

Waltz Figures and Sources for How to Dance Them

The following figures are those standardized by Roundalab on behalf of the round dance movement. There are variations and unphased figures which are found in many dances.		
Roundalab Standard Figures		
Phase 1		
Balance Forward & Back *	Box *	Reverse Box *
Balance (Side) *	Circle Away and Together *	Waltz Away & Together *
Phase 2		
Back Twinkle *	Lace *	Sway
Back Waltz *	Left Face Turning Waltz *	Thru Side Close *
Box Left Turning *	Maneuver *	Thru Twinkle *
Box Right Turning *	Pickup *	Turn Face Close *
Open Box *	Progressive Twinkle *	Twinkle *
Open Reverse Box *	Reverse Twirl *	Twirl *
Progressive Box *	Reverse Twirl Vine *	Twirl Vine *
Solo Left Turning Box *	Right Face Turning Waltz *	Twisty Balance *
Canter *	Roll *	Twisty Vine *
Change Sides *	Solo Waltz Turn *	Vine Six *
Cross Wrap	Spin Maneuver *	Vine Three *
Forward Waltz *	Spot Spin *	Wheel *
Phase 3		
Back Back/Lock Back *	Forward Forward/Lock	Impetus to Semi *
Box Finish *	Forward *	Interrupted Box
Chasse'	Hover *	Pivot to Semi *
Forward Chasse' *	Back Hover	Slip Pivot *
Thru Chasse' to Banjo *	Cross Hover *	Spin Turn *
Thru Chasse' to Semi	Forward Hover	Whisk *
Turn L & R Chasse' *	Hover Fallaway *	Wing *
	Thru Hover	
Phase 4		
Back Hover Telemark	Hover Corte	Progressive Wing
Back Passing Change	Hover Telemark	Promenade Sway
Back Whisk	In & Out Runs	Quick Diamond Four
Chair & Slip	Left Whisk	Reverse Fallaway from CP
Change of Direction	Natural Hover Fallaway	Reverse Fallaway from Semi
Closed Impetus	Open Finish	Right Lunge
Closed Wing	Open In & Out Runs	Slow Side Lock
Cross Hesitation	Open Natural Turn	Telemark to Banjo
Cross Pivot	Open Reverse Turn	Telemark to Semi *
Cross Swivel	Outside Change to Banjo	Viennese Cross
Develope'	Outside Change to Semi	Viennese Turns
Diamond Turn	Outside Check	Weave to Banjo
Drag Hesitation	Outside Swivel	Weave to Semi
Heel Pull	Oversway	Whiplash
Hesitation Change		

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Phase 5		
Back Turning Whisk Contra Check Contra Check & Slip Contra Check & Switch Curved Feather Double Reverse Spin Eros Line Forward Tipple Chasse' Hairpin Hinge Hover Cross Ending	Jete' Point Lilt Pivot Mini Telespin Natural Hover Cross Natural Telemark Natural Weave Outside Spin Quick Lock Slow Lock Quick Open Reverse Reverse Fallaway & Slip Reverse Impetus	Right Lunge Roll & Slip Right Turning Lock Ripple Chasse' Rising Lock Royal Spin Running Open Natural Swivel Whisk Syncopated Whisk Tipple Chasse' Top Spin Turning Lock
Phase 6		
Big Top Checked Natural Slip Checked Reverse Slip Continuous Hover Cross Continuous Wing Double Natural Spin Double Reverse Overspin Double Telemark Link to Promenade Pivot to Hairpin	Reverse Corte Reverse Pivot Ronde & Slip Rudolph Ronde Rudolph Ronde & Slip Rumba Cross Running Hover Running Spin Same Foot Lunge Spin & Double Twist	Spin & Twist Split Ronde Teleronde Telespin to Banjo Telespin to CP Telespin to Semi Three Fallaways Throwaway Oversway Traveling Contra Check Tumble Turn

Roundalab.org, defining figures on behalf of the round dance movement, offers subscriptions to [Manuals](#) (defining figures) and to [Videos](#) of each figure.

ICBDA.com provides to [members](#) a Technical Advisory Committee (TAC) manual with information about the more advanced figures (4-6) and has past convention clinic videos for sale.

* Figures defined and diagrammed in *Cold Feet II: Beginning Waltz & Two-Step Basics*, pp. 115-156 and/or *Fancy Figures: Easy Level Waltz*, pp. 1-136. *Cold Feet II* is available free to anyone in the world at icbda.com public page, left menu. *Easy Level Waltz* is available free to members of [ICBDA](http://ICBDA.com) (download from right-hand menu on **member** home page. Find "How to Dance" and select "Beginning Manuals.") Improved descriptions for the figures and rhythm are defined on this website (see Teaching cue sheet and Supplemental Notes).

Clinic Notes from ICBDA Conventions (*Waltz and Standard or Smooth*)

ICBDA [members](#) also may freely download the following articles located on left-hand menu of **ICBDA member home page** under "**Past Convention Syllabus.**" Select the convention year and scroll to the page number.

