Waltz Rhythm Workshop

| and | 6 | and | I | and | 2 | and | 3 | and | 4 | and | 5 | and | 6 | and |
|-------|------|-----|----------------|---------|----------------|-----------|----------|-----|----------------|---------|---------|-----------|----------------|-----|
| WALTZ | CLOC | ROL | | | CI | | | | | | CI | | _ | |
| | | | St L | sh R | fle | ball R | chng | | st R | sh L | fle | ball L | chng | |
| | | | st | | br | | hop | | st | | br | | hop | |
| | | | L | | R | | L | | R | | L | | R | |
| | | | St L | sh R | fle | ball R | chng | | st R | sh L | fle | ball L | chng R | |
| | | | st | | br | | hop | | st | | | | | |
| | | | L | | R | | L. | | R | | | | | |
| | | | st | sh | fle | ball | chng | | st | sh | fle | ball | chng | |
| | | | L | R | | R | L | | R | L | | L | R | |
| | | | st L | | st R | | st L | | st R | | st L | | st R | |
| | | | st | sh | fle | ball | chng | | st | sh | fle | hall | chng | |
| | | | L | R | | R | L | | R | L | | L | R | |
| | | | st L | | St R | | st L | | st R | | st L | | st R | |
| | | | _ | | K | | _ | | K | | _ | | K | |
| | | | st L | sh R | fle | ball R | chng | | st R | sh L | fle | ball | chng | |
| | | | | K | hit | K | | | | _ | hit | - | | |
| | | | st L | L HA | ND / R F | HEEL | br R | | st R | R HA | ND/LF | HEEL | br L | |
| | | | st L | sh R | fle | ball R | chng | | st R | sh L | fle | ball L | chng | |
| | | | | K | 1.5 | K | | | | L | | L | R | |
| | | | St L | L HA | hit ND/RH | HEEL | br R | | st R | | | | | |
| | | | | | | | | | | | | | | |
| | | | St L | | toe R | | toe R | | st R | | toe | | toe | |
| | | | st | sh | fle | ball | chng | | st | sh | fle | | | |
| | | | L | R | | R | L | | R | L | | L | R | |
| | | | st L | | toe R | | toe R | | st R | | toe | | toe | |
| | | | st | sh | fle | ball | chng | | Inge | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

Waltz Rhythm Workshop

| and | 6 | and | -1 | and | 2 | and | 3 | and | 4 | and | 5 | and | 6 | and |
|--------|--|---------|------------|------------------------|-------------|-----------|------------------|----------------|-----------|---------|----------|---------|-----------------|-----|
| CROSSV | VALK | — R | Cr L/R | T ON br R | CE, R hl | EVER | SE FE St R | ET | cr L/R | br R | hl L | | st R | |
| | | | cr L/R | br R | hl L | | St R | | br L | | | | st L | |
| CROSSV | VALK | BRE | | | EAT (| ONCE | | 1E FE | | | c+ | | 5 4 | |
| | | | cr L/R | br R | L | | S t R | | Cr L/R | | st R | | st L | |
| | | | cr | br | hl | | st | | cr | | st | | st | |
| | | | R/L | L | R | | L | | R/L | | L | | R | |
| WALTZ | TIME | STE | P — F | | | | AME | | _ | | | | | |
| | | | st L | br R | hl L | fl R | ар | fl ∟ | ар | br R | hl L | fl R | ар | |
| | | fl | 20 | br | hl | br | hl | br | hl | fl | 20 | fl | 20 | |
| | | L | ар | R | L | R | L | R | L | R | ар | L | ар | |
| | | | st | br | hl | fl | ар | fl | ар | br | hl | fl | ар | |
| | | | R | L | R | L | | R | | L | R | L | | |
| | | fl R | ар | br L | hl R | br L | hl R | br L | hl R | fl L | ар | fl R | ар | |
| WALTZ | WALTZ SKIP — REPEAT ONCE, REVERSE FEET | | | | | | | | | | | | | |
| | | | st L | br R | | hop | 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 | | st L | | toe R | | S t R | |
| | | | st | br | | Іеар | too | | st | | | | | |
| | | | L | R | | R | toe | | R | | | | | |
| WALTZI | IG W | ALTZ | AG — st | - REP sh | EAT S | AME fl | FEET ap | - fl | ар | sh | fle | fl | 20 | |
| | | | L | R | 116 | R | ар | L | аþ | R | 116 | R | ар | |
| | | fl L | ар | sh R | fle | fl R | ар | fl L | ар | | st R | | st L | |
| | | | st R | sh L | fle | fl L | ар | fl R | ар | sh L | fle | fl L | ар | |
| | | fl | ар | sh | fle | fl | ар | fl | ар | | st | | st | |
| | | R | | L | | L | | R | | | L | | R | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |