

PARMA NVW

HOLD

Right Shadow Hold

DIRECTION

Man and Lady both facing LOD

STARTING FOOT

Left foot for both man and lady.

TIME

3 /4

32 bar sequence

TEMPO

52 bpm

Forward left foot	1 2 3
Turn on right foot (half a turn)	2 2 3
Left foot back	3 2 3
Right foot back	
Left foot back (<i>closing right foot but without weight since this is the foot that steps forward for the next step</i>)	4 2 3
Forward right foot	1 2 3
Turn on left foot (half a turn)	2 2 3
Right foot back	3 2 3
Left foot back	
Right foot back (<i>closing with left foot but without weight</i>)	4 2 3
4 walks	4 bars
4 diagonal locks	8 bars
2 walks	2 bars
<i>“Parma breakaway”</i> Starting feet together, back together, forward together	2 bars
Waltz 4 full turns (or 8 half turns)	8 bars

https://www.google.com/search?q=parma+waltz+dance+steps&oq=parma+waltz&aqs=chrome.3.69i57j0i512l2j0i390l2.14359j0j15&sourceid=chrome&ie=UTF-8#kpvalbx=_kD7PYq2gE_OOseMPlpGg0Ac11

<https://youtu.be/6-ySZPsQd1M>