### Start:

Couples face each other in social dance frame position

man facing Line of Dance (LoD), follower facing against LoD

Dance progresses in large counter clockwise circle

- Partners face each other, slightly offset so that Leader is looking over Follower's right shoulder. If feet are spread slightly, this keeps you from stepping on the other partner's feet.
- For competition waltz, left and right feet of each partner are very close together – for us, maintain a little space to reduce chance of stepping on partner's foot as we move
- Leader's left upper arm is roughly straight out to the side from his body.
- Leader's left upper arm is bent at elbow up and slanted forward to create a gap as it bridges half the space between the partners.
- Follower's right arm generally mirrors the Leader's left arm.
- Leader's left hand is at 90 degrees from his arm, palm to the Follower, thumb up, spread from his fingers.
- Follower's right hand fingers hook into the spread between Leaders thumb and fingers, while Followers thumb is outside of the Leader's thumb. The hands connect but do not grasp each other.
- Leader's right arm extends forward from his body with his fingers bent 90 degrees from his palm.
   Leader bends his elbow out to the side such that his fingers come in contact with the Follower's left shoulder blade and his palm presses against the side of the Follower's body.
- Follower's left arm lies on top of the Leader's right arm. The follower places their right hand where it naturally meets the Leaders body – shorter arms might contact the upper biceps, longer will press against the Leader's shoulder
- The Follower and Leader use their muscles to support the weight of their arms.
- Both partners supply pressure against their partner's body. Both partners hold their arms rigid, not allowing them to collapse back onto their bodies when the other partner supplies pressure.
- The goal of the social frame is to allow the Leader's leads to steer the Follower.

•	Weight is on the Leader's right foot, Follower's left
	foot

- Waltz count is 1,2,3,4,5,6
- For THIS dance, the 4-6 counts often return the couple to a closed social dance position (making this dance easier to learn)
- We modified the dance to use twinkles instead of hovers to reuse steps our students typically know and to modify leader's hand leads for whisk for later reuse and clarity on lead

### First 6 counts: Waltz box clockwise

### Man facing LoD Woman facing against LoD

### Man's footwork

- 1. Left foot steps forward in the direction of the LoD (style: longer step, body dipping down) weight ends on left
- 2. Right foot moves forward to alongside the left foot without landing, then steps to the right side to land slightly more than shoulder width (style: raise body by moving onto toes) weight ends on right
- 3. Left foot steps next to right (style: on toes) weight on left
- 4. Right foot steps back against the LoD (style: longer step, body dipping down) weight on ends on right
- 5. Left foot moves back to alongside the right without landing, then steps to the left slightly more than shoulder width (style: raise body by moving onto toes) weight on left
- 6. Right foot steps next to the left (style: on toes) weight on right

#### Woman's footwork

- Right foot steps backwards in the direction of the LoD (style: longer step, body dipping down) weight ends on right
- Left foot moves backwards alongside the right foot without landing, then steps to the left side to land slightly more than shoulder width (style: raise body by moving onto toes) – weight ends on left
- 3. Right foot steps next to left (style: on toes) weight on right
- 4. Left foot steps forward against the LoD (style: longer step, body dipping down) weight on ends on right
- 5. Right foot moves forward to alongside the left without landing, then steps to the right slightly more than

