

# The Waltz – Vienna OpernBall



# The Waltz



The image features a solid red background. In the center, the words "History and Origin" are written in a white, serif font. There are decorative clusters of semi-transparent, light red circles in the top-left and bottom-right corners, with some circles overlapping each other.

# History and Origin

The Waltz is the oldest of the ballroom dances dating from the middle of the Eighteenth Century. During this time period, the peasants of Bavaria, Tyrol, and Styria began dancing a dance called "Walzer," a dance for couples, around 1750 and the dance soon spread from the countryside to the cities and in particular Vienna, where it became fashionable.

Describing life in Vienna (dated at either 1776 or 1786), Don Curzio wrote, "The ladies of Vienna are particularly celebrated for their grace and movements of waltzing of which they never tire."

Napoleon's invading soldiers spread the waltz from Austria to Paris; then the dance glided to England and finally made its way to the United States.

When the Waltz was first introduced into the ballrooms of the world in the early years of the Nineteenth Century, it was met with outraged indignation, for it was the first dance where the couple danced in a modified Closed Position - with the man's hand around the waist of the lady.

The image features a solid red background. In the top-left and bottom-right corners, there are clusters of semi-transparent white circles of various sizes, creating a bokeh effect. The word "Music" is centered in the middle of the page in a white, serif font.

# Music

The background is a solid dark red color. In the top-left and bottom-right corners, there are clusters of semi-transparent white circles of various sizes, creating a bokeh effect. The word "Music" is centered in the middle of the page in a white, serif font.

# Music

## **Waltz dance music**

The three-quarter time signature of waltz has a distinctive 1-2-3; 1-2-3 feel and rhythm pattern. Great waltz music can be found in most music genres, including rock, country, pop, and classical. Beginners should start with a tempo of 90-100 beats per minute.



"Three Times a Lady" - The Commodores

"Open Arms" - Journey

"True Love" - Elton John

"Tennessee Waltz" - Patti Page

"Their Hearts Are Dancing" - Forester  
Sisters

"The Last Waltz" - Engelbert

Humperdinck

"Moon River" - Henry Mancini and  
Orchestra

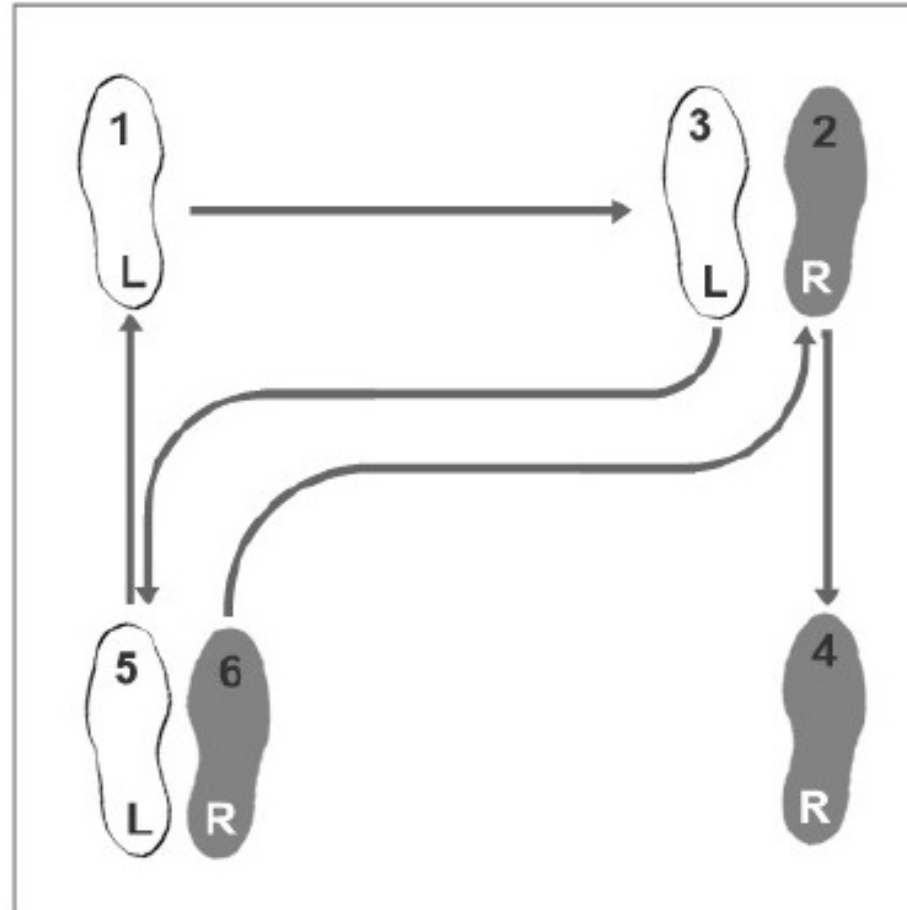


# Waltz Dance Steps

## Basic Waltz Steps - Gentleman

The following are the basic [waltz steps](#) for men:

