



Before Green Gables

Anne of Green Gables

100th Anniversary Edition

AN INTRODUCTION TO THE WALTZ

Learn about the waltz and how to do the box step with these easy instructions.

THE MUSIC

The waltz is written in 3/4 time, which means there are three beats to each measure. Each beat is counted as 1, 2, 3. The lead foot alternates with each measure, so you would count “Left, 2, 3” “Right, 2, 3”. Because of this, waltz steps are written in a series of six steps.

For classic waltz music, listen to music by Johann Strauss or Joseph Haydn. For more modern waltzes, try “Moon River,” “Edelweiss,” or even “Potter Waltz” on the soundtrack for *Harry Potter and the Goblet of Fire*.

THE PARTNERS

When it was first danced, the waltz was quite scandalous! It was the first time in English society a man and woman danced publicly in an embrace. Today, the waltz is one of the most popular of all the ballroom dances.

LESSON 1: CLOSED POSITION

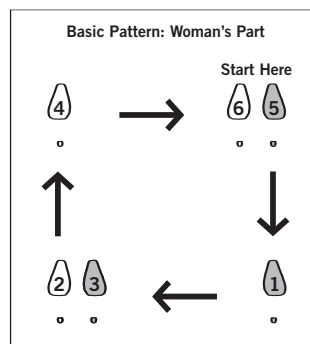
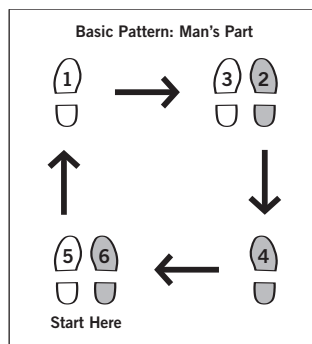
Stand six inches from your partner and turn to face him/her. The man puts his hand slightly beneath his partner’s left shoulder blade with his right arm held at a ninety-degree angle. The woman puts her left hand over the man’s arm to rest comfortably on his shoulder. Her thumb should be on the inside of his shoulder, her fingers on the outside. Her right hand rests in the man’s hand. She should look over the man’s right shoulder.

LESSON 2: LEADING AND FOLLOWING

The leader decides which steps to use and controls the direction around the dance floor. The leader starts each new pattern with his left foot. The follower must remember to let the leader lead and to take straight steps, either backward or forward.

LESSON 3: THE BOX STEP

Using the three count, follow these steps:



Count

- 1
- 2
- 3
- 4
- 5
- 6

Man

- 1 left foot forward
- 2 right foot side
- 3 left foot close
- 4 right foot back
- 5 left foot side
- 6 right foot close

Woman

- 1 right foot back
- 2 left foot side
- 3 right foot close
- 4 left foot forward
- 5 right foot side
- 6 left foot close

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GREEN GABLES RECIPES

Raspberry Cordial

1 ¼ CUPS SUGAR
2 PACKAGES (10 - 12 OZ. EACH) FROZEN RASPBERRIES
4 CUPS WATER
3 LEMONS

In a saucepan add sugar and frozen raspberries to 4 cups of water. Cook for 20 to 25 minutes, until sugar has dissolved, then mash the mixture thoroughly. Pour through a strainer and discard pulp. Add the strained juice of three lemons. Stir.

Green Gables Pound Cake

1 CUP BUTTER, SOFTENED
1 ½ CUPS SUGAR
6 LARGE EGGS
1 ¾ CUPS ALL-PURPOSE FLOUR
½ TEASPOON SALT
1 TEASPOON VANILLA

1. Grease and flour a loaf pan. Preheat the oven to 325°F.
2. Cream the butter in a mixing bowl until soft, smooth, and fluffy. Add the sugar, a little at a time, beating until light and fluffy.
3. Add the eggs, one at a time. Beat well after adding each egg.
4. With a wooden spoon, sift in the flour, salt, and vanilla. Mix well.
5. Spoon the batter into the loaf pan. Smooth the top with a spatula and bake the cake for 1 ¼ or 1 ½ hours.
6. Cool the cake in the pan for ten minutes. Turn the cake up-side down onto a cooling rack.

Recipes courtesy of Kate Macdonald Butler, granddaughter of L.M. Montgomery.

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