

# Alpha Waltz

## by Sequence Dance Advisory Board (1969)

**Time 3/4. Tempo 30bpm. Commence in Normal Ballroom Hold, man facing, lady backing DW. Man's steps only described. Lady dances normal counterpart unless otherwise stated.**

Bar		FWork	Timing
<b>CLOSED CHANGE - NATURAL TURN - CLOSED CHANGE</b>			
1	LF fwd DW ( <i>Lady RF back DW, TH</i> )	HT	1
	RF to side and slightly fwd ( <i>Lady LF to side and slightly back, T</i> )	T	2
	Close LF to RF ( <i>Lady close RF to LF, TH</i> )	TH	3
2	RF fwd DW, turning to R ( <i>Lady LF back DW, turning to R, TH</i> )	HT	1
	LF to side, cont to turn to R ( <i>Lady RF to side, cont to turn to R, T</i> )	T	2
	Close RF to LF, end backing LOD ( <i>Lady close LF to RF, end facing LOD, TH</i> )	TH	3
3	LF back, turning to R ( <i>Lady RF fwd turning to R, HT</i> )	TH	1
	RF to side, toe pointing DC ( <i>Lady LF to side along LOD, T</i> )	T	2
	Close LF to RF, facing DC ( <i>Lady close RF to LF, backing DC, TH</i> )	TH	3
4	RF fwd DC ( <i>Lady LF back DC, TH</i> )	HT	1
	LF to side and slightly fwd ( <i>Lady RF to side and slightly back, T</i> )	T	2
	Close RF to LF ( <i>Lady close LF to RF, TH</i> )	TH	3
<b>1 TO 3 REVERSE TURN - WEAVE ENDING IN PP - CHECK TO FALLAWAY</b>			
5	LF fwd DC, turning to L ( <i>Lady RF back DC, turning to L, TH</i> )	HT	1
	RF to side, backing wall ( <i>Lady LF to side, backing to centre, T</i> )	T	2
	Close LF to RF, backing DW ( <i>Lady close RF to LF, backing DC against LOD, TH</i> )	TH	3
6	RF back, turning body to L ( <i>Lady LF fwd, turning body to L, HT</i> )	TH	1
	Transfer weight fwd to LF, turning to L ( <i>Lady transfer weight back to RF, turning to L, TH</i> )	HT	2
	RF to side, backing LOD ( <i>Lady LF to side, facing LOD, TH</i> )	TH	3
7	LF back in CBMP PO, backing DC ( <i>Lady RF fwd in CBMP PO, facing DC, HT</i> )	TH	1
	RF back, turning to L ( <i>Lady LF fwd, turning to L, T</i> )	T	2
	LF to side along LOD in PP ( <i>Lady RF to side along LOD in PP, TH</i> )	TH	3
8	RF fwd and across in PP and CBMP, along LOD, Check ( <i>Lady LF fwd and across in PP and CBMP, along LOD, with Check Action, H</i> )	H	1
	Transfer weight back to LF in CBMP and fallaway ( <i>Lady transfer weight back to RF in CBMP and fallaway, TH</i> )	TH	2
	Close RF to LF in PP, releasing hold ( <i>Lady close LF to RF in PP, releasing hold, WF</i> )	WF	3
<b>OPEN TURN TO WHISK - SYCOPATED CHASSE - OUTSIDE CHECK</b>			
9	LF fwd down LOD, turning to L ( <i>Lady RF fwd down LOD, turning to R, HT</i> )	HT	1
	RF to side, cont to turn to L to end facing DC against LOD ( <i>Lady LF to side, cont to turn to R to end facing DW against LOD, TH</i> )	TH	2
	Position held, rejoining hold Man's LH to lady's RH ( <i>Lady position held</i> )	-	3

10	LF fwd against LOD, turning to L ( <i>Lady RF fwd against LOD, turning to R, HT</i> )	HT	1
	RF to side, cont to turn to L ( <i>Lady LF to side, cont to turn to R, T</i> )	T	2
	Cross LF behind RF in PP, adopting Ballroom Hold ( <i>Lady cross RF behind LF in PP, adopting Ballroom Hold, TH</i> )	TH	3
11	RF fwd and across in PP and CBMP along LOD ( <i>Lady LF fwd and across in PP and CBMP, along LOD, HT</i> )	HT	1
	LF to side and slightly fwd, leading lady into line ( <i>Lady RF to side and slightly fwd, moving into line, T</i> )	T	2
	RF closes to LF ( <i>Lady close LF to RF, T</i> )	T	&
	LF to side and slightly fwd, facing DW and taking Double Hold ( <i>Lady RF to side and slightly fwd, facing DC against LOD and taking Double Hold, TH</i> )	TH	3
12	RF fwd in CBMP OP on R side, Check ( <i>Lady LF back in CBMP PO with Check Action, TH</i> )	H	1
	Transfer weight back to LF in CBMP, turning to R ( <i>Lady transfer weight fwd to RF in CBMP, turning to R, T</i> )	T	2
	RF to side, facing DW against LOD ( <i>Lady LF to side, facing DC, TH</i> )	TH	3
<b>OUTSIDE CHECK -NATURAL SPIN TURN - 4 TO 6 REVERSE TURN</b>			
13	LF fwd in CBMP OP on L side, Check ( <i>Lady RF back in CBMP OP on L side, Check Action, H</i> )	H	1
	Transfer weight back to RF in CBMP, turning to L ( <i>Lady transfer weight fwd to LF in CBMP, turning to L, T</i> )	T	2
	LF to side, facing DW, adopting Ballroom Hold ( <i>Lady RF to side, backing DW, adopting Ballroom Hold, TH</i> )	TH	3
14	RF fwd in CBMP OP on R side, facing DW, turning to R ( <i>Lady LF back in CBMP OP, backing DW, Turning to R, TH</i> )	HT	1
	LF to side, cont to turn to R ( <i>Lady RF to side, cont to turn to R, T</i> )	T	2
	RF closes to LF, end backing LOD ( <i>Lady close LF to RF, end facing LOD, TH</i> )	TH	3
15	LF back down LOD, pivot 1/2 to R ( <i>Lady RF fwd down LOD, pivoting 1/2 to R, THT</i> )	THT	1
	RF fwd in CBMP, cont to turn to R, facing LOD ( <i>Lady LF fwd in CBMP, cont to turn to R, backing LOD, T</i> )	HT	2
	LF to side and slightly back DC ( <i>Lady RF to side and slightly fwd, facing DC, TH</i> )	TH	3
16	RF back DC, turning to L ( <i>Lady LF fwd DC, TH</i> )	TH	1
	LF to side, pointing DW ( <i>Lady RF to side, backing DW, T</i> )	T	2
	RF closes to LF, facing DW ( <i>Lady close LF to RF, backing DW, TH</i> )	TH	3