

# 29 Feb 20 16:00 - CDC - Spring 2020 - Saturday - Beginners

## Tango

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We recapped the Tango. Walks, Progressive Link, Closed Promenade.

The walks are forward. Pick your feet up but not very high.

The first step in the Progressive Link is smaller than the walks and is a quick step. The side step is onto the inside edge of the foot (for both leaders and followers). It is also a small step.

Leaders: on the side step you are going to lead your partner to move into Promenade Position. Lift your right elbow very slightly and apply gentle pressure with the heel of your right hand. Followers: your head will now turn to the right.

The first step of the Closed Promenade is forward for both of you. It's a slow step. The next step is a quick as you bring the leg closest to your partner forward. The next step is a quick step to the side. Leaders: your step needs to be quite small and you need to use your right arm to lead your partner to step sideways in front of you. Followers: your side step will be bigger as you are going around your partner. The final step is a slow step as you both close your feet. You're now ready to start again.

### 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 |

### Closed Promenade

| Step | Timing | Leader                | Follower              |
|------|--------|-----------------------|-----------------------|
| 1    | S      | LF side; PP; H        | RF side; PP; H        |
| 2    | Q      | RF across; H          | LF across; H          |
| 3    | Q      | LF side; IE foot      | RF side; IE BH        |
| 4    | S      | RF closes; whole foot | LF closes; whole foot |

## Jive

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The Change of Hands Behind the Back follows the same basic pattern: rock step, triple step, triple step.

**Leaders:** On the first rock step, bring your right hand over your left hand and take your partner's hand in your right. The first triple step is forward but turning to your left, pass your partner's hand from your right hand to your left behind your back. The second triple step completes the turn and is done facing your partner.

**Followers:** Your partner changes the hand hold on the rock step, so you know what's going to happen next. Your first triple step is forward and turning to your right, keep facing your partner's back. Your second triple turns a little more so that you're now face to face with your partner.

### Change of Hands Behind the Back

| Step | Timing       | Leader  | Follower   |
|------|--------------|---|--|
| 1    | 1 (Q)        | LF back rock  | RF back rock   |
| 2    | 1 (Q)        | Transfer to RF, take your partner's right hand in your right  | Transfer to LF   |
| 3-5  | 3a4<br>(QaQ) | LRL triple forward whilst turning slightly left, change your partner's right hand back to your left | RLR triple forward whilst turning slightly right, facing your partner's back |
| 6-8  | 5a6<br>(QaQ) | RLR triple right whilst continuing to turn left   | LRL triple left whilst continuing to turn right                              |