

Shadow Waltz Mixer

Presented by [Nick and Melissa Enge](#)
at Texas Camp 2024

While we were finishing up work on *The Book of Mixers* with Richard Powers, Richard was looking for an easy mixer to teach at the 20th anniversary of Friday Night Waltz in Palo Alto. He wanted a mixer that allows beginners to feel like they're meaningfully waltzing with a partner without needing to know a turning waltz, while also being a satisfying dance for experienced waltzers. A family of related folk mixers—Valse Ballonette (France), Schommelvals (Belgium), Smygvals (Sweden), and Amelia's Waltz Mixer (United States)—provided the inspiration for his Shadow Waltz Mixer. It's been a popular dance at UT Austin ever since.

Music: "[The Sunlands](#)" by Yasunori Nashiki

Formation: A circle of couples, Follows on the right, all facing along LOD in Shadow position (a.k.a. Varsovienn position), side by side with right-in-right and left-in-left hands joined at shoulder level, the Lead's right arm passing behind the Follow's shoulders. It's a bit easier if all start L.

Promenade and Balance (4 bars): In Shadow position, walk six steps forward along LOD (1, 2, 3, 4, 5, 6), then Balance forward (1, 2, 3) and back (4, 5, 6). In this dance, the Balance steps can be single steps, in this case, a step forward (1) and a step back (4).

Promenade and Form a Wave (4 bars): Walk six steps forward along LOD (1, 2, 3, 4, 5, 6), then let go of left hands and, still holding right hands, the Follow casts back six steps CW to face into the circle, taking left-in-left hands with the next Lead behind her, as the Leads turn 1/4 CW to face out and take left-in-left hands with the next Follow along LOD, forming a circular wave with Leads facing out and Follows facing in (1, 2, 3, 4, 5, 6)

Double Balance the Wave (4 bars): Balance L to your new partner (1), balance R to your previous partner (4), balance L to your new partner (1), then slightly stretch back away from your new partner, continuing to look at them, while releasing right hands (4).

Allemande Left with Your New Partner (4 bars): Holding left hands with your new partner, rotate about one full rotation CCW around each other in twelve counts, and take right-in-right hands to regain Shadow position with that partner facing along LOD (1, 2, 3, 4, 5, 6, 1, 2, 3, 4, 5, 6). Aim to finish the rotation just in time. To do so, go slowly, and take the long way around. If you're too close to your partner, or go too fast, you'll get there early.

Repeat from the beginning.