

18 Jan 20 16:00 - CDC - Spring 2020 - Sat - Beginners

Waltz

We did the Natural Turn (but we didn't turn). Don't forget to change your weight on steps 3 and 6. The pattern will be right, side, close or left, side, close (depending on which half of the figure you are doing).

Don't get too wedded to the idea that the right foot goes forward and the left foot goes backwards, because in Waltz it is possible for the left to go forward and for the right to go back too. But if you want to practice anything, please practice the Natural Turn box step that we looked at. If you want to try something new, try going forward with the left (then side, close) and then go back with the right (then side, close).

Natural 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; TH	RF forward; HT
5	2	RF side; T	LF side; T
6	3	LF closes; Diag Centre; TH	RF closes; backing Diag Centre; TH

Jive

We did the basic Jive. This is called the Fallaway Rock. The steps are really small, almost on the spot. We then did the Change of Place Right to Left (which starts in closed hold and the follower turns right under their right arm). We also did the Change of Place Left to Right (when the follower turns left to come back to facing the leader). The leader can then take up hold again and do some more basics.

If you want to practice then work on the basic steps: rock step, triple step, triple step.

Fallaway Rock

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	3a4 (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	3a4 (QaQ)	RLR triple forward (lower arm after follower has turned)	LRL triple back and left, end open
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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	3a4 (QaQ)	RLR triple to right	LRL triple to left