

Rita's Waltz

Choreographed by Jo Thompson

24 Beat – 4 Wall Beginner/Intermediate Line/Partner Dance

Music Suggestions: “Old Friend” by Scooter Lee, “The Christmas Card” by Scooter Lee or any waltz

Step Description by Rose Haven, 404.379.1213 atlantalincedance@bellsouth.net

Waltz Balance Forward, Back, Forward, Back

- 1-3 Step L forward (1), Step R beside or slightly forward of L (2), Step L in place (3),
4-6 Step R back (4), Step L beside or slightly back of R (5), Step R in place (6).
1-6 Repeat above 6 counts

Left Spiral, Right Spiral, Left Spiral, Right Spiral with 3/4 Turn Right

- 1,2 Turning slightly R, Step L across in front of R (1) Small step R to R side, turning slightly L (2)
3 Replace weight to L foot with body facing slightly L (3),
4,5 Step R across in front of L (4), Small step L to L side, turning body slightly R (5),
6 Replace weight to R foot with body facing slightly R.
1,2 Step L across in front of R (1), Small step R to R side, turning body slightly L (2),
3 Replace weight to L foot with body facing slightly L (3),
4,5 Step R across in front of L (4), Turning 1/4 right, step back with L foot (5),
6 Turning 1/2 R, step forward with R to end facing side wall 1/4 L from original.
(Note: easier variation for step 4,5,6 above: Step R across in front of L (4), Step L forward, a 1/4 turn from original wall (5), Step R foot slightly forward (6).

Start Again from Beginning of Dance.

Partner Variations:

For Balance Forward, Back, Forward, Back: Partners will be in side by side position, Lady on the right side of man with right hands joined above her shoulder, left hands joined in front of his chest.

For Spirals with 3/4 turn left:

Variation 1: Basic Outside Turn: During the Spirals, the man should be slightly behind the lady so both can comfortably turn from side to side. The man will not do the 3/4 turn, but instead will do a forward waltz stepping R,L,R toward the new wall. She will do the 3/4 turn right under the R joined hands on counts 5,6, releasing the L hands and rejoining them on count 1 in front to start again.

Variation 2: Arm Sweeps to Basic Outside Turn: The first spiral is normal, as you step across into the second spiral, bring the R hands over her head and down to chest level, on the 3rd spiral, bring both hands over her head, on the 4th spiral, bring both hands over her head and end with the basic outside turn as before.

Variation 3: Cross Body to Hairbrushes: On the 4th spiral bring the L hands over her head on the turn and down to chest level. As you step forward for the 1st balance, bring the L hands behind his head and release. As you step back on that balance, bring the R hands behind her head and stay at the shoulder, rejoining the L hands in front of his chest.

Variation 4: Tandem Turn: on the 4th spiral, she will do her basic outside turn, he will do the same turn as she does, bringing the R hands over his head after they go over hers. Then as you step forward into the 1st balance, bring the R hands behind her head to shoulder level and rejoin the L hands in front of his chest.

Note: The man (leader) can choose which of the variations to do and when by leading them. Her footwork is the same for each one, so she should maintain a relaxed but toned condition of her arms to be able to follow the different arm movements he leads. You can also begin to combine the different variations if you'd like, for example, arm sweeps followed by the tandem turn. Enjoy!! Jo