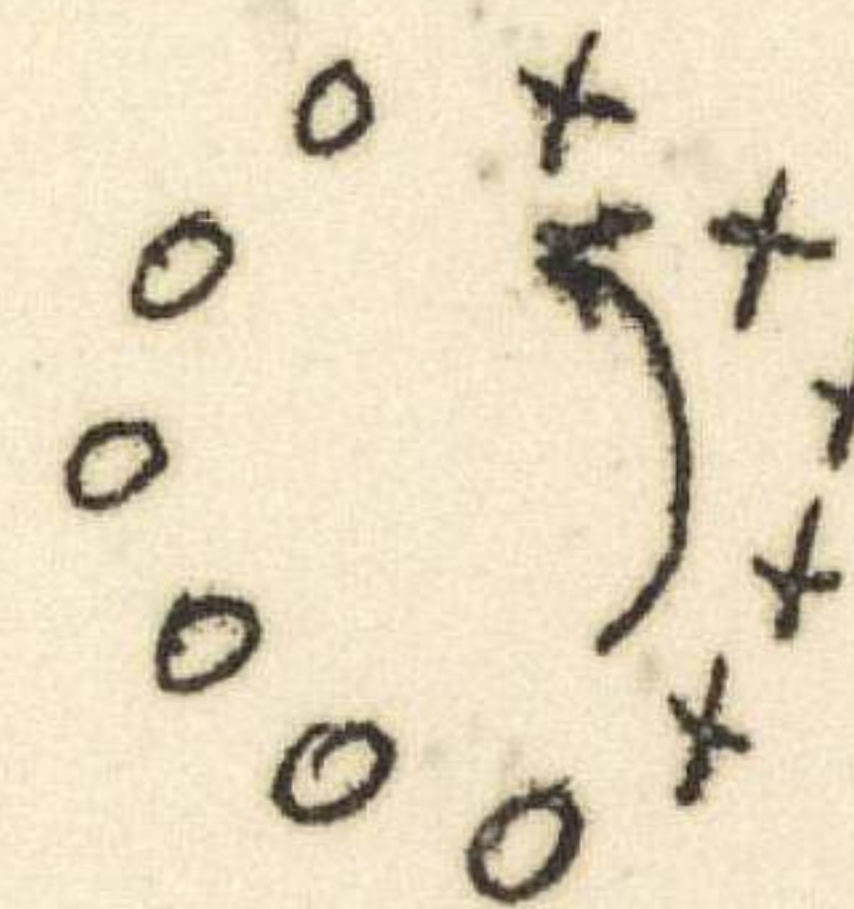


7. The Waltz

a. Clapping to get accent
b. Walking in place accenting first beat
c. Join hands, walk toward the center of the circle the first measure and out the second. This exercise gives the children a very definite feeling of the waltz pattern because in order to recover their balance to start back their feet must be together on the third count.

d. Circle moving counter clockwise, girls moving backward, boys forward. They use such helps as:

"Step - step - together"
"One - two - together"
"Open - open - close"



e. Standing in two lines along back of room, join both hands with partner, girl going backward, boy forward with waltz step.

o o o o o o o o o Boys

x x x x x x x x x Girls

f. As soon as individual couples have mastered the waltz step, we tell them they are ready to use the closed position they used in the Schottische.

g. Few couples waltz and rest of class appraise them on:

1. Position
2. Rhythm
3. Waltz Step

h. Children realize that just going in the same direction all the time is uninteresting, so we learn to turn by using the "Waltz Square."

8. The Rye Waltz

9. The Fox Trot - can very easily be taught with the background already built up. The one used today is in this bulletin.

Obstacles that might have to be overcome:

Individuals who, because of a feeling of inferiority, are too bashful - we have found success in telling these people we "expect" them to take part like all the others. Often a boy who has raised the most objections has become our best leader. They tell us they are bashful because they "don't know how."

I believe we adults have been in a great measure responsible for the self-conscious boy. It is our experience that boys who are bashful are only too thankful to be released from such an emotional handicap. In discussing it with them afterwards, I have asked groups of boys if we did wrong in asking them to dance when they were bashful, and they have all said "no" - that the reason they didn't want to dance was because they didn't know how and now that they could dance they liked it.