

## Swing Waltz

Jack Kennedy

**Formation:** Couples facing L.O.D. Holding inside hands, Men has partner on his Right.

**Music:** - 32 bars

Bars	Steps
2	Starting on outside feet, all dance three steps forward and on the 4 <sup>th</sup> step 'throwing' ( <i>knee raising</i> ) the inside foot forward
2	Stepping back on the inside foot , backwards 3 steps to original place
2	Each starting on outside feet solo waltz, turning away from partner travelling L.O.D. ( <i>Men anti-clockwise, Women clockwise</i> ) on last beat face partner and take open two hand hold
2	Take two chasse sideways steps L.O.D.
2	Couples now take two chasse sideways steps clockwise ( <i>back the way they have just come</i> ) Men Right foot first, Women Left – on second sideways step, couples open out to face L.O.D. Holding inside hands
2	Couples, balance one step outwards then change sides 'switching inwards'; ( <i>Women turning under Man's Right arm</i> ) – facing clockwise
2	All cross back Women again turning under Man's Right hand.. end facing partner holding open two hand hold
4	Step towards each other but LO.D. With 3 forward steps and 'throwing' inside foot forward, then a counter throw with the outside foot in opposite direction while swivelling to bring outside foot inside on the throw
4	With 3 forward steps turning back to back in a 'V' balance forward stretching outside hands forward ( <i>but not touching</i> ) and then stretching outside hands behind back ( <i>do not touch partner's hand</i> )
3	Step towards each other but LO.D. With 3 forward steps and 'throwing' inside foot forward, then a counter throw with the outside foot in opposite direction while swivelling to bring outside foot inside on the throw
3	Men forwards with 3 steps while turning the Woman under his Right hand ( <i>Woman travels backwards in front of the man while pirouetting one turn clockwise as the man runs forward, then one turn anticlockwise as he retires</i> ) couples end in a waltz hold L.O.D.
4	Couples dance 2 circles of reverse Viennese Waltz, Men start Left foot ( <i>Women Right</i> ) and taking a long step forward while turning to the Right ( <i>anticlockwise</i> ) and the Woman steps back Right. The Man complete the turn locking Left foot in front of Right ( <i>while the Woman turns on her Right heel keeping feet together</i> ) and then turns on his Right heel keeping feet together while the Woman then 'locks' in the turn.

Complete the 2<sup>nd</sup> circle in the same way.

**OR** couples waltz on

Repeat ad lib