

Waltz

What other dance epitomizes Ballroom Dance more than the Waltz? If you learn no other dance in your life, learn to Waltz. This dance has a steady rhythm danced to $\frac{3}{4}$ music. The rise and fall of the Waltz adds grace and sway. It can be danced in a box step, as a spot dance, or as a progressive dance moving around the floor.

Whether it's the timeless *Moon River* by Andy Williams, the surprising Eagles' Waltz *Take it to the Limit*, or a contemporary love song like *Come Away With Me* by Norah Jones, you will gracefully circle the Ballroom in an easy rising and falling fashion, moving in unison with your partner.