

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

Tango

We did two walks and the Progressive Link. Start by standing slightly offset from your partner (your right toe should point between your partner's feet). Bend your knees slightly and tilt your pelvis up slightly.

Leaders should lead with their frame, don't move the foot first, that will help the follower to know what's happening and to get their feet out of the way.

The walks are both counted as slows.

The Progressive Link gets us into Promenade Position. There are two steps in the Progressive Link which are both counted as quicks. The first step of the next figure is likely to be a slow step forward with the outside leg. We added this on, just to make sure we don't stop after the Progressive Link and turn that quick into a slow.

Leaders: in the Progressive Link, your first step is a small step forward, and close to your partner's foot. Followers: it is a small step behind your left foot. The second step for both is a small step to the side. The leader will lift their right elbow slightly which will turn the follower into promenade position.

Left Foot Forward Walk

Step	Timing	Leader	Follower
1	S	LF forward; HF	RF back; BH

Right Foot Forward Walk

Step	Timing	Leader	Follower
1	S	RF forward; HF	LF back; BH

Progressive Link

Step	Timing	Leader	Follower
1	Q	LF forward; H	RF back; BF
2	Q	RF side; PP; IE foot	LF side; PP; IE foot

Cha Cha

We did the solo turns in both directions, New Yorks and Basics.

We tried to keep our joined hands at around waist level.

When leaders are leading the basic, they will keep hold of both hands. To lead the New York, the leaders will let go of one hand on the chasses step, ready to pull the joined hands through between the couple to make the turn. To lead the spot turn, the leader will release the free hand and instead of keeping hold with the other hand, the leader will turn their hand so the flat of the palm is against the side of their partner's hand, this indicates the turn.

If one person does a New York and the other does a spot turn, then that's ok. You can reconnect when you are facing each other on the chasses steps.

Solo Spot Turn to Left

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	1/2 turn left, transfer weight to LF	1/2 turn right, transfer weight to RF
3-5	4 & 1	Turn to face partner then RLR chasse to right	Turn to face partner then LRL chasse to left

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

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
3-5	4 & 1	Turn to face partner then LRL chasse to left	Turn to face partner then RLR chasse 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
3-5	4 & 1	Turn to face partner then RLR chasse to right	Turn to face partner then LRL chasse to left