shoulder width (style: raise body by moving onto toes) weight on right 6. Left foot steps next to the right (style: on toes) – weight on left Second 6 counts: Man's lead and footwork (this is a continuous smooth motion) 1. Man lifts his left hand gently holding woman's right hand Exchange places with to higher than her head height and moves it to man's left underarm right turn generating a space for the woman to turn in. Man's left for woman foot moves diagonally forward to the right to get outside the woman's left foot as she steps forward before landing Man exchanges somewhere around 45 degrees to the left from straight ahead. (style: longer step, body dipping down) weight places on 1-3 ends on left toes (Essentially the man has dodged around the woman by moving his body out of the way, but lands his foot further along LoD than where the woman is at the end of count 1 with the foot turned a bit to where the woman was standing at the start of count 1) 2. Man swings his right leg forward and around past his left foot, pivoting the man on his left toes to face against LOD. The right foot lands shoulder width or less (style: raise body by moving onto toes) - weight ends on right 3. Left foot steps next to right (style: on toes) – weight on left (You may find that there is no need to move left foot laterally, depending on the spacing to the right foot. Even if you don't move the left foot, change weight to the left foot) Man is now facing against LoD 4. Right foot (small) steps backwards further along LoD Man dances half of a (style: longer step, body dipping down) weight on ends on box step backwards right. Position arms in closed social position to encourage to allow woman to woman to "land" in social position return to closed 5. Left foot moves backwards to alongside of right without landing, then steps to man's left slightly wider than position on 4-6 shoulder width (style: raise body by moving onto toes) weight on left 6. Right foot steps alongside man's left foot (style: on toes) weight on right. At this point, woman should have returned to closed social position facing LoD, Man facing against LoD Woman's arm and footwork (this is a continuous smooth motion) 1. Since the Man is getting out of the way with his foot work,

the Woman can essentially step forward (this is against

# Woman turns to her right to face LoD

LoD) on her right foot with a slight turn of the foot to the right when foot lands walking under the raised hands. Woman's hand is free to rotate in man's hand. Weight on her right toes. For 1-3, woman's right hand is held high by Man's left hand

- 2. Woman moves the left foot into the space the man just vacated turning her body a quarter turn to her right and then stepping backwards with her left foot (the critical aspect is to NOT step forward). Her right foot is pivoting (style: raise body by moving onto toes) weight ends on left toes. (Ideally, the left foot moves backwards across the LoD, but it is acceptable that the left foot moves against the LoD. What can't happen is that the left foot steps forward across the LoD, because this will yank at your arms and shoulder)
- Woman returns to closed social position on 4-6
- 3. Right foot swings through the space between the couples and then lands back alongside of her left foot to continue turning her around to face LoD (style: on toes) weight on right foot Woman is now facing LoD (If you haven't completely faced LoD, correct that in count 4 below)
- 4. Woman steps forward on left foot to close the space between the couple as she starts return to closed social position offered by man. Arms are moving to social position. (Any movement left or right is determined by where the man is offering the closed social position. Bigger or shorter step will be dictated by how far from the leader the follower executes the turn. )
- 5. Woman moves right foot forward alongside left, then steps to the right side distance of steps depends on where man is offering social position. Weight on right foot
- 6. Woman steps left foot next to right. Weight on left foot to close in social position.

Unless the couple does their steps perfectly (e.g. woman stepping backwards across LoD with foot during step 2), the couple will be mis-aligned for closed position. That's ok, you can correct alignment during 4-6. We suggest that the leader (man) offer the landing target with his arms / hands and that the follower adjusts her position. Having one person adjust typically will work smoother than both adjusting and thus over correcting. As a couple you will work it out. No biggie. Just by 6, be back in closed social position.

Third 6 counts:	(see Clockwise waltz box steps in First 6 counts, do the same just facing the other direction)
Waltz box clockwise	
Man facing against LoD Woman Facing LOD	

Facustle C accounts	(See Second 6 counts, same stone just starting facing
Fourth 6 counts:	(See Second 6 counts, same steps just starting facing other way.)
Exchange places with	other way.)
underarm right turn	At end, man is facing LoD while woman is facing against
for woman and	LoD.
return to closed	200.
social position	Couple is in closed social position at the end
Fifth 6 counts:	Man's leads and footwork
Outside Walk in LoD	Essentially the couple maintain arms in closed social
direction to start a	position, but there will be a slight, natural adjustment as
natural spin	woman will be moving straight back (in LoD direction), but
naturar spiri	the man steps to his left to get outside the woman's right
	foot. Instead of stepping straight forward in LOD, the
Man walks 1-3 on	man's left foot walks forward but wider to the left to get
outside of woman's	both of his feet traveling outside of the woman's right
body	foot.
	2. Walk forward on the right foot with a slightly bigger step
	to get man's body almost aligned with the woman's body
	(right shoulder to right shoulder). Rather than the arms making a space between the couple, the arms are now
	extending over their partner's chests to the side to
	maintain their hand positions while their bodies are
	almost should to shoulder.
	3. Walk forward on left foot.
	S. Train is ward on left foot.
Man starts the	4. Man rotates his upper body forward to the right as he
natural spin on 4-6	quarter turns and steps his right foot behind the woman,
	blocking her LoD direction motion. By re-establishing
	normal arm social position frame, when the man turns to
	the right, the woman will be forced to turn right. Weight

