# Cross-step Waltz Mixer

(United States)

Like many folk dances, this dance is not about technique or complexity. The intent is connecting to each of your partners completely during the short waltz.

Music: 3/4 meter — Any slow waltz music of approximately walking tempo. 112 to 120 bpm is best..

Formation: Couples in a closed circle, closed ballroom hold (M on inside).

| Meas | 3/4 meter | Pattern |
|---|---|---|
| | INTRODUCTION. Length will depend on the music used. Begin with any musical phrase. | |
| | I. TURNING BASIC | |
| 1 | Moving in LOD, M take large step on R ft across in front of ptr angling twd outside of circle (ct 1); step twd the outside of the circle on L to face RLOD (ct 2); turning R (CW) to face in, step to the side on R ft while pulling R shldr back (ct 3). | W take small step on L twd LOD (ct 1), take small step on R in LOD (ct 2), step on L fwd and a little twd center as M moves twd outside. |
| 2 | M step on L in front of R (ct 1); step fwd (LOD) on R between ptr's feet (ct 2), step fwd on L moving a little twd center (ct 3). Cpl has now rotated CW back to starting pos. | W step fwd on R ft starting to turn R (CW) (ct 1); step twd the outside of the circle on L to face RLOD (ct 2); step on R to complete turn and move in LOD (ct 3). Cpl has now rotated CW back to starting pos. |
| 3-4 | Repeat meas 1-2. | |
| | II. TRANSITION | |
| 1-2 | Unfold from Ballroom hold in to circle with W on M's R side. Ptrs join inside hands, and everyone joins hands with neighbors. Waltz balance fwd M beginning with R ft, W with L ft (meas 1) and backwards to place (meas 2). Glance at your new ptr on meas 1, and give a good-bye glance to your previous ptr on meas 2. | |
| 3 | Moving to new ptr's position, M cross R ft over L while raising L arm gracefully as W passes under this arm with large cross-step on L ft and begins to turn to her L (twd ctr) (ct 1), M step side L ft RLOD turning to his R to face LOD while W steps to R on R ft continuing CCW turn (ct 2), M steps on R twd LOD, while W completes her turn by stepping on L ft (ct 3). | |
| 4 | Without releasing hand hold, M sweeps his R (W's L) hand low and twd his R, twd the outside of the circle, stepping L, R, L almost in place, slightly adjusting as necessary to adapt to W's traveling. Meanwhile W steps fwd R directly twd outside of circle (ct 1), step side L twd outside of circle, facling RLOD (ct 2), step side R LOD (ct. 3). Ptrs catch each other in closed ballroom hold at the end of this meas, to recommence the pattern. | |