

Wals Insomnia

translation title	Waltz Insomnia
dance	Elsche Korf 2007
music	Walzer 6 , Ms Haarlem 1891
position	couples in a circle man facing out lady facing partner ballroom hold
time	3/4
sequence	(ab) nx c

'two bar waltzstep'

	bar	count	
	1	1-2	one step in a certain direction (slow)
		3	close the free foot next to the standing one (quick)
	2		one step in the same direction as in bar 1 (slow)
	bar		
A			a.
	1		starting with the outside foot (man left-lady right) one step forward ACW
	2		with the inside foot another step ACW
	3-4		as a couple a 'two bar waltzstep' sideways ACW; open up as a couple after the last step facing CW with inside hands joined
	5		with the new outside foot (man right-lady left) one step backwards ACW
	6		one step forward CW
		!	bars 5 and 6 together are a kind of rocking step
	7-8		with both hands joined and stretched outwards one 'two bar waltzstep' sideways CW
	9		with inside hands joined one waltzstep away from from partner while travelling ACW
	10		one waltzstep towards partner still travelling forward
	11-12		starting with outside foot cast away from partner in 2 waltzsteps; man following left and lady following right shoulder; end up man facing CW in front of partner; lady facing ACW; ballroom hold
	13-14		waltz round with partner ACW
	15-16		repeat a. bars 1-2

Information:

This waltz was written by Elsche for the dance team from Schagen during a sleepless night.

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A

B

C