- moves to ball of right foot so it can rotate. The man's left hand is applying pressure to her right hand to move her body back on her right, while his left hand is applying pressure to her left shoulder blade moving her body forward on her left side. It is not essential that you get a full quarter turn on step 4.
- 5. Man swings his left foot around, quarter turning his body to face away from LoD before landing the left foot. Right foot rotates as left foot swings around, Weight to left foot. By maintaining frame, the woman will be forced to face LoD. It is essential that you get completely around (or almost completely around) with man facing against LOD on 5.
- 6. Man moves right foot to step next to his left foot (in theory). (It is very likely that your right foot will not step next to left foot. You may find you need to step right foot in place or slightly backwards to maintain balance. Don't get hung up on it. It is essential that you transfer weight to the right foot.) It is essential that the man is facing against LoD by the time his right foot takes his body weight.

### Woman walks backwards

### Woman's arms and footwork

- 1. Step backwards (along LoD) with right foot. (You feel man is moving to outside of your feet so your arms start adjusting, but maintain social frame it will make the spin easier.) The man is taking larger steps so he can get almost shoulder to shoulder.
- 2. Step backwards with left foot. (Man should now be approaching shoulder to shoulder)
- 3. Step backwards with right foot. (Man should be almost shoulder to shoulder.) Arms are across chests, hands still in position. His right hand on her left shoulder blade, his left hand against her right palm.

# Woman starts natural spin

4. The man's right foot has cut off the woman's movement along LoD, so it is essential that the woman's left foot moves backwards and to the left roughly a quarter turn. (or else she will trip over his right foot!) Use body frame as you return arms to social position will turn the woman in the correct direction. Re-establishing arm frame will rotate her for the quarter turn. Weight on left foot ball.

- Woman swings her right leg back, turning her body roughly another quarter turn as she pivots on her left foot's ball. Weight to right foot ball. She should be nearly facing LoD.
- 6. Woman's left foot steps next to her right foot (in theory). (In practice, it is more important that woman is facing LoD aligned with partner than having feet next to each other. You must be positioned correctly to do the next step which is critical for the natural spin.) You should be in social position with woman facing LoD

Follower, let the leader close the distance until you are almost shoulder to shoulder. Don't take a bigger step backwards when he takes a bigger step forward as he tries to close the gap. Your social frame space gap has moved to the woman's right rather than being in front of her.

The spin is one continuous smooth motion. To keep the spin going, the couple needs to be aligned with woman facing LoD and man facing against LoD at the end of this set of counts.

### Sixth 6 counts: End natural spin and return to closed social position

Man's leads and footwork (Man facing against LoD)

- Man finishes natural spin on 1-3
- This step is critical: Man's left foot steps wide to his left side ( creating a space for the woman to step through) Maintain social frame through out these steps. Weight on left foot ball so it can pivot.
- 2. Man quarter turns his body by swinging his right leg back and to the side to parallel his left foot (that is pivoting during the turn). Note that man's right foot is further along LoD than his left foot, man is facing inside LoD circle. Weight goes to the ball of right foot. By maintaining social frame, the man is forcing the woman's body to also rotate
- 3. Man swings his left foot forward and in the direction of the LoD, quarter turning his body (and through social frame, the woman's body) so man faces LoD (and woman is facing against LoD). The left foot will end up parallel to his right foot so the spin rotates the man's body forward a bit to face LoD completely.

# Return to closed position via half waltz box backwards

- 4. Return man to closed social position by dancing a backwards half waltz box while facing the LoD. Right foot goes backwards (against LoD).
- 5. Left foot moves backwards towards right foot, but then steps out to left side to land.

