

TRY THESE VARIATIONS!

Turn the box! Step one quarter turn with each “one” count (the “down” step). Then finish the “side-together” right where you are! After four of them, you will have turned in a full circle!

Try it using:

- All forward basic steps (This is called a “forward progressive”.)
- All backward basic steps (This is called a “backward progressive”.), or
- A combination of both!

Try turning to the left **and** to the right.

You can link forward **or** backward boxes together to keep moving one direction.

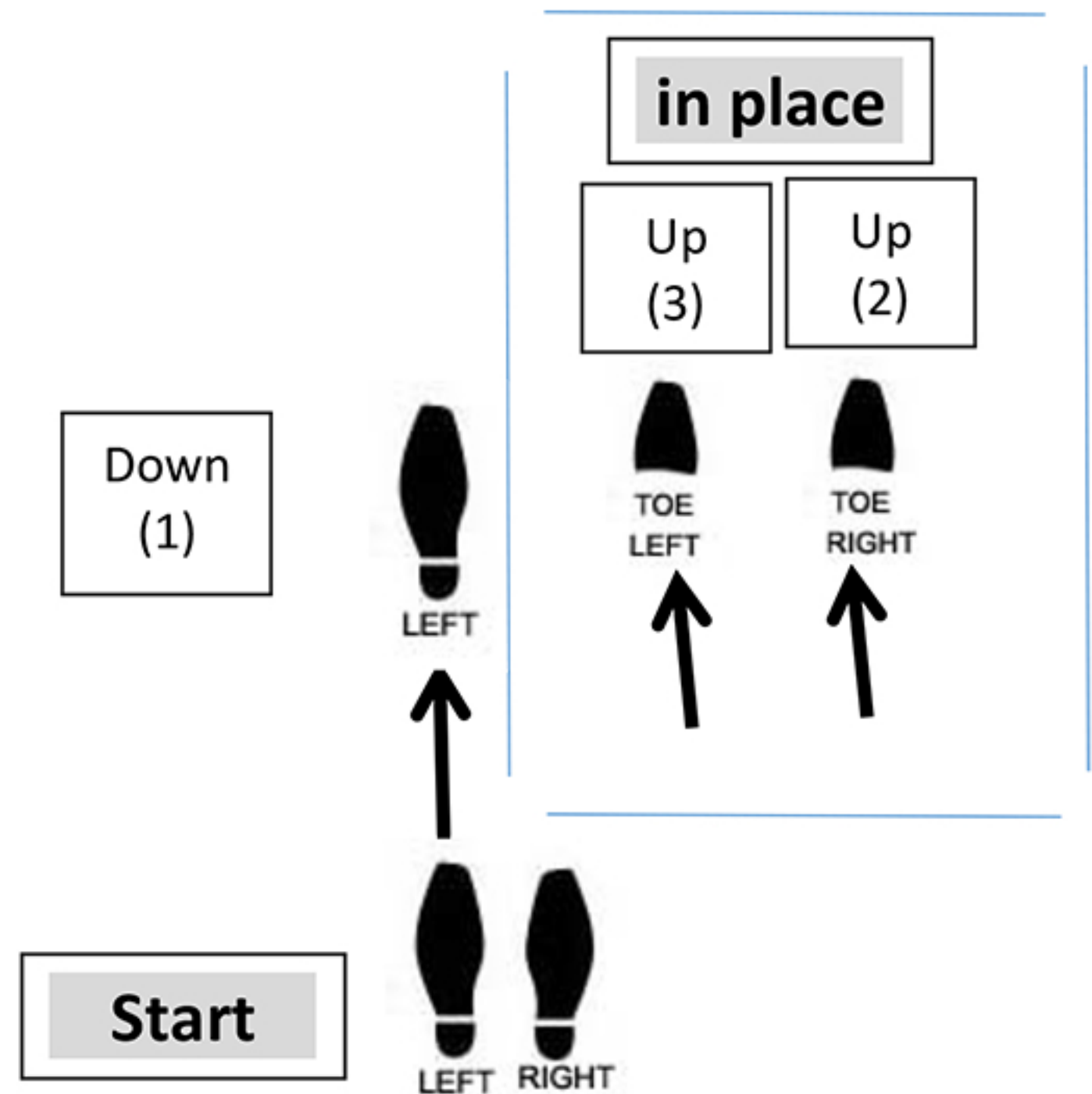
You can link a forward box **and** backward box together to make one full box!

Try the “balance step”! Start with a forward step on the LEFT foot (“down”).

- Bring the RIGHT foot up to step DIRECTLY NEXT TO the left foot (“up”).
- Bring the LEFT foot up to step DIRECTLY NEXT TO the right foot (“up”).
- Repeat this starting on the LEFT but stepping BACKWARDS.

WEEKLY BALANCE CHALLENGE:

When we waltz, we combine “heel-toe” steps with “tip-toe” steps to create the “DOWN-up-up” rhythm. This week, **practice alternating between “heel-toe” gliding steps (lift those toes!) and “tip-toe” steps to challenge your balance. Make it fun by dancing to your own rhythm!**



SAFETY TIP of the DAY:

Pain is a message from your body, letting you know that something needs attention. Sometimes it is OK to move through it, and sometimes it is not. Learn the differences for your body! If muscle stretching, changing your position or way of moving, drinking plenty of fluids or rest do not relieve your pain quickly, be sure to consult a health care professional for advice.



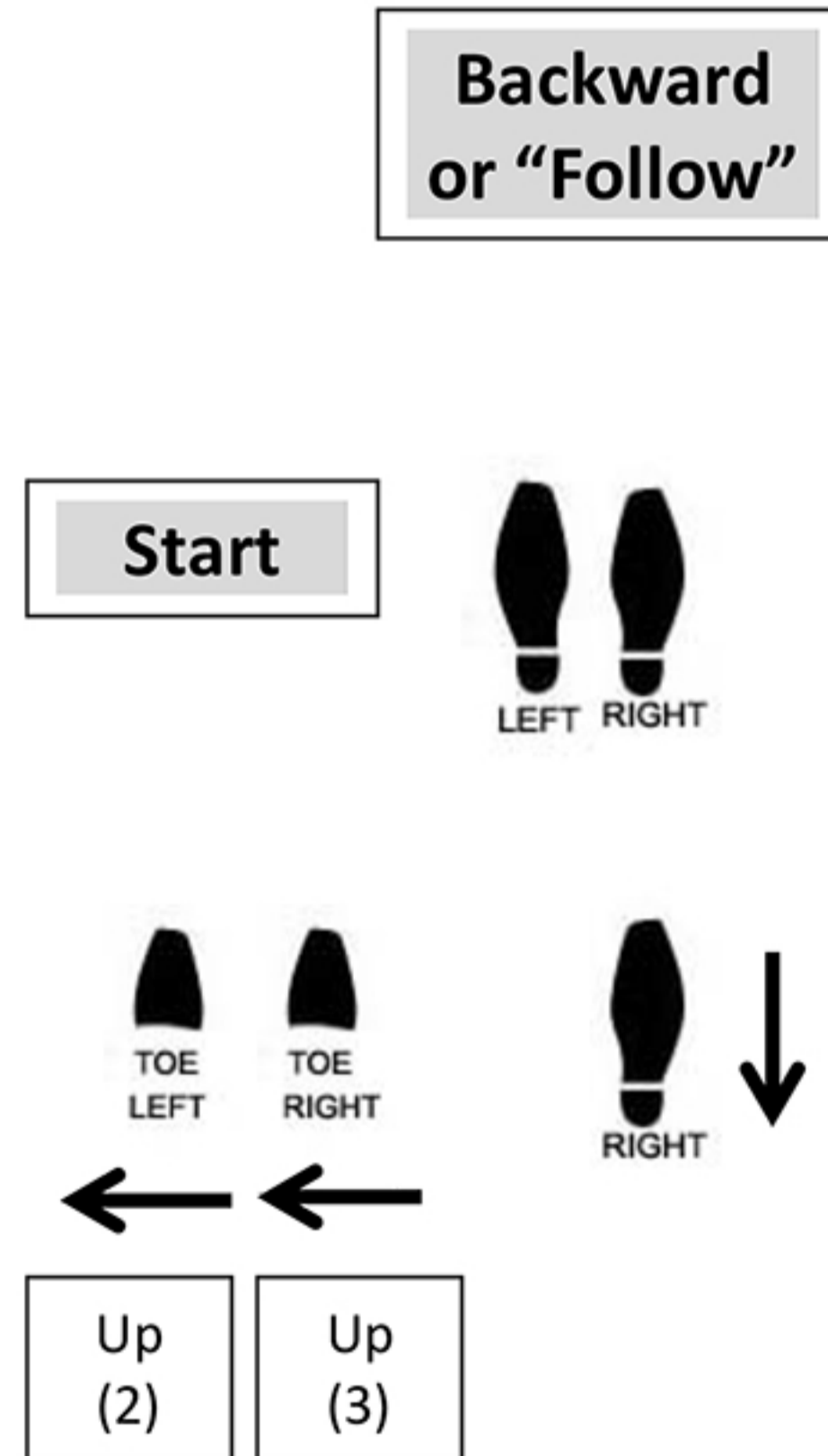
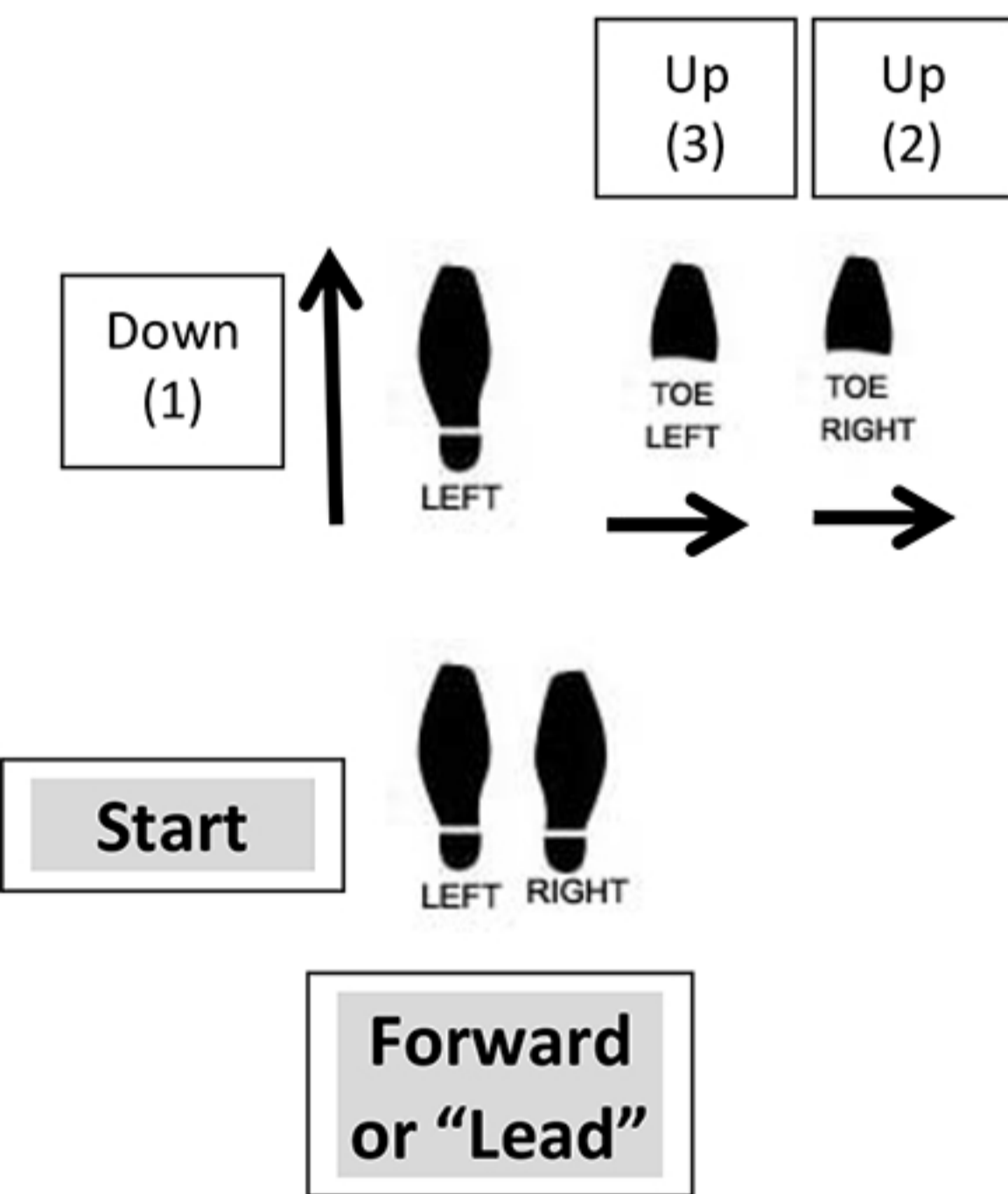
Remember to WARM UP and COOL DOWN!

Practice LEAD (left first) and FOLLOW (right first) for all steps.

Waltz (SAY: "ONE-two-three, ONE-two-three" or "DOWN-up-up, DOWN-up-up")

Remember:

- Heel glide forward (or toe glide backward) with slightly bent knee on the "down" and
- Up onto toes on the "up-up" steps as you reach tall through the top of your head
- Forward box (FORWARD: Glide forward left, step-together right.)
- Backward box (BACKWARD: Glide backward right, step-together left.)



TIP:

Use wide "dance position" arms to help with balance, especially when up on your toes.