OUTSIDE TURN**

1-2-3) The usual Grapevine in closed position, with the Lead crossing behind.

4-5-6) Follows CW Outside Turn toward LOD, but this time the Lead plants himself in swingout position and stops the Follow when rocking back R foot.

1-2-3) Rewind an Inside Turn, but stopping the Follow with a shoulder block, when the Follow is rocking back L, facing LOD.

4-5-6) Follows CW Outside Turn toward LOD.

Lead's hint: You're probably standing in place during the Inside Turn Shoulder Block, so to get restarted on the final bar, begin on your outside L foot.

### **GRAPEVINE OUTSIDE TURN + INSIDE TURN SHOULDER BLOCK + OUTSIDE TURN**

It's just that.

### **HE-GOES-SHE-GOES (Lead Goes, Follow Goes)**

A) Lead raises his L arm and travels straight forward under it, passing in front of Follow, looking forward, then lowers his arm (1-2-3).

B) Waltz Walk forward with Follow at his L side. Lead rolls his thumb down, palm toward his partner.

C) Lead raises his L hand and loops in front of Follow's forehead into a CCW Follow's Underarm Turn. The Follow travels LOD in the inside lane while pivoting CCW, forward-back-forward.

D) The Lead lowers his L hand and sweeps the Follow by in front of him back to his R side and catches her. The Follow takes fairly long steps—R diagonally forward, side L across the tracks, pull right shoulder back.

### **FRISBEE**

The same except the Lead winds his hand back slightly on part B to lead a Follow's Free CCW Spin on part C. Free spins are always a low hand release, never a raised hand.

### **HE GOES, DOUBLE INSIDE TURN, sweep across the tracks, DOUBLE OUTSIDE TURN**

It's exactly He-Goes-She-Goes but with a Double Inside Turn. Then the Follow sweeping across the tracks happens two counts later. Instead of catching partners in waltz position, the Lead initiates a Follow's Outside Turn on the count 2 that next phrase. If it's a Double Outside Turn, it's the same timing as last week's Double Outside Turn. Remember, the Follow can't start an Outside Turn until count 2.

### **HE GOES, HALO FRISBEE**

It's the same figure with an Inside Follow's Free Spin after each underarm turn.

Leads must cross trails quickly, to prepare for the count-2 outside turn.

### **WATERFALL GRAPEVINE**

Waterfall on counts 1-2-3. His Waterfall crossing L behind on count 4 begins a grapevine that travels laterally LOD, traveling "toward the elbows." So on counts 4-5-6, the Follow grapevines by crossing R over, side L, cross R behind L (as he crosses L over R). The crossing behind on 6 winds up for some nice unwinding figures.

### **WATERFALL GRAPEVINE INSIDE TURN**

1-3) The first half of a Turning Basic; 4-6) Waterfall Grapevine (he crosses L behind on 4; she crosses R behind on 6) traveling LOD; 7-9) Follow's Inside Turn (as He-Goes-She-Goes); 10-12) He sweeps her by, back into waltz position.

**WATERFALL GRAPEVINE, DOUBLE INSIDE TURN, sweep across the tracks, DOUBLE OUTSIDE TURN**

It's just that. After the six counts of the Waterfall Grapevine, the Follow's Inside Turn happens at the same time and the same positioning as the He Goes version above.

**WATERFALL GRAPEVINE, HALO FRISBEE**

It's just that, as in the He-Goes version above.

**FOLLOW'S SOLO (Ochos)**

The Lead completely stops on ct 1 and stays in his cross-step as he leads her into a Basic Step in place. His weight can shift forward and back with her.

**WATERFALL OCHO (Follow's Solo in Waterfall)**

The Lead stops on count 4 of Waterfall as he leads her into Ochos with the Follow at his right side. Exit backing or forward.

**WATERFALL GRAPEVINE OCHO**

It's just that. Do a Waterfall Grapevine, then Waterfall Ochos whenever the Follow is crossing forward.

**WATERFALL GRAPEVINE THEN FOLLOW'S SLOW OUTSIDE TURN**

After beginning the grapevine on counts 5-6, add two more grapevine steps on the next 1-2, then Follow's Outside Turn on 3-4-5-6. He must send her into the outside lane on the Outside Turn, as he travels behind her into the inside lane, but it feels more like he is orbiting clockwise around her on 3-4-5-6.