### 6. Right foot steps next to left foot. You have returned to closed social position Woman's arms and footwork. Woman completes 1. Critical step: the woman's right foot steps forward natural spin 1-3 between the man's legs into the space created by the man's left foot moving to the side. This is a critical action to getting this move done correctly. Maintain social frame, weight on right foot ball so it can rotate. 2. As man rotates quarter turn, maintaining the frame will rotate the woman's body a quarter turn. Woman's left foot will land further down the LoD than man's right foot. Woman is facing outside the LoD circle. Weight to left foot ball. 3. As man's body swings forward with his left foot, woman's body will swing backwards as she swings her right foot backwards (in the direction of the LoD) and her left foot rotates. Her right foot lands parallel to her left foot. Woman is facing against LoD. Dance half waltz box 4. Step left foot forward (against LoD). 5. Move right foot forward, then step to side. to regain balance and 6. Step left foot next to right foot, weight to left foot. You reset to closed social are in closed social position. position Seventh 6 counts: Man's leads and footwork 1. Rotate body almost a quarter turn to the right (social Dance calls for frame forces woman to turn her back to the right) just "hovers", we use before man makes a big step with the left foot between "twinkles" the couple's bodies to the right. (The further the rotation to 90 degrees, the more the twinkle will just move across Man's twinkle right the LoD circle; the less the rotation, the more the twinkle will travel along the LoD circle.) Shift weight to the ball of left foot so it can rotate. 2. Move the right foot past the left foot, but swing it to turn man's body to left to face the LoD, thus turning man's body to face LoD (and turn woman to face against LoD), rotating on man's left foot ball. 3. Step left foot next to right foot.

4. Rotate body almost a quarter turn to the left (social frame forces woman to turn her back to the left) just before man

### Man's Twinkle left

- makes a big step with the right foot between the couple's bodies to the left. (The degree of rotation should match the twinkle right's rotation, unless traffic suddenly forces a different amount.) Shift weight to the ball of right foot so it can rotate.
- 5. Move the left foot past the right foot, but swing it to turn man's body to right to face the LoD, thus turning man's body to face LoD (and turn woman to face against LoD), rotating on man's right foot ball.
- 6. Step right foot next to left foot (and you are in social position)

# Woman's twinkle to man's right

#### Woman's arms and footwork

- 1. Man's social frame movement will indicate how far to rotate to move backwards across LoD circle. Woman's right foot steps backward at an angle to match man's left foot movement. Shift weight to right foot ball.
- 2. As woman moves left foot back, the man's social frame will rotate her body so she faces against LoD. Woman is rotating on right foot ball in response to social frame pressure while her left foot is moving. Land with weight on left foot.
- 3. Step right foot next to left foot (and you are in social position)

# Woman's twinkle to man's left

- 4. Man's social frame movement will indicate how far to rotate to move backwards across LoD circle. Woman's left foot steps backward at an angle to match man's right foot movement. Shift weight to left foot ball.
- 5. As woman moves right foot back, the man's social frame will rotate her body so she faces against LoD. Woman is rotating on left foot ball in response to social frame pressure while her right foot is moving. Land with weight on right foot.
- 6. Step left foot next to right foot (and you are in social position)

The actual dance uses "hovers". We have put in "twinkles". This lets you move forward if the rotation is less than 90 degrees to either close the space between you and the couple in front or create more space for the couple following you. It is actually easier to not make a full 90 degree rotation because it creates more space for the man to step between the couples bodies. Finally these moves are smooth and fluid - you might find that

