

## Quickstep

---

We did the forward and backward basics and curved them round the room. The basic where the leader goes forward is the Quarter Turn, the basic where the leader goes backward 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), you then lower gently on the slow step.

Leaders: when curving round the room, think of turning sooner rather than later. On your backward step start to turn to your left as you chasse and take small steps - your follower will take bigger steps to get around you.

Leaders: your first step is probably in line with your partner, but after that, your forward step with your right leg is probably outside your partner (on their right side).

Leaders: remember that your follower is in your right arm. And it is YOUR right arm, if you don't want your partner to drift behind you, then don't put them there. This sounds really easy, is a little harder in practice, but if you are aware of it, you'll probably find you start to do it automatically.

## 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

---

We recapped the basic (forward then backward for the leader). We did New Yorks to both sides. We also did the Spot Turns.

Leaders: if you're not sure what to do, then you might like this sequence: Forward Basic, Back Basic, three New Yorks, Spot Turn. You can then go back into closed hold and start again.

It is possible to do different numbers of basics, New Yorks and turns, but it is easier to change to a new figure when the leader goes forward. If you only do two New Yorks then a Spot turn in that direction, the leader will need to do a Back Basic to get back into hold, or a Spot Turn the other way.

If leaders want to lead the New Yorks then the leader should hold the joined hand, if the leader wants to lead a Spot Turn then use the palm of your hand on the side of your partner's hand - don't take their hand then throw it away.

Don't forget to take the first step on beat 2 of the bar. The replacement step is beat 3, the side step is beat 4. On beat 1 of the music, don't move your feet, but allow your weight to settle into the hip.

While you're learning to dance, don't worry overmuch about if you're starting on beat 2 (or 1 or 3 or 4) but please try and get four beats into each bar.

### 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

## Solo Spot Turn to Right

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	1/2 turn right, transfer weight to RF	1/2 turn left, transfer weight to LF
3	4,1	Turn to face partner then LF to left	Turn to face partner then RF to right

## 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	4,1	Turn to face partner then RF to right	Turn to face partner then LF to left