

# GREENIN

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15019

## "ALL MY LOVE" (BASIC WALTZ)

M8X 2L7

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(Footwork opposite, directions for M)

SEQUENCE: Intro A B A B Ending

MEAS. INTRO

WAIT 2 MEAS;;WALTZ BOX;;

1&2 cp fac wall wait 2 meas;;

3&4 waltz box fwd L, sd R, close L to R; bk R, sd L, cl R to L;;

### PART A

FWD, TOUCH,-; APART, POINT,-; THRU TWINKLE; THRU TWINKLE;

1 cp fac wall fwd L, tch R beside L,-;

2 bk R (W bk L moving apt lead hnds joined, pt L to sd twd LOD, hold;

3 trn to L-op fwd L twd RLOD hnds thru shoulder level, sd R fac ptr  
bfly, cl L to R;

4 trn to op fac LOD wd R trailing hnds thru, sd L fac ptr bfly, cl R to L

WALTZ AWAY; WALTZ TOGETHER; SOLO ROLL; THRU, SIDE, CLOSE;

5 fwd L bring trailing hnds thru trng to slight bk-to-bk pos, sd R fac  
diag LOD-COH (W LOD-wall), cl L to R;

6 fwd R move hnds twd RLOD trn in to fac ptr in bfly sd L, cl R to L;

7 begin LF (W RF) roll fwd L trn twd COH (W twd wall) bring training  
hnds thru then drop hnd hold, sd R fac COH (W fac wall), continue  
trn on L to fac ptr & wall in bfly;

8 thru R twd LOD, sd L fac ptr, cl R to L fac wall in cp;

FWD, TOUCH,-; APART, POINT,-; THRU TWINKLE; THRU TWINKLE;

9-12 repeat action of meas 1 thru 4 to bfly.

CANTER, CANTER; TWIRL/VINE; THRU, SIDE, CLOSE;

13&14 sd L twd LOD, draw R to L, cl R to L; sd L twd LOD, draw R to L, cl  
R to L;

15 sd L, XRIB, sd L, XRIB (W begins RE trn under joined lead hnds fwd R--  
twd LOD, continue trn using same footwork as solo roll L, R) to bfly;

16 thru on L twd LOD, sd L fac ptr, cl R to L cp fac wall;

### PART B

BALANCE BACK, MANU, SIDE, CLOSE; RE-TURNING WALTZ; RF-TURN-  
ING WALTZ;

1 set bk on L leaving R in place, hold position for 2 counts,-;

2 fwd R twd LOD-wall begin RF trn, sd L continuing trn, cl R to L fac  
RLOD;

3 bk L continue RF trn, sd R fac COH, cl L to R;

4 fwd R LOD, sd L blending to scar, cl R to L;

TWINKLE (BJO); TWINKLE (SCAR); TWINKLE (BJO); FWD, TOUCH (CP),-;

5 scar fac LOD-wall fwd L, sd R cp, cl R to L blend to bjo fac LOD-COH;

6 fwd R, sd L cp, cl R to L blend to scar;

7 repeat action of meas 5;

8 bjo fac LOD-COH fwd R fac LOD in cp tch L to R,-;

SIDE, DRAW,-; SIDE, DRAW,-; WALTZ BOX;;

9 cp fac LOD sd L, draw R to L & rise slightly no wgt,-;

10 sd R, draw L to R & rise no wgt,-;

11-12 fwd L, sd R, cl L to R; bk R, sd L, cl R to L trng slightly to fac LOD-  
COH;

3/4 LF TURNING BOX;; SIDE, DRAW,-;

13 cp fwd L begin LF trn, sd R fac COH, cl L to R trng slightly to fac  
RLOD-COH;

14 bk R, sd L fac RLOD, cl R to L trng slightly to fac RLOD -wall;

15 fwd L, sd R fac wall, cl L to R;

16 sd R, draw L to R no wgt,-;

### ENDING

SIDE, DRAW (TO SCP),-; ROCK BACK,-; RECOVER FWD; APART,-; POINT;

1 music retards sd R, draw L twd R turning to scp fac LOD,-;

2 continue draw into a rk bk on L,-; rec fwd R twd LOD;

3 apt L trng to fac ptr & wall,-; pt R twd ptr;

NOTE: Flect point rating is P2-120/0 = 120

# "ALL MY LOVE"

This dance reflects our approach to teaching waltz basics. Our hope is that it will prove useful to the new teacher.

