

No. 7.

THE NEW AMERICAN WALTZ

By (Fill in your own name)

Member, National Institute of Social Dancing.

If you are tired of racing yourself to death while dancing, if you want a dance which is both restful and easy to do, then study closely the debutante waltz, which is now the rage among the better dancers of New York's debutante set.

This new dance has all the fine qualities of an old-fashioned waltz, yet there is not the monotony of continuously doing the same step. The beauty of the debutante waltz is that the steps are varied and interesting and yet you may do them with ease and abandon and carry on a conversation without getting all out of breath.

It is not necessary to use these steps in place of the ones you already know. Simply add the new variations to your list of waltz steps.

THE DEBUTANTE WALTZ

MAN'S PART: Beginning with the left foot, take a short slow step directly forward. Hold the weight on that foot for three beats of the music. Count 1, 2, 3, while the weight is on the left foot.

Then do a forward waltz movement, beginning with the right foot, 1, step forward with right foot; 2, left foot diagonally to left; 3, draw right foot up to left, weight on right.

Repeat entire step of six counts. Remember that the first step, described in the first paragraph, is given three beats. The waltz movement is given three quick beats, making ~~six~~ counts in all.

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LADY'S PART: Beginning with the right foot, take one long slow step backward. Hold the weight on that foot for three beats of the music. Count 1, 2, 3, while the weight is on the right foot.

Take a backward waltz movement of three counts, beginning with the left foot. (Step backward left foot 1, step backward diagonally to right with right foot, weight on left 3.) Repeat the entire movement of six counts.

Combination No. 2.

MAN'S PART: Begin with left foot and walk straight forward three long quick steps, counting left foot 1, right foot 2, left foot 3. (Note that these steps are done very quickly and smoothly and take one measure of waltz time -- three beats.)

After the third step, place the right foot about 10 inches to the right of the left foot and hold the weight on the right foot for three counts. (Count 4, 5, 6.) While the weight is on the right foot, close left foot to right without placing any weight on left. Repeat the entire movement of six counts.

LADY'S PART: Begin with the right foot and walk backward three long quick steps, counting right foot 1, left foot 2, right foot 3. (Note that these three steps are done very quickly and take one measure of waltz time -- three beats.) On the count of 4, place the left foot about 10 inches to the left of the right foot and hold the weight on the left for three beats, counting 4, 5, 6. While the weight is on the left foot close right foot up to the left without placing any weight on the right foot. Repeat the entire movement of six counts.