

01 Feb 20 16:00 - CDC - Spring 2020 - Sat - Beginners

Quickstep

Quickstep is a ballroom dance, it moves around the room in an anticlockwise direction. We just started going straight along one wall. We did the forward and backward basics. The forward basic for the leader is called the Quarter Turn, the backward basic for the leader is the Progressive Chasse.

Each basic is a slow step (forward or backwards). We then do side-close-side, these are counted quick, quick, slow. The sideways steps are what we called the theatre step, you're up on your toes for the two quicks moving sideways (like getting to your seat in a crowded theatre).

When the leader goes forward with their right leg, they will usually step outside their partner (to their partner's right side) rather than inline (between their partner's feet). Leaders: do whichever is easier, as you get more accomplished, you will step inline when starting with closed feet and you'll step outside if your feet are apart.)

For both leaders and followers, stand up straight, roll your shoulders back and down, your arms are out and wide. Followers: don't let your right elbow bend back behind your rib cage.

Quarter Turn

Step	Timing	Leader	Follower
1	S	RF forward; facing Diag Wall; HT; start turn right	LF back; backing Diag Wall; TH; start turn right
2	Q	LF side; T	RF side; T
3	Q	RF closes; T	LF closes; T
4	S	LF side; backing Diag Centre; TH	RF forward; facing Diag Centre; TH

Progressive Chasse

Step	Timing	Leader	Follower
1	S	RF back; backing Diag Centre; TH; start turn left	LF forward; Diag Centre; HT; start turn left
2	Q	LF side; T	RF side; T
3	Q	RF closes; T	LF closes; T
4	S	LF side; Diag Wall; TH	RF side; backing Diag Wall; TH

Rumba

Rumba is a Latin dance with a very different feeling to Quickstep. Stand up straight with your weight slightly forward. Your heels are together and your toes are turned out slightly. When you take your step forward, slide the inside edge of the ball of your left foot along the floor and into place. The second step is to transfer your weight back to your right leg. The third step is a side step.

We take the first step on beat 2 of the bar of music. Beat 3 is the replacement. Beat 4 is the side step. Don't move your feet on beat 1, but allow your weight to settle into the hip of the standing leg.

We did some basics and some New Yorks, we then went back to basics. Leaders: it's best to do these in pairs (so your change between New Yorks and basics when you are about to step forward with your left foot).

The free arm, on the New Yorks, can go out to the side, or straight up, or placed on your hip. Move the arm from the shoulder, elbow, wrist then fingers - move it as if you are moving through water - don't just fling your arm off to the side.

Left Forward Basic

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3	4,1	LF to side	RF to side

Right Back Basic

Step	Timing	Leader	Follower
1	2	RF back	LF forward
2	3	Transfer to LF	Transfer to RF
3	4,1	RF to side	LF to side

New York to Right (in Counter Promenade Position)

Step	Timing	Leader	Follower
1	2	1/4 turn right, LF forward in open counter promenade position	1/4 turn left, RF forward in open counter promenade position
2	3	Transfer to RF	Transfer to LF
3	4,1	Turn to face partner then LF to left	Turn to face partner then RF to right

New York to Left (in Promenade Position)

Step	Timing	Leader	Follower
1	2	1/4 turn left, RF forward in open promenade position	1/4 turn right, LF forward in open promenade position
2	3	Transfer to LF	Transfer to RF
3	4,1	Turn to face partner then RF to right	Turn to face partner then LF to left