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Waltz

<u>Year: Page</u>	<u>Presenter/s</u>	<u>Title</u>
2021: 31-32	Mike & Leisa Dawson	"Phase 4/5 Waltz Clinic"
2014: 4 (1-4)	Mark & Pam Prow	"Transitioning to Intermediate Waltz"
2014: 4 (5-6)	Ron & Mary Noble	"An Easier and More Efficient Way to Dance Waltz"
2014: 4 (7-8)	Wayne & Barbara Blackford	"Improving Our Waltz at Phase V and VI"
2008: 68-69	Paul & Linda Robinson	"Waltz and Foxtrot, A Comparison"
2008: 70-74	Paul & Ann Clements	"Leading and Following in Waltz & Foxtrot"
2007: 67	Anne & Gup Gupton	"Waltz & Foxtrot Figures"
2005: 138	Kay & Joy Read	"Waltz Turns, When & How"
2005: 139-40	Bill & Carol Goss	"Waltz Clinic Notes"
2000: 62-63	Jerry & Diana Broadwater	"Character in Waltz"
2004: 118-119	Richard E. Lamberty	"Rise in Waltz and Foxtrot"
1996: 62-63	Jerry & Diana Broadwater	"Character in Waltz"
1994: 37	Russ & Barbara Casey	"Waltz Workshop Notes"
1992: 39	Hardie & Sara Hartung	"Waltz Clinic Notes - Phase VI Figures"
1992: 40-41	Pete & Mary McGee	"Waltz Clinic Notes"
1991: 67	Jack & Frances Kern	"Waltz Clinic"
1990: 59A	Bill & Carol Goss	"Waltz Clinic Notes"
1989: 40-42	Roy & Sally Plaisance	"The Waltz, History and Comments"
1987: 74-78	Bill & Carol Goss	"Waltz Clinic Notes"
1987: 80-82	Roy & Phyllis Stier	"International Waltz"
1985: 83-84	Bill & Carol Goss	"Waltz Clinic Notes"
1984: 23-24	Brent & Michay Moore	"Waltz/Foxtrot Clinic Notes"
1983: 23-26	Peter & Beryl Barton	"International Style Waltz Clinic"
1982: 119-125	Charlie & Nina Ward	"International Waltz - Intermediate Clinic Notes"
1981: 18-19	Bill & Carol Goss	"Waltz Clinic"

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Modern Ballroom or Smooth Rhythms

<u>Year: Page</u>		<u>Title</u>
2024: 30-31	Bill & Carol Goss	"Lines, They Aren't Always Straight: A Picture Figure Clinic"
2019: 33-34	John & Karen Herr	"Suggestions for Better Dancing"
2018: 39-41	Dan & Sandi Finch	"The Lefts and the Rights: Improving Your Rotational Figures"
2010: 109-111	Paul & Linda Robinson	"Smooth Dancing"
2010: 113	Gert-Jan & Susie Rotscheid	"It's Not Just About Getting There -- But How You Get There"
2009: 51-53	Ron & Mary Noble	"Dance with Ease: Constants in Dancing"
2007: 70	Kristine & Bruce Nelson	"Movin' on UP!"
2007: 74	Judy & Hank Scherrer	"Intermediate Picture Figures"
2006: 74-76	Chris & Terri Cantrell	"Lead? Follow?"
2006: 77-79	Ralph & Joan Collipi	"Smooth Dancing: If Fred & Ginger Can Do It, Why Can't You?"
2006: 80-83	Sandi & Dan Finch	"Finding Solutions for Common Problems in Smooth Dancing"
2005: 115-116	Wayne & Barbara Blackford	"The Secrets of Successful Dancing (S.O.S. Help!)"
2005: 117-118	Jack & Judy DeChenne	"Your Space or Mine?"
2005: 121-123	Richard E. Lamberty	"Partnered Rotations: Turns, Spins, and Swivels"
2005: 135-137	Kenji & Nobuko Shibata	"Shape & Make a Line: Picture Figure Clinic"
2004: 112-113	Brent & Judy Moore	"It's a Side Show"
2004: 118-119	Richard E. Lamberty	"Rise in Waltz and Foxtrot"
2004: 120-121	Richard E. Lamberty	"Sway: The Basics"
2003: 49	Kay & Joy Read	"Transcending from Telemarks to Telespins"
2003: 50-51	Gert-Jan & Susie Rotscheid	"Spins & Turns"
2003: 54-55	Brent & Judy Moore	"Taking the Mystry Out of CBM and CBMP"
2002: 65	Curt & Tammy Worlock	"Heel Turns"
2001: 61-63	Brent & Judy Moore	"Making and Adapting Ballroom Lines"
2001: 67	Richard Lamberty	"The Five Fundamental Foot Positions"
2000: 54	Richard E. Lamberty & Alise Halbert	"Open Work in Higher Level Rounds"
1999: 42-43	Wayne & Barbara Blackford	"The ABC's of Dancing"
1999: 53-54	Curt & Tammy Worlock	"Stretch & Shape (Creating Sway)"
1998: 50-53	Jerry & Diana Broadwater	"The Rotary & Linear Action Relative to Our Swing Rhythms"

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1998: 65	Richard E. Lamberty & Alise Halbert	"An Analysis of Widely Used Figures from Popular Dances"
1997: 18-24	Richard E Lamberty	"Footwork and Rise: Two Sides of the Same Coin"
1996: 33-37	Richard Lamberty	"Basic Latin Action" (compared with Ballroom)
1995: 37	Peter & Beryl Barton	"Peter & Beryl Barton's Comments & Suggestions for Better Dancing"
1987: 46-50	Mike & Diana Sheridan	"Lines and Picture Figures"
1981: 15-17	Roy & Phyllis Stier	"Styling Clinic"