	steps "3" and "6" become more of a swivel rather than an actual
	foot lift and step.
Eighth 6 counts:	Man's leads and footwork
Whisk right	1. Rotate body a full quarter turn to the right (social frame
Return to closed	forces woman to turn her back to the right) just before
	man makes a big step with the left foot between the
social position	couple's bodies to the right. Shift weight to the ball of left
	foot so it can rotate. (Just like the twinkle start)
Man crosses LoD to	2. Lower joined man left / woman right hand to waist height
open position (we	and relax social frame to allow the woman to continue to
adjust the hand	move with her back to the outside of LoD circle. Move
position to give a	man's right foot well past the left foot, but swing it to turn man's body to left to face the LoD, thus turning man's
more obvious lead to	body to face LoD (relaxed social frame does not rotate
the whisk)	woman), rotating on man's left foot ball. End on right foot
	ball, do not set heel down. (Man's foot work is similar to
	twinkle, but his left hand is at waist height and he is not
	applying pressure with right hand to woman's back. Man
	is facing LoD while woman's back is still facing out from
	the LoD circle). Joined hands are between bodies.
	3. Keep social frame relaxed with joined hands at waist
	height to allow both man and woman to end up facing the
	center of the LoD circle. Swing left leg to side and then
	back to rotate the body to the left. The left foot moves
	well past the right foot to land on its toes as the right foot rotates to point towards the center of the LoD circle.
	Allow the left arm to extend as you step back. Joined
	hands are pointing towards the center of the LoD circle.
	The man is facing the center of the LoD circle. As weight
	transfers to left foot, allow the right to raise slightly from
	floor.
Man returns to LoD	
circle line and to	4. Man's right foot moves slightly towards the LoD circle
closed position	before returning to the floor with weight on ball of right
ciosca position	foot. Man is starting to raise joined hands to normal
	closed position to indicate that the whisk is over.
	5. Man's left foot moves past the right foot and then swings
	wide to the right a quarter turn to rotate the man's body to face LoD. Man is rotating on ball of right foot. Man is
	re-establishing social dance frame with left hand at
	follower's nose height, right hand tightening on woman's
	shoulder blade. Weight transfers to left foot.
	6. Man's right foot steps next to the left foot to bring man
	into social closed position. Weight transfers to right foot.

Woman crosses LoD	
to open position  Woman returns to LoD circle line and to closed position	<ol> <li>Woman's movement and footwork</li> <li>Social frame forces woman to turn her back to the right as she takes a step backwards towards the outside of the LoD circle with her right foot. Shift weight to the right foot.(Just like the twinkle start)</li> <li>As man lowers joined hands, this tell the woman you are heading into a whisk, not a twinkle. With social frame relaxed and woman's back still to the outside of the LoD circle, woman steps backwards on left foot past the right foot, moving further to the outside of the LoD circle.</li> <li>Step right foot well past the left foot, continuing backwards to land on right foot toes, still with back to outside of LoD. Slightly raise the left foot as the right foot takes the weight. Social frame is still relaxed; let your arm extend as you step back. Both man and woman are now facing the center of the LoD circle, in a mirrored position of each other.</li> </ol>
	<ol> <li>Social frame is still relaxed with joined hands at waist height. Step left foot slightly forward toward the center of the LoD circle. Let weight transfer to left foot ball so it can rotate.</li> </ol>
	5. Arms start to reform the social frame position as hands raise during this step, indicating to the woman that the whisk is over and to return to closed position. Move right foot past the left foot and swing it a quarter turn to the left to rotate woman's body so her back is to the LoD and she is facing the man, looking over his right shoulder. Weight transfers to right foot.
	<ol> <li>Step left foot next to right and re-establish social frame.</li> <li>Weight transfers to left foot. You are now in closed social position, woman facing against LoD, man facing the LoD.</li> </ol>
Restart with	Man will move left forward on LoD / woman right back on
clockwise waltz box	step 1

