

# Lesson Plan - Waltz & Schottische Variations Workshop

Neffa – 4/22/12

Taught by Ret Turner & Peggy Leiby

Live music with Gypsy Minor

## *Waltz*

- ❑ Time permitting at the end of the workshop: Begin in rotary waltz and transition to promenade position “Man under the Arch” with cape hand-hold.
- ❑ Time permitting at the end of the workshop; The Whoosh
- ❑ From promenade cape hand-hold position, Around the world (optional, it’s not on video)
- ❑ Hammerlock or “chicken wing” (we called it half-nelson on the video posted on [YouTube](#))
- ❑ Tandem turn – 1 or 2 times
- ❑ Convolution, lady on left
- ❑ swap / convolution, lady on right
- ❑ Transition back to closed position

## *Schottische – as suggested by Richard Powers (Time Permitting)*

- ❑ Starting on outside foot: practice step, step, step, hop (sssh) Repeat on other foot
- ❑ practice step, step, step, step
- ❑ To add waltz flourishes: sssh, half-nelson (replaces step, step, step, step), sssh, tandem turn, sssh, convolution, etc.

Notes: