

Parma Waltz

Formation: Couples facing L.O.D. (*anti clockwise*) - Upper Position Open Hold

Music: 32 bars x 3/4 waltz time

Bars	Steps
	Both start on the Left foot.
4	Take 2 slow steps forward with a half-turn on the Right foot followed by 3 quick steps backward. (All facing clockwise.)
	Both start on the Right foot.
4	Repeat the above sequence. (all facing L.O.D.)
4	Both start on the Left foot, take 4 slow, definite walking steps forward
2	Step Left foot diagonally to Left, cross Right foot behind Left foot, step Left foot diagonally again, brush Right foot to Left without weight.
2	Repeat above to the Right
4	Repeat above 4 bars
4	Take 2 steps forward. Man turns to face Woman and steps back with Left foot, releasing Women's Left hand so she can pivot under his Right arm into a ballroom hold
8	Circular Waltz

Repeat above ad lib.