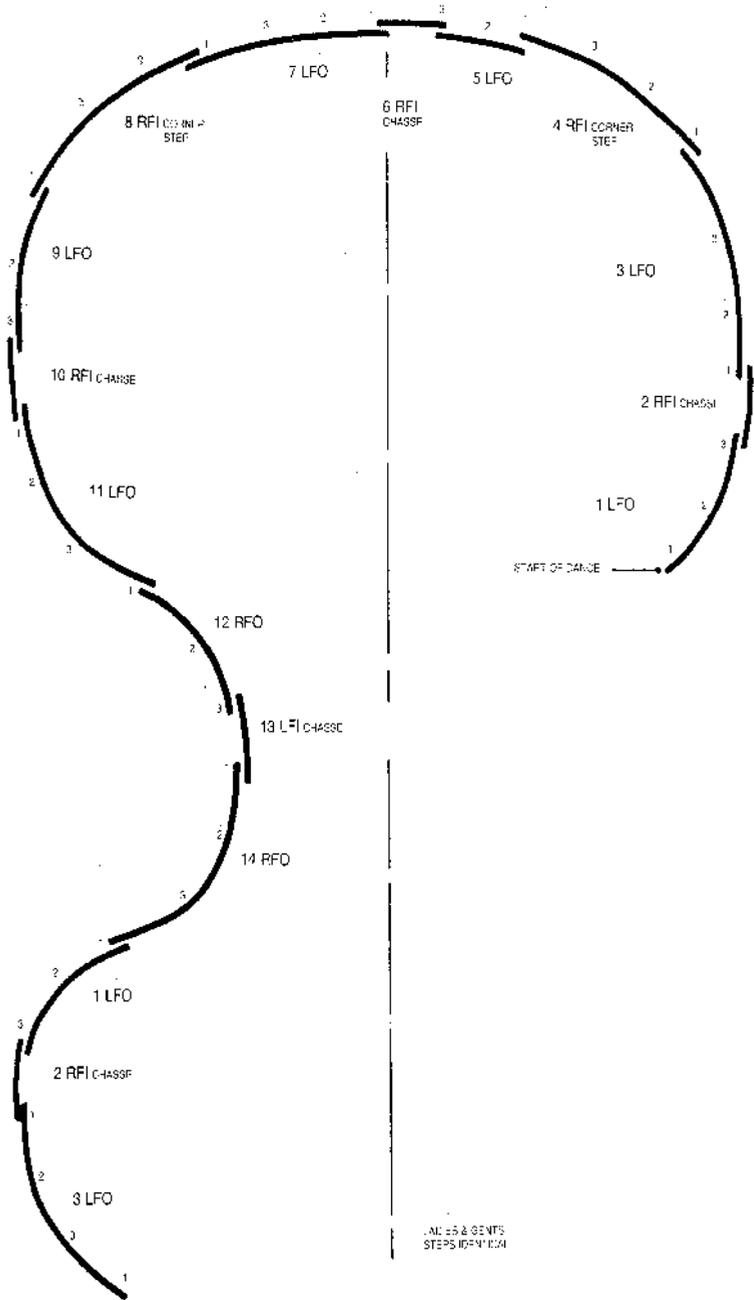


GLIDE WALTZ



LADIES & GENTS
STEPS IDENTICAL

THE GLIDE WALTZ

Music: Waltz 3/4

Tempo: 120

Hold: Kilian

Pattern: Preferred

Steps:

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	2
	2	RFI Chasse	RFI Chasse	1
	3	LFO	LFO	3
	4	RFI	RFI	3
	5	LFO	LFO	2
	6	RFI Chasse	RFI Chasse	1
	7	LFO	LFO	3
	8	RFI	RFI	3
	9	LFO	LFO	2
	10	RFO	RFO	1
	11	LFO	LFO	3
	12	RFO	RFO	2
	13	LFI Chasse	LFI Chasse	1
	14	RFO	RFO	3

Notes:

End of rink: In most rinks a powerful 3 beat RFI step will suffice to link the outer lobes each side of the rink. In planning one must remember it is essential that the first two steps of the side of the rink sequence must be aimed to the barrier.

Outer Lobe: The outer lobe commences from the base line with the left foot aiming towards the barrier with a progressive stroke of two beats on a well bent knee leaning to the left, count 1,2 to the beats of the music. On count 3, not before, the right foot (with leg almost straight) is placed alongside the left foot, left os lifted off the surface (about 1 inch) still close alongside of the right. On the accented beat the left, with a well bent tracing knee, commences the long glide stroke curving back to the baseline. Before the end of this edge rock over lean from left to right ready to commence the inner lobe on the right foot.

There is no rock over before the corner step, and all "take offs" are made with feet parallel and side by side.

Inner lobe: Commences from base line aiming centre and back to base line. Steps similar to outer lobe but on opposite feet. Rock over lean last beat.

Shoulders at a right-angle (approximately) to tracing throughout.

In this dance the steps are the same for the lady and gentleman.

Steps 1 - 3 form the outer lobe

Steps 4 - 8 form the corner steps

Steps 9 - 11 form the outer lobe

Steps 12 - 14 form the inner lobe