

Waltz Country Dance

Formation: Progressive Sicilian Circle (*Couple facing couple arranged like the spokes of a wheel around the hall*)

Music: 40 bars in Waltz time

Bars	Steps
	Introduction: Honour partner and corner
4	Opposites take both hands and balance forward and back in waltz time (<i>everyone stepping forward on Right foot, back on Left foot.</i>) Men change places with opposite Woman, (<i>turning Woman under their joined Right hands</i>) and both honour. Men travel clockwise, Women anti clockwise round the set.
4	Balance and change with Partners as above
8	Repeat above 8 bars
4	In your group of 4 join hands in a ring. All balance forward and back (<i>as above</i>) in waltz time. Men let go Right hands and turn the Woman on your Left over to their Right side. (<i>The Woman dances a complete waltz turn as she goes under Man's raised Left arm to his Right side</i>) – Alternatively (<i>Woman can just waltz step across in front of the Man and into place beside him on his Right</i>) Only the Women move the Men stay as far as possible on the same spot.
12	Repeat above 3 more times until the Women are back in original places...ending in a waltz hold with partner
8	These 2 couples in the set waltz around one another once (keep it tight) and then waltz on (<i>in the direction they were facing at the beginning of the dance</i>) to next couple coming to form a new set.

Repeat above ad lib.