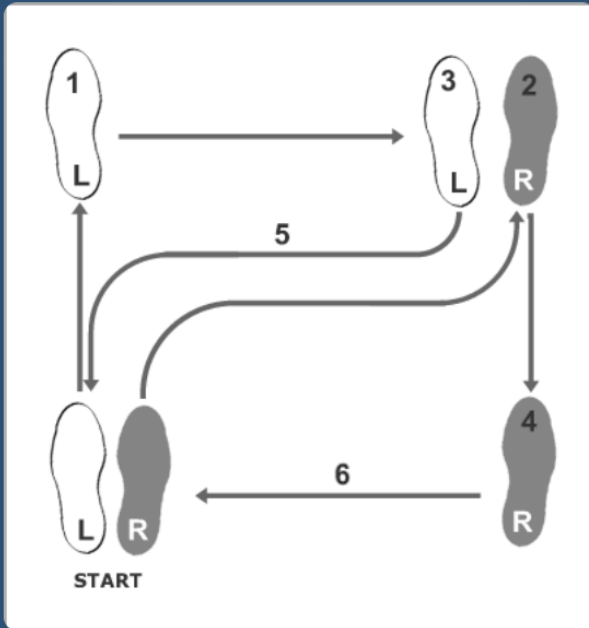


# The Basic Dance Steps of the Waltz

The basic rhythm is a unique 3/4 timing and a simple rhythmic pattern which blends with the music. The waltz is a smooth and graceful dance with long, flowing movements, characterized by a rise & fall motion. You start by learning the simple box step and stringing them together as you gracefully move around the dance floor in a counter-clockwise pattern.

## The Gentlemen's Steps



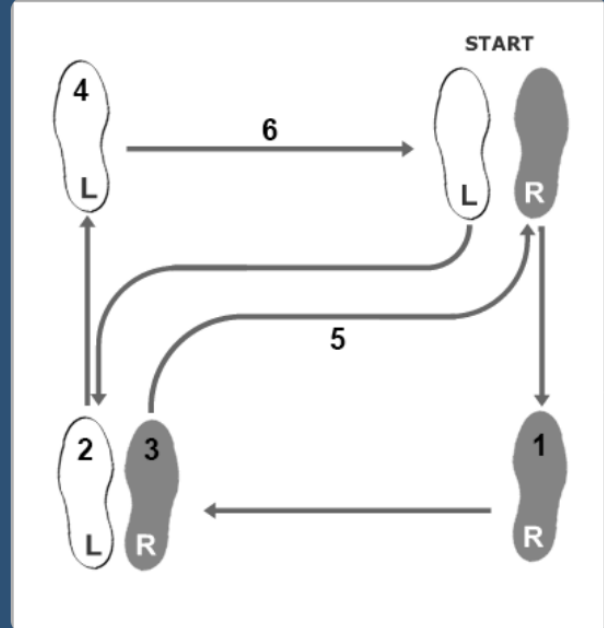
Basic Box Step (can be repeated while slowly turning)

1. Step forward with the left foot
2. Right foot step sideways to the right
3. Bring your left foot next to your right foot
4. Step back with the right foot
5. Step back sideways with the left foot
6. Bring your right foot next to your left foot

Progressive Forward

1. Step forward with the left foot
2. Right foot step sideways to the right
3. Bring your left foot next to your right foot
4. Step forward with the right foot
5. Left foot step sideways to the left
6. Bring your right foot next to your left foot

## The Lady's Steps



Basic Box Step (can be repeated while slowly turning)

1. Step back with the right foot
2. Left foot step sideways to the left
3. Bring your right foot next to your left foot
4. Step forward with the left foot
5. Step forward sideways with the right foot
6. Bring your left foot next to your right foot

Progressive Backward

1. Step back with the right foot
2. Left foot step sideways to the left
3. Bring your right foot next to your left foot
4. Step backward with the left foot
5. Step backward sideways with the right foot
6. Bring your left foot next to your right foot

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