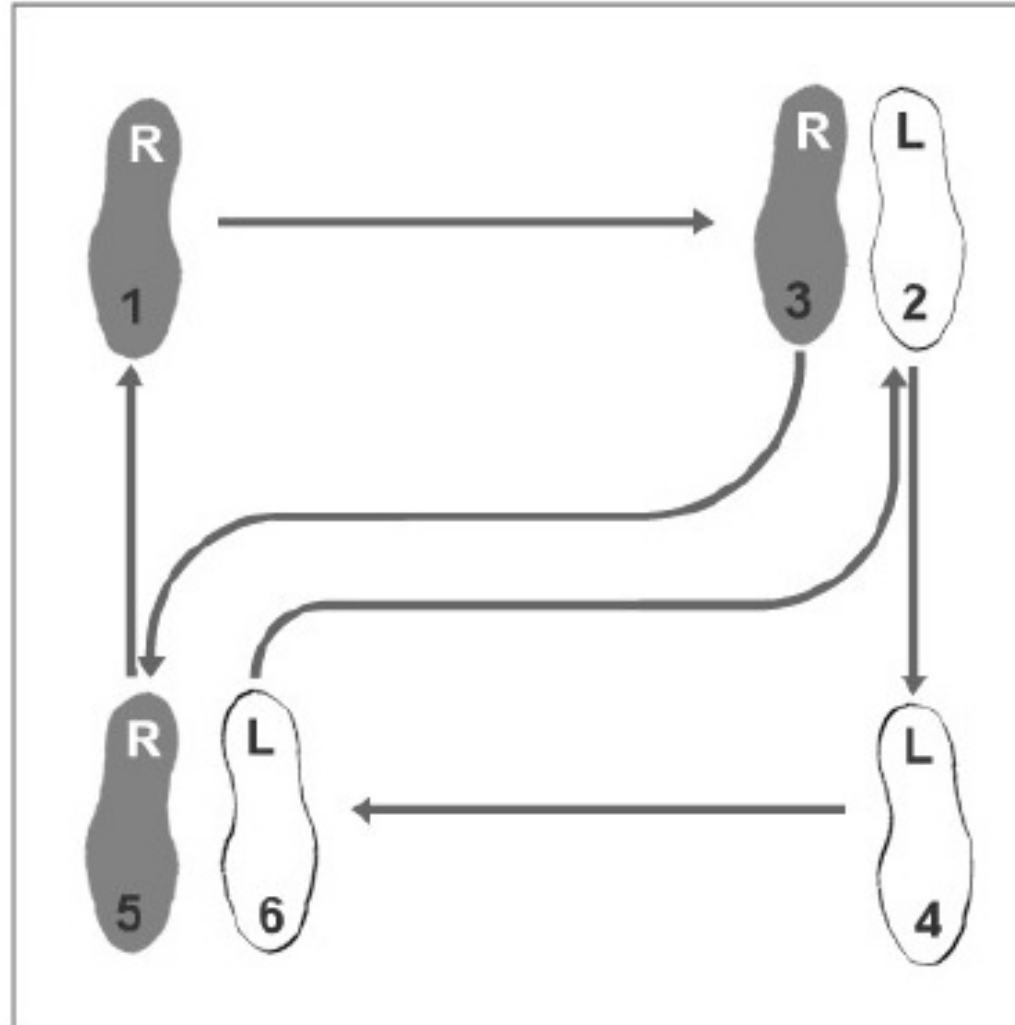
1. Left foot forward
2. Right foot slide
3. Left foot close
4. Right foot back
5. Left foot slide
6. Right foot close



## Basic Waltz Steps – Lady

And these are the basic steps for the lady:

1. Right foot back
2. Left foot slide
3. Right foot close
4. Left foot forward
5. Right foot slide
6. Left foot close



[How To Waltz Dance For Beginners - Waltz Box Step](#) (4.10 min)

[How to Do the Waltz Box Step | Ballroom Dance](#) (2.51 min)

[Waltz debutants Opera Ball 2014 in Vienna](#) (1.25 min)

[Vienna, Austria: Ball Season \(Start at 1:00 min\)](#)

[Polonaise debutants Opera Ball 2014 in Vienna \(KK @ 2:21 min\)](#)