



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

E-mail: [admin@linedancerweb.com](mailto:admin@linedancerweb.com)

## Box Step Waltz

36 Count, 4 Wall, Beginner

Choreographer: Ilona Tessmer-Wilis (USA) May 2016

Choreographed to: Any Slow Waltz, aka English Waltz

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Options given on step sheet are also shown in demo video.

### Song suggestions:

All In My Heart by John Michael Montgomery

Are You Lonesome Tonight by Engelbert Humperdinck

Misery by Pink & Steven Tyler

I Forgot More Than You'll Ever Know by The Davis Sisters

I'm So Lonesome I Could Cry by B J Thomas

My Cherie by Al Martino

Sam by Olivia Newton John

Dancing Like Lovers by Mary MacGregor

### Section 1 R BACK BASIC BOX STEP

1-3 R Step Back, L Step to Left Side, R Step next to L (weight on right)

4-6 L Step Forward, R Step to Right Side, L Step next to R (weight on left)

### Section 2 R FORWARD BASIC BOX STEP

7-9 R Step Forward, L Step to Left Side, R Step next to L (weight on right)

10-12 L Step Back, R Step to Right Side, L Step next to R (weight on left)

### Section 3 R & L Balance Step

**Option For Practiced Dancers: Left Full Turn L R L Counts 13-15**

13-15 R Step to Right Side, L Step beside R, R Step next to L (weight on right)

16-18 L Step to Left Side, R Step beside L, L Step next to R, (weight on left)

### Section 4 1/4 Right Turn: R Balance Step, L Balance Step (Option For Practiced Dancers: Left 1/1/4 Turn L R L Counts 19-21)

19-21 Turn 1/4 Right: R Step to Right Side, L Step next to R, (balance on right)

22-24 L Step to Left side, R Step beside L, L Step next to R (weight on left)

### Section 5 R Forward Box Step

25-27 R Step Forward, L Step to Left side, R Step next to L (weight on right)

28-30 L Step Back, R Step to Right Side, L Step next to R (weight on left)

### Section 6 Cross Rock L, Cross Rock R (Option: Omit Cross Rocks, Repeat S5 Counts 31-36)

31-33 Rock R over L, Recover L, R Step to Right Side

34-36 Rock L over R, Recover, R, L Step to Left Side

### Fun fact:

The term Slow Waltz, English Waltz, American Smooth or simply Waltz is used to differentiate from the Viennese Waltz, which is danced using only turns & "change steps" (switch directions) at a faster speed with different footwork. In those countries that dance the Viennese Waltz, the slower waltz is referred to as the English Waltz. When waltz is danced at a wedding in non-Viennese Waltz countries, it is often danced very slow, more romantic than ballroom. Source: a dance instructor