

The Viennese Waltz Change Step

One, two, three, fast · one step on every beat · the couple travels counterclockwise around the room

Remember: forward, side, together, then forward, side, together on the other foot. No box: you travel. Keep your steps small, your frame steady and your eyes up.

Leader (travels forward)

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1	Forward	Left foot forward
2	Side	Right foot to the side
3	Together	Left closes to right, change weight
1	Forward	Right foot forward
2	Side	Left foot to the side
3	Together	Right closes to left, change weight

Follower (travels backward)

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1	Back	Right foot back
2	Side	Left foot to the side
3	Together	Right closes to left, change weight
1	Back	Left foot back
2	Side	Right foot to the side
3	Together	Left closes to right, change weight

Your five-minute practice

- Minute 1:** play the count-along video and count “one, two, three” out loud with it.
- Minutes 2-3:** dance your own part alone, traveling across the room, saying “forward, side, together” (followers: “back, side, together”).
- Minute 4:** dance along with the slow practice track (120 beats per minute).
- Minute 5:** try the dance-tempo track (159 beats per minute). Go back to slow if it falls apart.

Check yourself

- Did each change step start on the strong count of one?
- Did I really close my feet and change weight on three?
- Are my steps small enough to stay on the beat at full speed?
- Am I traveling counterclockwise, looking out instead of down?

When it feels easy

- Try it with a partner in a closed hold, eight change steps in a row.
- Practice backward change steps, with the leader moving back.
- Ask Amy to start you on the turns, with just a little rotation at first.