

# CROSS STEP WALTZ - INTRODUCTORY

Done to 110 (slow) 116 (best) and 130 (fast) beats per minute

**BASIC STYLE NOTES** - Slide R foot across in front of L with weight; step L foot to the side; pull R foot slightly back and re-step nearly in place; Same with L/R/L; 6 counts. Upper body generally faces partner; lower body twists to accommodate cross-steps. Skim feet across floor; take large crossing steps; deep plie' on counts 1 and 4; come up out of plie somewhat on counts 2-3 and 5-6; gentle rotation, no sharp moves

**BASIC WITH PARTNERS, IN PLACE** – His RH on her shoulder blade, maintain a flexible frame; both slide their NEW first feet (He starts with RF, She with LF) crossing front between them on count 1, step side on count 2, step nearly in place on count 3. (He steps: RLR, She: LRL) Repeat to other side on counts 4-5-6.

## VARIATIONS

**WOMAN'S SOLO** He steps RF across on count 1, stops and leads her forward, rocking forward onto his RF (1-2-3) then back onto his LF (4-5-6) with feet planted. She continues Basic Cross Step as a solo, possibly with Sweeps on counts 2-3 and 5-6 instead of steps.

**TOSSACROSS** Open the forward hands (his L, her R) while doing Basic Step on 1-2-3; reverse casting her into his L arm on counts 4-5-6; her arm always takes his shoulder, his arm is always just above waist level

**ZIG ZAGS** Gent faces LOD and does the Basic Step progressing slightly forward. He leads the lady to overcross on counts 1 and 4, so that she travels back along LOD

**GRAPEVINE INTO UNDERARM TURN** Both grapevine on counts 1-2-3, he crossing back on count 1, she crossing front. He walks forward on counts 4-5-6, lifting his L arm so that she can turn Right under the arms on counts 4-5-6.

**TRANSITION INTO BOX WALTZ** After completing counts 1-2, he squarely faces his partner on count 3 as he brings his feet together and firms up his frame. These three actions on count 3 signal to her that something is changing. He steps forward with his LF to start the Box Waltz on count 4.

**WALTZ WALK** Just as it sounds: after the first cross step, both progress forward in promenade position maintaining the down-up-up motion of the basic waltz.