



BRONZE 1 - WALTZ

Long Side

	<u>Timing</u>	<u>Alignment</u>
Left Foot Close Change	123	F DW
1-6 Natural Turn	123, 456	F DW, End F DC
Right foot Close change	123	F DC
1-6 Reverse turn	123,456	F DC, End F DW
Whisk	123	F DW
Chasse from Promenade Position	12&3	F DW
Hesitation Change	123, 456	F DW, E F DC
Chasse to the Right	12&3	F DC Ending Backing DW
**Back Lock	12&3	Backing DW

Into Corner New LOD - Short Side

Back Whisk (overturned in corner)	123	B DW, End F DW New LOD
Chasse from Promenade Position	12&3	F DW
1- 6 Natural Turn	123,456	F DW, End F DC
Right Foot Change Step	123	F DC
1-6 Reverse Turn	123	F DC , End F DW
Left Foot Change Step	123	F DW
Natural Spin turn	123, 456	F DW, End B DC
456 Reverse to New LOD	123	B DC, End F DW of New LOD

Restart

** Lock can be omitted if needed for floor craft

*Based of ISTD Syllabus