

Swedish Progressive Waltz

Formation: Large Circle, facing centre, Ladies on Right of partner,
hands joined around circle.

NB this is similar to the Circle Waltz.

Music: 32 bar Waltzes

- 2 All step in to centre and out again (**Balance in/out**)
- 2 **Ladies to the Right.**
Join 2 hands with man on right, move in front of him to his right-hand side,
Briefly bow/curtsey, re-join hands
- 4 Repeat - **Balance in/out - Ladies to the right**
- 2 All **Balance in/out**
- 2 **Men to the Left.**
Join 2 hands with man/lady on left, move in front of her to her left-hand side
- 4 Repeat - **Balance in/out - Men to the left**
- 2 All **Balance in/out**
- 2 **All move, Ladies to the Right, Men to the Left.**
Keep 1 hand joined with corner, ladies move in front, men move behind to change places
- 4 Repeat - **Balance in/out - Ladies to the Right, Men to the left,**
face the person just passed, join two hands
- 2 **Step in** (sideways) towards centre and **step out** again
- 2 **2 Sliding** (sideways) **steps in** towards centre
- 2 **Step out** (away from centre) and **step in** again
- 1 **1 Sliding step out** from centre
- 1 **Ladies turn out,**
going under man's right arm and turning to her left to reform circle on his right.