

Waltz

Fast Facts:

Considered the mother of present day dances, the Waltz began in southern Germany in the 17th century. The popularity of the Waltz dance grew with the music of Johann Strauss and eventually blossomed in the 20th century. It is the basis for many dances and is popular today all over the world.

The basic components of Waltz are walking steps and side steps. "Rise and Fall" and "Body Sway" are some of the styling characteristics which make the simplest Waltz steps and patterns elegant and beautiful.

A sentimental and romantic dance, it is characterized by soft and round movements and its swing and flow. ***

Distinctive moves:

An action that must be visible at any competition level is the Waltz Pendulum action, an action comparable with the movement of a bell clapper. The Waltz must contain the right level of up-and-down swing in balance with the required spatial movement.

As in all dances, dancing from the supporting foot is essential. The "moment when" to start rising from your supporting foot is crucial in the Waltz.

There should be lots of rotation.

***** American Smooth Style:**

The American Smooth style means couples can break the traditional ballroom "hold" throughout the performance allowing more open movements, including under-arm turns. Think Fred and Ginger.

Waltz (International Standard, American Smooth)

The waltz started out as a country folk dance in Austria and Bavaria in the 1600s. When it was later introduced into English ballrooms in the early 1800s, it was denounced as vulgar by both the church and state because this was the first time you saw a man holding a lady so close to his body in public. Of course, that was also what made it so appealing...

The waltz has since blossomed into many different forms, but all of them maintain that original romance and wonderful flowing quality.

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