

Royal Boston Waltz Mixer

“A Swing Era Version of Slow American Waltz”

Choreography by Richard Powers, Ryan and Monica Shen Knotts

Adapted to mixer form by Nick Enge

Music: Any slow, square (4x4) waltz. The original version was very slow (114 bpm), but for social dancing, I find the high 120s/low 130s to be a more comfortable compromise between the three different waltz forms included in this dance, depending on the group.

Formation: Circle of couples in waltz position, starting with Follows backing

1) Reverse Waltz: Four bars of reverse waltz (counterclockwise turn) along LOD.

2) Swing Moves: Cross-body inside turn (counterclockwise) to send the Follow out to the inside lane, and the Lead walks forward. (This is a slow, elegant turn, taking a full six counts, not a quick snap turn. The ideal Follow’s footwork is a quarter turn on the first three steps, then three open pivot steps.) Both are facing along LOD at the end of the turn. Then a mirrored grapevine rollaway: both cross forward, step side, cross behind along LOD, and rollaway from each other, Lead clockwise, Follow counterclockwise, with open pivot steps.

Original Version: All travel LOD in their respective lanes during the rollaway.

Mixer Version: Follows progress forward to a new partner by traveling LOD on the inside lane while Leads stay mostly in place on the outside lane.

3) Cross-Step Waltz: Taking swing out hands (his left, her right), do the second half of a stationary cross-step waltz, crossing his left and her right in front along LOD. Then do the first half of a stationary cross-step waltz against LOD, taking waltz position. Then the second half of a cross-step waltz turning basic, rotating her across LOD to the outside lane. Finish with a primary cross-step along LOD, followed by a side-close.

4) Rotary Waltz: The Lead backs around to the outside lane, initiating four bars of rotary waltz (clockwise turn) along LOD. Back the lady straight along LOD on the fourth bar, in order to transition to reverse waltz, repeating from the beginning.