

# Dance Notes - Figures

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

### Waltz

#### Whisk

Step	Timing	Leader	Follower
1	1	LF forward; HT	RF back; TH
2	2	RF side; T	LF side; T
3	3	LF cross behind in PP; TH	RF cross behind in PP; TH

#### Chasse from Promenade Position

Step	Timing	Leader	Follower
1	1	RF forward in PP; Diag Wall; HT	LF forward in PP; Diag Centre; HT
2	2	LF side; T	RF side; T
3	&	RF close; T	LF close; T
4	3	LF side; Diag Wall; TH	RF side; Backing Diag Wall; TH

#### Chasse to Promenade Position

Step	Timing	Leader	Follower
1	1	RF forward in PP; Diag Wall; HT	LF forward in PP; Diag Centre; HT
2	2	LF side; T	RF side; T
3	&	RF close; T	LF close; T
4	3	LF side in PP; Diag Wall; TH	RF side in PP; TH

#### Underturned Natural Spin Turn

Step	Timing	Leader	Follower
1	1	RF forward; Diag Wall; HT; start turn right	LF back; backing Diag Wall; TH; start turn right
2	2	LF side; T	RF side; T
3	3	RF closes; TH	LF closes; TH
4	1	LF back; pivot; THT	RF forward; pivot; HT
5	2	RF forward; HT	LF back; T
9	3	LF side; TH	RF forward; brush; TH

#### Weave from Promenade Position

This can end in closed position or in promenade position

Step	Timing	Leader	Follower
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#### 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

These notes are draft, please contact me if you have questions or spot any errors.

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1	1	RF forward in PP	LF forward in PP
2	2	LF forward, turn L	RF to side, around partner
3	3	RF to side, keep turning L	LF to side
4	1	LF back in CBMP, keep turning L	RF forward in CBMP outside partner
5	2	RF back, keep turning L	LF forward
6	3	LF side end closed (or in promenade position)	RF to side (end closed or in promenade position)

### Open impetus

Step	Timing	Leader	Follower
1	1	Backing LOD; LF back; TH; start turn R	Facing LOD; RF forward; start turn R; HT
2	2	RF closes (heel turn); HT	LF to side; T
3	3	LF diag forward to PP; TH; pointing DC	RF to side (after brushing) in PP; TH

### 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
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