

# Dance Notes - Figures

## CDC - Autumn 2022 - Ballroom and Latin - Workshops

### Jive

#### Fallaway Rock

This is the basic in closed position.

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left	RLR triple to right
6-8	5a6 (QaQ)	RLR triple to right	LRL triple to left

#### Change of Place Right to Left

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple diag forward (raise left arm and release right)	RLR triple to right (then turn right under right arm)
6-8	5a6 (QaQ)	RLR triple forward, turn slightly left (lower arm after follower has turned)	LRL triple back and left, end open

#### Change of Place Left to Right

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left	RLR triple to right (turning your back on your partner then turn left under your arm)
6-8	5a6 (QaQ)	RLR triple to right (end in open hold or closed hold)	LRL triple to left

#### American Spin

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock, in handshake hold	RF back rock
2	2 (Q)	Transfer to RF, brace the right arm	Transfer to LF
3-5	3a4 (QaQ)	LRL triple	RLR triple to right, then spin on right foot, pushing off your partner

#### Abbreviations

T	Toe	B	Ball of foot	Q	Quick	RF	Right foot
TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
IE	Inside edge (of foot)	BH	Ball heel	CBMP	Contra Body Movement position	LRL	Left, right, left

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6-8	5a6 (QaQ)	RLR triple	LRL triple to left, completing the turn if required
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### Link and Whip

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left, turning slightly, bring partner towards you, end in Closed Position	Jive Chasse forward RLR, end between partner's feet in Closed Position
6	5 (Q)	Continue turning right, RF crosses behind LF	LF to side
7	6 (Q)	Continue turning right, LF to side	RF forward & across, toe between partner's feet
8-10	7a8 (QaQ)	RLR triple completing the turn	LRL triple to left

### Whip Throwaway

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left, turning slightly, bring partner towards you, end in Closed Position	Jive Chasse forward RLR, end between partner's feet in Closed Position
6	5 (Q)	Continue turning right, RF crosses behind LF	LF to side
7	6 (Q)	Continue turning right, LF to side	RF forward & across, toe between partner's feet
8-10	7a8 (QaQ)	RLR triple releasing right arm and ending in open hold	LRL triple diag backwards

### Double Whip

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left, turning slightly, bring partner towards you, end in Closed Position	Jive Chasse forward RLR, end between partner's feet in Closed Position
6	5 (Q)	Continue turning right, RF crosses behind LF	LF to side
7	6 (Q)	Continue turning right, LF to side	RF forward & across, toe between partner's feet
8	5 (Q)	Continue turning right, RF crosses behind LF	LF to side
9	6 (Q)	Continue turning right, LF to side	RF forward & across, toe between partner's feet

### Abbreviations

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10-12	7a8 (QaQ)	RLR triple completing the turn	LRL triple to left
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### Double Whip Throwaway

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left, turning slightly, bring partner towards you, end in Closed Position	Jive Chasse forward RLR, end between partner's feet in Closed Position
6	5 (Q)	Continue turning right, RF crosses behind LF	LF to side
7	6 (Q)	Continue turning right, LF to side	RF forward & across, toe between partner's feet
8	5 (Q)	Continue turning right, RF crosses behind LF	LF to side
9	6 (Q)	Continue turning right, LF to side	RF forward & across, toe between partner's feet
10-12	7a8 (QaQ)	RLR triple releasing right arm and ending in open hold	LRL triple diag backwards

### Miami Special

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF, bring right arm back and up	Transfer to LF
3-5	3a4 (QaQ)	LRL turning to right, drop partner's hand behind your head	RLR turning to left, turn under the joined hands
6-8	5a6 (QaQ)	RLR chasse, catch partner's hand with your left	LRL to left, drop right hand into partner's hand

### Toe Heel Swivels

Step	Timing	Leader	Follower
1	Q	LF back	RF back
2	Q	Transfer to RF	Transfer to LF
3	Q	L toe to right foot without weight (swivel on R)	R toe to left foot without weight (swivel on L)
4	Q	L heel to side without weight (swivel on R)	R heel to side without weight (swivel on L)
5	S	LF cross in front of RF (swivel on R), hold	RF cross in front of LF (swivel on L), hold
6	Q	R toe to left foot without weight (swivel on L)	L toe to right foot without weight (swivel on R)
7	Q	R heel to side without weight (swivel on L)	L heel to side without weight (swivel on R)
8	S	RF cross in front of LF (swivel on L), hold	LF cross in front of RF (swivel on R), hold

### Abbreviations

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9	Q	L toe to right foot without weight (swivel on R)	R toe to left foot without weight (swivel on L)
10	Q	L heel to side without weight (swivel on R)	R heel to side without weight (swivel on L)
11	Q	LF cross in front of RF (swivel on R)	RF cross in front of LF (swivel on L)
12	Q	R toe to left foot without weight (swivel on L)	L toe to right foot without weight (swivel on R)
13	Q	R heel to side without weight (swivel on L)	L heel to side without weight (swivel on R)
14	Q	RF cross in front of LF (swivel on L)	LF cross in front of RF (swivel on R)

### Abbreviations

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TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
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