

IJSWALS
(Ice Waltz)

This dance comes from the Province of Friesland.

FORMATION: Circle of couples going CCW.

STEPS: Exaggerated Waltz Steps.

HANDHOLD: Varsuvien and Waltz Position.

1. Four Waltz Steps forward in Varsuvien Position beginning with L. foot, moving slightly to the L. with the left Waltz Steps, slightly to the R. with the right Waltz Steps.
2. Back up four Waltz Steps beginning with the L. foot.
3. Turn to face each other with man's back to inside of the circle, woman turns under man's R. arm to face man, not letting go of hands, which makes the arms crossed.
4. Four Waltz Steps going into the center of the circle (Beginning with man's L. foot, woman's R.).
5. Four Waltz Steps going out of the center of the circle (Beginning with the man's L. foot, woman's R.).
6. Face CCW in original Varsuvien Position. Starting with L. foot, do 8 Waltz Steps.
7. Then do one side Waltz Step into Center and one side Waltz Step Out.
8. Woman waltzes turning across in front of man with 2 Waltz Steps.
9. Do one side Waltz Step In and one side Waltz Step Out. Then woman waltzes back with 2 Waltz Steps across in front of man to original position.
10. Letting go of hands, turn away from each other, man and woman each turn in their own circle doing 4 Waltz Steps.
11. Facing each other, take regular waltz dance position, doing 4 turning Waltz Steps.
12. Holding inside hands, waltz turning out and waltz turning in (2 Waltz Steps). Man and woman each turn in their own circle doing 2 Waltz Steps.

Cont

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13. Taking dance position, do 4 Waltz Steps around.
14. Letting go of hands, turn away from each other, man and woman each turn in their own circle doing 4 Waltz Steps.
15. Facing each other, take regular dance position, doing 4 Waltz Steps.
16. Holding inside hands, waltz turning out and waltz turning in. Then the man and woman each turn in their own circle doing 2 Waltz Steps.
17. Taking dance position, do 4 Waltz Steps around.

REPEAT THE WHOLE DANCE AGAIN

WALTZ STEPS

4 FORWARD

4 BACK UP

(FACE EACH OTHER)
MAN BACKS INTO CIRCLE 4 STEPS
(WOMAN FOLLOWS)

4 WALTZ STEPS OUT OF CIRCLE

8 WALTZ STEPS

1 SIDE STEP IN

1 SIDE STEP OUT

CROSS OVER 2 STEPS

(IN-OUT)
CROSS ~~OVER~~ ^{BACK} 2 STEPS

2X { CIRCLE 4
WALTZ 4
SWING HAND 2
CIRCLE 2
WALTZ 4