

# Box Step Waltz

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**Count:** 36      **Wall:** 4      **Level:** Beginner

**Choreographer:** ilona tessmer-willis (USA) May 2016

**Music:** Any Slow Waltz aka English Waltz

**Options given on step sheet are also shown in demo video.**

## **Song suggestions:**

**“All In My Heart” John Michael Montgomery (Google Play • iTunes • AmazonMP3)**

**“Are You Lonesome Tonight” Engelbert Humperdinck (Google Play • iTunes • AmazonMP3)**

**“Misery” Pink & Steven Tyler (Google Play • iTunes • AmazonMP3)**

**“I Forgot More Than You’ll Ever Know ” The Davis Sisters (Google Play • iTunes • AmazonMP3)**

**“I’m So Lonesome I Could Cry” B J Thomas (Google Play • iTunes • AmazonMP3)**

**“My Cherie” Al Martino (Google Play • iTunes • AmazonMP3)**

**“Sam” Olivia Newton John (Google Play • iTunes • AmazonMP3)**

**“Dancing Like Lovers” Mary MacGregor (Google Play • iTunes • AmazonMP3)**

## **S1: R BACK BASIC BOX STEP**

**1-3R Step Back, L Step to Left Side, R Step next to L (weight on right)**

**4-6L Step Forward, R Step to Right Side, L Step next to R (weight on left)**

## **S2: R FORWARD BASIC BOX STEP**

**7-9R Step Forward, L Step to Left Side, R Step next to L (weight on right)**

**10-12L Step Back, R Step to Right Side, L Step next to R (weight on left)**

## **S3: R & L BALANCE STEP (Option to Turn: counts 13, 14, 15-- R Full Turn (R L R))**

**13-15R Step to Right Side, L Step beside R, R Step next to L (weight on right)**

**16-18L Step to Left Side, R Step beside L, L Step next to R, (weight on left)**

**S4: 1/4 RIGHT TURN: R BALANCE STEP, L BALANCE STEP (Option to Turn: counts 19 20 21----R 1/4 Turn (R L R))**

**19-21** Turn 1/4 Right: R Step to Right Side, L Step next to R, (balance on right)

**22-24L Step to Left side, R Step beside L, L Step next to R (weight on left)**

**S5: R FORWARD BOX STEP**

**25-27R Step Forward, L Step to Left side, R Step next to L (weight on right)**

**28-30L Step Back, R Step to Right Side, L Step next to R (weight on left)**

**S6: CROSS ROCK L, CROSS ROCK R (OPTION: OMIT CROSS ROCKS, REPEAT S5 COUNTS 31-36)**

**31-33** Rock R over L, Recover L, R Step to Right Side

**34-36** Rock L over R, Recover, R, L Step to Left Side

**Fun fact: The term Slow Waltz, English Waltz, American Smooth or simply Waltz is used to differentiate from the Viennese Waltz, which is danced using only turns & “change steps” (switch directions) at a faster speed with different footwork. In those countries that dance the Viennese Waltz, the slower waltz is referred to as the English Waltz. When waltz is danced at a wedding in non-Viennese Waltz countries, it is often danced very slow, more romantic than ballroom. Source: a dance instructor**

**Please, don't alter this step sheet in any way when posting to the internet but keep in original form. Thank you.**

**Contact: hel.38@att.net for comments or questions**

**Last Update - 26th Sept. 2017**