

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

Waltz

We did the Natural Turn again (this is a turn to the right that the leader instigates as they are stepping forward with their right leg), but this time we actually turned. We were aiming for about half a turn over the 6 steps. Though, at the moment, it doesn't really matter.

Leaders: turn your shoulders to your right as you start to turn and this will help your followers to know what's happening.

Followers: try not to sabotage, if your leader wants to turn you, please let them.

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

Cha Cha

We started basic Cha Cha. The leaders did the forward half to start with (while the followers go backward). Then the leaders did the backward half (with the followers going forward).

The chasses step in Cha is different to Jive, it is 1/2, 1/2, 1.

The forward and backward steps are a change of weight and a replacement of weight - not a tap.

Left Forward Basic

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3-5	4 & 1	LRL chasse to left	RLR chasse to right

Right Back Basic

Step	Timing	Leader	Follower
1	2	RF back	LF forward
2	3	Transfer to LF	Transfer to RF
3-5	4 & 1	RLR chasse to right	LRL chasse to left

Jive

We recapped the basic (which is called the Fallaway Rock). We took really small steps - really small - nope, smaller than that!

Remember the timing on the triple step (chasses) is 3/4, 1/4, 1.

The rocks are a change of weight and a replacement of weight - not a tap.

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	5a6 (QaQ)	RLR triple to right	LRL triple to left