

1. Our focus is dancing for fun – not competitive
 - a. We change some leads to be more explicit for casual dancers
 - i. It is OK to tell your partner what is coming next, but focus on leads at the same time. Eventually, the leads will be enough
 - b. Maximize reuse of previously learned steps
 - c. We use a form of the closed social position that is less likely to cause you to step on partner's feet than that used by “technically good” waltz dancers

2. Structure of a waltz dance
 - a. A basic step pattern in waltz is six counts or steps
 - i. Counting to six in your mind will really make dancing easier!
 - ii. When you get to 6, typically new step pattern will start
 - iii. There are exceptions when you build a more complex pattern that uses a multiple of 6 steps (6, 12, or 18, e.g.)
 - b. A dance is a sequence of step patterns
 - i. You arrange different step patterns together to form a dance
 - c. Think of each step pattern as a Lego block
 - d. You snap together step patterns to form a dance just like you snap together Lego blocks to make an object (building, car,..)

3. Terminology
 - a. Across the Internet, the same “name” may mean different step patterns
 - b. We try to be internally consistent in our workshop
 - c. Our names may not match a website that you visit.

4. Example videos
 - a. Our website www.dicememory.com includes example videos
 - b. What we teach may be slightly different from what is shown
 - c. Our step sheets try to identify differences from sample videos
 - i. E.g. in the River Waltz we will use different hand positions during the turns to let you reuse the hand positions that you learned in the Sandwich Waltz.

5. Goals for each session

a. Session 1 – Sweetheart waltzes

- i. Learn to count to 6 in your mind
- ii. Learn some basic step patterns
- iii. Understand how basic patterns snap together to form a dance
- iv. Be able to use the River Waltz at the Pirates Deck

b. Session 2 – White City Waltz

- i. Learn closed social position facing each other
- ii. Learn that men move their left foot on the count of 1 while women move their right foot on the count of 1
- iii. Learn that men move their right foot on the count of 4 while women move their left foot on the count of 4
- iv. Learn some basic patterns – Box, Change places, Walk - Spin, Twinkle, Whisk – as you learn the White City Waltz
 1. While most are 6 counts, the Walk – Spin is a 12 count pattern, but you count to 6 twice, not to 12
 2. Understand our simplified lead difference between a Twinkle and a Whisk
- v. Snap the patterns together to form a more complex dance

c. Session 3 and 4 - White City Waltz and onward

- i. Address any difficulties with the dance
- ii. Learn waltz “cousins” – Twinkles, Whisks, Sweeps
- iii. Insert only Sweeps or only Whisks into the sequence instead of the taught “2 Twinkles and a Whisk” combo
- iv. Learn new step patterns (this continues into Session 4)
 1. Progressive and Turning Box and Progressive Balance
 2. Underarm turn to change direction
 3. Patty cake move
 4. Promenade (our version)
- v. Create a sequence of patterns to form a dance