

NTA School Figure I-B Study Guide

Waltz

1. Basic

Progressive Forward (**Bronze, Silver and Streamline (CW)**)
Progressive Backward

2. Underarm Turns (for Lady)

Right Turn (outside)
Left Turn (inside)
Combined Right and Left Turns

3. Promenade

Basic
With Left (inside) turn back to closed position

4. Wrap

Basic
Back to Closed Position
Roll Out & back to Wrap

5. Open Promenade Patterns Left and Right

1. UAT (right) to backing LOD
2. Backing LOD in Reverse Open Left Promenade
3. Forward LOD in Open Right Promenade
4. Backing LOD in Reverse Open Left Promenade
5. Forward LOD in Promenade w/UAT (right) back to closed position

Other movements/definitions needed:

Body Rise and Fall/Ankle Rise and Fall

Body Leads

CBM in Waltz Basic (1 & 4)

Split weight step (1 & 4)

Lateral

Stride

Visual Leads