

THE CAPISTRANO WALTZ

A waltz written by Henry (Buzz) Glass, Oakland, California.

Couples stand side by side, with R hands joined over the girl's R shoulder and the L hands joined in front of the men (Varsouvianna pos). During the four measures of introduction, they rock slightly fwd and back, and again fwd and back, if they wish.

Measures:

1-2 BAL FWD; PARK LEFT

Without changing hand holds the woman waltzes over in front of the man (L, R, L) and backs up to his L side, stepping on her R foot and swinging the L foot out in front. The man at the same time steps in place (L, R, L) while he crosses her over in front of him, and steps on his R swinging the L fwd.

3-4 BAL FWD; PARK RIGHT

She repeats by crossing back (L, R, L), (while he does almost the same steps in place), and they both swing the L fwd as they bal back on the R.

5-6 TWIRL, 2, 3; 4, 5, 6

Letting go with his R hand, he starts her fwd on a R face twirl, and lets go of her hand. She does one complete, slow, R face revolution in six steps. He follows her with very light steps and takes her hands again in Varsouvianna pos.

7-8 ROCK FWD AND BACK

They both rock fwd on the L foot in one measure and back on the R on the next.

9-16 REPEAT MEAS 1-8

17-24 MODIFIED BOX WALTZ FOR EIGHT MEASURES

They turn L face or CCW, turning nearly twice around, and ending facing the wall. If they go fwd on the L foot on the first beat of the first meas, and step behind with the R on

the second meas, and so on for the 8 measures, letting the RL and LR fall where they will on the end of each meas, they will come near enough to the box waltz to serve our purpose.

25-26 RUN THREE; SWING FWD

Letting go with their R hands, the girl runs fwd in front of the man (still holding his L hand), while he works a little to his R (L, R, L), and ends with her facing into the COH while he faces the wall. In this pos they both step on the R and swing on the L fwd.

27-28 AND BACK THREE; SWING AGAIN

Then running bwd for three steps, they end by the man facing twd the COH and the lady facing out, and stepping on the R, swing the L again

29-30 RUN AND DUCK UNDER

Running three steps fwd again, so both are almost facing in the original pos, the man raises his L arm and the woman turns L face under it. They are both facing fwd again around the circle, resuming the Varsouvianna hold.

31-32 ROCK FWD AND BACK

They both rock fwd on the L on the first measure and back on the R on the second.

They repeat the whole routine two more times, and start the fourth time, finishing after the repeated turn-around, leaving plenty of time for the final bow.