

The Waltz Box Step

One, two, three · one step on every beat · six steps over two bars of music

Remember: forward, side, together; back, side, together. On three, close your feet and change weight. Keep it smooth and gliding, not bouncy.

Leader

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	Back	Right foot back
2	Side	Left foot to the side
3	Together	Right closes to left, change weight

Follower

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	Forward	Left foot forward
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, saying “forward, side, together; back, side, together.”
- Minute 4:** dance along with the slow practice track (72 beats per minute).
- Minute 5:** try the waltz-tempo track (90 beats per minute). Go back to slow if it falls apart.

Check yourself

- Did each half of the box start on the strong count of one?
- Did I really close my feet and change weight on three?
- On two, did my foot brush past my standing foot before going to the side?
- Am I gliding instead of bouncing?

When it feels easy

- Try it with a partner in a closed hold, eight boxes in a row.
- Let the box turn a little to the left each time.
- Ask Amy about rise and fall, the gentle lift that makes a waltz glide.