Alternate Seventh and eighth 6 counts Whisks – not twinkles	If the couple is dancing by themselves and not in a group sequence dance, you can add some interest to the white city waltz by replacing the twinkles with a double whisk move. While twinkles can be used to progress along LoD by not turning a full 90 degrees, Whisks must be done across LoD without progressing along LoD.  Man's leads and footwork
Whisk to man's right	<ol> <li>Rotate body a full quarter turn to the right (social frame forces woman to turn her back to the right) just before man makes a big step with the left foot between the couple's bodies to the right. Shift weight to the ball of left foot so it can rotate. (Just like the twinkle start)</li> <li>Lower joined man left / woman right hand to waist height and relax social frame to allow the woman to continue to move with her back to the outside of LoD circle. Move man's right foot well past the left foot, but swing it to turn man's body to left to face the LoD, thus turning man's body to face LoD (relaxed social frame does not rotate woman), rotating on man's left foot ball. End on right foot ball, do not set heel down. (Man's foot work is similar to twinkle, but his left hand is at waist height and he is not applying pressure with right hand to woman's back. Man is facing LoD while woman's back is still facing out from the LoD circle). Joined hands are between the bodies.</li> <li>Keep social frame relaxed with joined hands at waist height to allow both man and woman to end up facing the center of the LoD circle. Let the arms extend as your body move backs so that your hands stay in roughly the same spot. Swing left leg to side and then back to rotate the body to the left. The left foot moves well past the right foot to land on its toes as the right foot rotates to point towards the center of the LoD circle. The man is facing the center of the LoD circle. As weight transfers to left foot, allow the right to raise slightly from floor.</li> </ol>
Whisk to man's left (man)	4. Keep left hand joined to woman's right hand at waist height and drop the connection between right hand and woman's back. This will be the lead that the whisk continues, rather than closing to social dance position. Step right foot towards the center of LoD circle. Weight

# on toes of right foot. Your left arm will be across your body to woman who is on your right. Move left leg past the right foot, and then quarter turn

- 5. Move left leg past the right foot, and then quarter turn it to face LoD (towards the woman). Maintain single hand hold at waist height, right hand free. Joined hands are now between the bodies.
- 6. Letting your arm extend as you move your legs, your hand will stay in roughly the same spot. Swing right leg back and then towards the center of the LoD circle to land on toes / ball of right foot. Let the left foot rotate and lift slightly off floor. The swinging right leg forces body to face towards the outside of the LoD. Your hand is stretched before you.

### Whisk to man's right (woman)

#### Woman's arm and footwork

- Social frame forces woman to turn her back to the right as she takes a step backwards towards the outside of the LoD circle with her right foot. Shift weight to the right foot. (Just like the twinkle start)
- 2. As man lowers joined hands, this tell the woman you are heading into a whisk, not a twinkle. With social frame relaxed and woman's back still to the outside of the LoD circle, woman steps backwards on left foot past the right foot, moving further to the outside of the LoD circle.
- 3. Step right foot well past the left foot, continuing backwards to land on right foot toes, still with back to outside of LoD. Slightly raise the left foot as the right foot takes the weight. Social frame is still relaxed, let your arms extend so the joined hands stay in the same spot in space. Both man and woman are now facing the center of the LoD circle, in a mirrored position of each other.

# Whisk to man's left (woman)

- 4. Hands joined at waist height tells woman the whisk will continue, rather than closing to social position. Step left foot towards the center of LoD circle. Weight on toes of left foot. Your right arm will be across your body to man who is on your left.
- 5. Move right leg past the left foot, and then quarter turn it to face against LoD (towards the man). Maintain single hand hold at waist height, left hand free. Joined hands are between the bodies.
- Swing left leg back and then towards the center of the LoD circle to land on toes / ball of left foot. Let the right foot rotate and lift slightly off floor. The swinging left leg forces

	body to face towards the outside of the LoD. Let your arm extend as you move backwards so that the hands stay in roughly the same spot. Your position should mirror the man's position
Eighth 6 counts	Man's leads and footwork (note in "whisk left" starting position)
Whisk to right then close to social position	<ol> <li>Maintain joined hands (which are extended at start) at waist height to say the whisk continues. Step left foot forward to outside of LoD circle. Let arms contract as step forward.</li> </ol>
Whisk to man's right (man) from whisk left	<ol> <li>Move right leg forward past the left and then swing it to face LoD (and woman) turning man's body to face LoD.</li> <li>Joined hands are now between bodies.</li> </ol>
starting position	3. Swing left leg back to turn man's body a quarter turn to face the center of the LoD circle and extend it to land on toes. Let left arm extend as leg moves back. Right foot rotates and lifts a bit off the floor
Return to closed position (man)	4. Reconnect man's right hand to woman's left shoulder as you start to raise left hand joined to woman's right. This tells partner that the whisk is ending and return to closed position. Step towards the center of the LoD circle with right foot (generally a smaller step). Shift weight to right foot toes.
	5. Move left foot past the right foot and then turn left foot a quarter turn to turn man's body quarter of turn to face LoD as rotate on right foot. Arms have reestablished closed social position (left hand raised to woman's nose height, right hand on her left shoulder blade). You should be facing partner.
	6. Move right foot next to left foot and reestablish social frame (pressure in joined hands, correct position on back). You are in closed social position.
	Woman's arms and footwork
Whisk to man's right (woman) from whisk	<ol> <li>Maintain joined hands (which are extended at start) at waist height. Step right foot forward to outside of LoD circle. Let arms contract as step forward.</li> </ol>
left starting position	<ol> <li>Move left leg forward past the right and then swing it to face against LoD (and man) turning woman's body to face against LoD. Joined hands are now between bodies.</li> </ol>
	<ol><li>Swing right leg back to turn woman's body a quarter turn to face the center of the LoD circle and extend it past the</li></ol>

