## MATMEM'S HALTZ

Formation: Double circle of couples, partners facing - M in inner circle, back to center. M's L and W's R foot free.

Measures 1-2	FIG. 1 2 waltz-steps, starting w/M's L and W's R foot, turning away from partner w/1 outward turn, progressing CCW.
3-4	2 step-draw steps to M's L, progressing CCW, accenting the 2nd step-draw step. Do NOT transfer weight on last count, finish $w/M$ 's R and W's L foot free.
5-8	REPEAT pattern of measures 1-4, progressing CW.
9-10	FIG. 2 Partners facing, R hands joined and raised. R foot free.  Balance toward and away from partner, stepping FWD on the R foot and BKWD on L foot.
11-12	Partners change places w/2 waltz steps, W turning under raised joined hands.
13-16	REPEAT pattern of measures 9-12, joining L hands, starting w/L foot, returning to place.
1-2	FIG. 3 Couples facing CCW, hands crossed in front in skater's position,  R hands joined over L, outside foot free.  2 waltz steps FWD, starting w/outside foot, progressing CCW. On last count, w/out releasing hands, turn about to face in opposite direction.
3-4	2 waltz steps BKWD, progressing CCW. On last count, w/out releasing hands, turn about to face CCW.
5-8	REPEAT pattern of measures 1-4, FIG. 3
9	FIG. 4 Partners facing, both hands joined Balance R. Step diagonally FWD R w/R foot, bringing L toe to arch of R foot w/out transferring weight. Finish w/L shoulders adjacent
10	Balance L. Step diagonally FWD L w/L foot, bringing R toe to arch of L foot w/out transferring weight. Finish w/R shoulders adjacent
11-12	Waltz 1/2 way around to each other's place w/2 waltz steps FWD
13-16	REPEAT pattern of measures 9-12, FIG. 4 to place

## DANCE NOTES - POLAND