

Viennese Waltz Syllabus, updated on 2/19/2021 (last edited 3/4/2021) [also see video tutorial]

48 beats, 1 wall, begin with weight on right foot, facing **WOD** (Wall Of Dance)

Balance steps –

Left foot lunge forward then rise and fall – 123

Right foot lunge back then rise and fall – 123

Explosions -

Left foot to the side; left arm explodes (across-up-out); body rise and fall – 123

Right foot to the right; right arm explodes (across-up-out); body rise and fall – 123

Step and Point –

Left foot crosses in front of right foot; Point right foot to side - 123

Right foot crosses in front of left foot; Point left foot to side - 123

Reverse Fleckerl – 123 456

1-Left foot forward (in CBM* position), begin turning left (aka CCW**)

2-Right foot side (continue turning CCW)

3-Replace weight to left foot (continue turn)

4-Right foot to side (continue turn)

5-Left foot crosses behind right foot (continue turn)

6-Right foot to side (continue turn)

Repeat 1-6

NOTE: should complete ~3 complete revolutions to left after 12 steps to end facing WOD
(for the sake of executing the choreography of this line dance routine)

Contra Check – 123

1-Left foot forward in CBM dance position

2-Replace weight to right foot and turn ~begin 90 degree turn to right

3-Left foot small step to side (finishing the ~90 turn)

Natural Fleckerl – 123 456

1-Right foot forward (in CBM* position), begin turning right (aka CW***)

2-Left foot side (continue turning CW)

3-Replace weight to right foot (continue turn)

4-Left foot to side (continue turn)

5-Right foot crosses behind right foot (continue turn)

6-Left foot to side (continue turn)

Repeat 1-6

NOTE: should complete ~3 complete revolutions to right after 12 steps
(for the sake of executing the choreography of this line dance routine)

Foot change with turn (very similar to 1-3 of natural fleckerl)– 123 to right (to face WOD)

1-Right foot in front of left (in CBM position)

2-Left foot to side

3-Right foot slightly forward to face next wall

NOTE – amount of turn for 123 dictated by amount of turn needed to end face the WOD

BEGIN AGAIN

* Contra Body Motion

** Counter Clockwise

*** Clockwise