	left foot to land on toes. Let right arm extend as leg moves back. Left foot rotates and lifts a bit off the floor.
Return to closed	4. Man's lifting of joined hands and his right hand reaching to reconnect to woman's back tells woman that the whisk is over and returning to closed position. Step forward a little on left foot with weight going onto toes so foot can rotate.
position (Woman)	<ol> <li>Move right foot past left foot and then swing it to point against LoD, turning woman's body to face against LoD as she rotates on left toes. Arms have reconnected in social dance position.</li> </ol>
	<ol> <li>Step left foot next to right. Reestablish social frame (pressure in joined hands, woman's left arm on man's right).</li> </ol>

Alternate sweeps instead of twinkles; close from the sweep, not from a whisk that follows the twinkles

Alternate Seventh and eighth 6 counts Sweeps – not twinkles	If the couple is dancing by themselves and not in a group sequence dance, you can add some interest to the white city waltz by replacing the twinkles with sweeps. Just like twinkles, sweeps can be used to progress along LoD by turning less than 90 degrees when rotating the body.
Sweep setup (starts like a twinkle, key lead is that the joined hands will be released while connection is maintained via hand to follower's back)	<ol> <li>Man's leads and footwork</li> <li>Rotate body a full quarter turn to the right (social frame forces woman to turn her back to the right) just before man makes a big step with the left foot between the couple's bodies to the right. Shift weight to the ball of left foot so it can rotate. (Just like the twinkle start)</li> <li>Release joined man left / woman right hand and relax social frame to allow the woman to continue to move with her back to the outside of LoD circle. Move man's right foot well past the left foot, but swing it to turn man's body to left to face the LoD, thus turning man's body to face LoD (relaxed social frame does not rotate woman), rotating on man's left foot ball. End on right foot ball, do not set heel down. (Man's foot work is similar to twinkle, but his left hand is free and he is not applying pressure with right hand to woman's back. Man is facing LoD while woman's back is still facing out from the LoD circle).</li> <li>Move into an open position – man's left, woman's right hands are held away from their bodies, man's right hand making the connection to the woman's back by her shoulder blade. The man and woman will end up facing the center of the LoD circle. "Flair" unattached hand to the side as man swings left leg to side and then back to rotate the body to the left. The left foot lands to the side of the right foot, as the right foot rotates to point towards the center of the LoD circle. As weight transfers to left foot, allow the right to raise slightly from floor.</li> </ol>
Sweep to the center of the LoD circle (man)	4 Keep left hand left hand "flaired" out from the body, while the right hand maintains connection to the woman's back. Big step ("sweep") with right foot towards the center of LoD circle. Weight on right foot.

5 Move left leg past the right foot, and then quarter turn it to land facing LoD (towards the woman). As you turn to face each other, the man's left hand will move to connect

- with the woman's back on her right side, while the man's right hand drops the connection to the woman's back.
- "Flair" man's right hand to the side as he swings his right leg back and then towards the center of the LoD circle to land right foot next to the left foot. Man's left foot rotates on toes. The swinging right leg forces body to face towards the outside of the LoD. You are in an open position facing outside the LoD – Man's left hand is on woman's right back, while his left hand is flaired to the side.