## BASIC DRILLS

The simplest movement apart from a walking step is SIDE, TOUCH, -, FWD, TOUCH, -, OR BACK, TOUCH, -;

- 1 SIDE, TOUCH, -; SIDE, TOUCH, -; FWD, TOUCH, -; BACK, TOUCH, -;
- 1 bfly facing ptr & wall, swd L, tch R beside L no wgt, hold 3rd beat
- use with meas 1 2 swd R, tch L beside R no wgt, hold 3rd beat;
- &2 of 3 fwd L twd wall, tch R beside L, hold beat 3;
- Part A 4 bk R twd COH, tch L beside R;
- SIDE, TOUCH, -, SIDE, TOUCH, -; APART, POINT, -; TOGETHER, TOUCH, -;
- 5&6 repeat meas 1 & 2
- 7 bk L (W bk R) moving apart lead hnds joined, point L to sd twd LOD, hold count 3; alternative point L twd ptr.
- 8 fwd R (W fwd L) twd ptr, tch L to R;
- Repeat above in CP
- Use meas 7 & 8 to practice Standard Acknowledgement.

- use with intro and meas 3&4 Part A
- We chose a BOX for an Intro because for us, the foundation figure is the BOX. It is the basis of the turns timing and beginning technique. The TWINKLE is a natural progression from the BOX.
- WALTZ BOX;; THRU TWINKLE; THRU TWINKLE;
- 1&2 cp fac wall fwd L, sd R, cl L to R; bk R, sd L, cl R to L
- 3&4 repeat action of meas 3 & 4 Part A of dance

The body flow of WALTZ AWAY; WALTZ TOGETHER; is out-in-out-in so the SOLO ROLL is a natural movement. It also prepares the W for the TWIRL.

- use with meas 5,6,7 &8 Part A
- WALTZ AWAY; WALTZ TOGETHER; SOLO ROLL; THRU, SIDE, CLOSE;
- 1 bfly fac wall fwd L bring M's R & W's L hnds thru shoulder level twd LOD, trng to slight bk-to-bk pos sd R, cl L to R;
- 2 fwd R trng in twd ptr hnds moving bk twd RLOD, sd L, cl R to L;
- 3 begin LF (W RF) roll traveling down LOD fwd L drop hnd holds, sd R fac COH (W fac wall), continue trn on L to fac ptr & wall in bfly;
- 4 thru R twd LOD, sd L fac ptr, cl R to L in bfly;

The CANTER is a secure entry to the VINE and the TWIRL/VINE. CANTER; CANTER; VINE THRU, SIDE, CLOSE;

- use with meas 13,14 15,16 Part A
- 1&2 sd L twd LOD, draw R to L, cl R to L, repeat;
- 3 sd LXRIB, sd L, XRIB;
- 4 thru R twd LOD, sd L, cl R to
- CANTER; CANTER; TWIRL/VINE; THRU, SIDE, CLOSE;
- 1&2 repeat action above
- 3 sd L, XRIB, sd L, XRIB (W begins RF trn under lead hnd fwd R twd LOD, continue trn using same footwork as SOSL ROLL L,R);
- 4 thru R, sd L, cl R to L;

In this drill the BOX is used to teach the LF TURNS, the REVERSE BOX begun with M facing RLOD the RF TURNS.

WALTZ BOX;; LF TURNING BOX;; REVERSE BOX;;

- use with meas 11,12 13,14 15 Part B
- 1&2 repeat action of meas 11 & 12 part B facing LOD.
- 3 fwd L beginning 1/4 LF turn, sd R to face COH, cl L to R;
- 4 bk R continuing turn, sd L face RLOD, cl R to L;
- 5 fwd L, turning LF 1/4 to face wall, sd R, cl L to R;
- 6 bk R turning LF 1/4 to face LOD, sd L, cl R to L;
- 7&8 cp facing LOD bk L, sd R, cl L to R; fwd R, sd L, cl R to L;

BALANCE BACK (twd COH); MANU, SIDE, CLOSE; RF TURNING WALTZ; RF TURNING WALTZ (to face wall);

- use with meas 1,2,3,4
- repeat action of meas 1 thru 4 Part B ending in cp facing wall to repeat.