

# Waltz Rhythm Workshop

and	6	and	1	and	2	and	3	and	4	and	5	and	6	and
<b>WALTZ CLOG ROUTINE</b>														
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		br R		hop L		st R		br L		hop R	
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		br R		hop L		st R					
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		st R		st L		st R		st L		st R	
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		st R		st L		st R		st L		st R	
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		hit L HAND / R HEEL		br R		st R		hit R HAND / L HEEL		br L	
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		hit L HAND / R HEEL		br R		st R					
			st L		toe R		toe R		st R		toe L		toe L	
			st L	sh R	fle	ball R	chn L		st R	sh L	fle	ball L	chn R	
			st L		toe R		toe R		st R		toe L		toe L	
			st	sh	fle	ball	chn	Inge						

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and	6	and	1	and	2	and	3	and	4	and	5	and	6	and
<b>CROSSWALK — REPEAT ONCE, REVERSE FEET</b>														
			cr L/R	br R	hl L		st R		cr L/R	br R	hl L		st R	
			cr L/R	br R	hl L		st R		br L				st L	
<b>CROSSWALK BREAK — REPEAT ONCE, SAME FEET</b>														
			cr L/R	br R	hl L		st R		cr L/R		st R		st L	
			cr R/L	br L	hl R		st L		cr R/L		st L		st R	
<b>WALTZ TIME STEP — REPEAT ONCE, SAME FEET</b>														
			st L	br R	hl L	fl R	ap L	fl L	ap R	br R	hl L	fl R	ap L	
	fl L		ap R	br R	hl L	br R	hl L	br R	hl L	fl R	ap L	fl L	ap R	
			st R	br L	hl R	fl L	ap R	fl R	ap L	br L	hl R	fl L	ap R	
	fl R		ap L	br L	hl R	br L	hl R	br L	hl R	fl L	ap R	fl R	ap L	
<b>WALTZ SKIP — REPEAT ONCE, REVERSE FEET</b>														
			st L	br R		hop L	st R		st L		br R		st R	
			st L	br R		hop L	st R		st L		br R		st R	
			st L	br R		leap R	toe L		st L		toe R		st R	
			st L	br R		leap R	toe L		st R					
<b>WALTZIG WALTZAG — REPEAT SAME FEET</b>														
			st L	sh R	fle L	fl R	ap L	fl L	ap R	sh R	fle L	fl R	ap L	
	fl L		ap R	sh R	fle L	fl R	ap L	fl L	ap R		st R		st L	
			st R	sh L	fle L	fl L	ap R	fl R	ap L	sh L	fle L	fl L	ap R	
	fl R		ap L	sh L	fle L	fl L	ap R	fl R	ap L		st L		st R	