### Sweep setup for woman

### Woman's arm and footwork

- Social frame forces woman to turn her back to the right as she takes a step backwards towards the outside of the LoD circle with her right foot. Shift weight to the right foot. (Just like the twinkle start)
- As man releases joined hands, this tell the woman you are heading into a sweep. With social frame relaxed and woman's back still to the outside of the LoD circle, woman steps backwards on left foot past the right foot, moving further to the outside of the LoD circle.
- 3. Step right foot next to the left foot, continuing backwards to land on right foot, still with back to outside of LoD. You are in an open position, your right hand is flaired to the side and your left hand is on top of man's right shoulder. Man's right hand on your left back. Both man and woman are now facing the center of the LoD circle, in a mirrored position of each other.

# Sweep to inside of LoD circle (woman)

- 4. In your open position, BIG step (sweep) left foot towards the center of LoD circle. Weight on toes of left foot. Right hand is flaired to the side.
- 5. Move right leg past the left foot, and then quarter turn it to face against LoD (towards the man). As you face the man, release your left hand from his right shoulder top as you connect your right hand to his left shoulder. Man is also switching his connection to your back.
- 6. Swing left leg back and then towards the center of the LoD circle to land next to the right foot. Right foot rotates to face outside LoD. The swinging left leg forces body to face towards the outside of the LoD. Your left hand flairs to the side.

Eighth 6 counts	Man's leads and footwork (note in "sweep to the inside" starting position)
Sweep to the outside of LoD circle (man)	<ol> <li>Maintain open position. Big step left foot forward to outside of LoD circle. Maintain right arm flair and left hand connection to woman.</li> <li>Move right leg forward past the left and then swing it to face LoD (and woman) turning man's body to face LoD. As you face LoD, release the left hand connection to woman back. Make a right hand connection to the woman's back.</li> <li>Swing left leg back to turn man's body a quarter turn to face the center of the LoD circle. The left foot lands to the side of the right foot, as the right foot rotates to point towards the center of the LoD circle. The man is facing the center of the LoD circle. Let left arm extend as leg moves back. Right hand maintains connection to woman's back.</li> </ol>
Return to closed position (man)	<ol> <li>Step towards the center of the LoD circle with right foot. Shift weight to right foot toes. Left arm starts to move from flair position to in front of man in prep to re-establish closed position, right hand still on woman's back.</li> <li>Move left foot past the right foot and then turn left foot a quarter turn to turn man's body quarter of turn to face LoD as rotate on right toes. Critical move – raise left hand to social closed position (woman's nose height) and maintain right hand on woman's back. You should be facing partner with your left hand waiting for her right hand. (You are making a "stop" signal for the woman – the sweeps are over.)</li> <li>Move right foot next to left foot and reestablish social frame (pressure in joined hands, correct position on back). You are in closed social position with partner.</li> </ol>
Sweep to outside of LoD circle	<ol> <li>Woman's arms and footwork</li> <li>Maintain open position – left arm flaired, right hand on top of man's shoulder. BIG step right foot forward to outside of LoD circle.</li> <li>Move left leg forward past the right and then swing it to face against LoD (and man) turning woman's body to face against LoD. Drop right hand connection with man and bring left arm in to establish connection with man's shoulder top.</li> </ol>

# Return to closed position (Woman)

- Swing right leg back to turn woman's body a quarter turn to face the center of the LoD circle and extend it past the left foot to land on toes. Let right arm extend as leg moves back. Left foot rotates as you face center of LoD circle.
- 4. As man unflairs his left arm and starts to bring in to his front, this tells the woman that the sweeps are ending and she should prepare to return to closed position. His right hand is already on her back. Step forward on left foot with weight going onto toes so foot can rotate.
- 5. Move right foot past left foot and then swing it to point against LoD, turning woman's body to face against LoD as she rotates on left toes. Man's left hand should be in closed social position waiting for woman's right hand to join his hand. (Think of his left hand as making a "stop" signal as woman turns to face man the sweeps are over.)
- 6. Step left foot next to right. Reestablish social frame (pressure in joined hands, woman's left arm on man's right bicep or shoulder).

Note that only one pair for sweeps is included to maintain the same beat pattern as the twinkles use in the White City Waltz