

# 14 Mar 20 16:00 - CDC - Spring 2020 - Saturday - Beginners

## Waltz

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We recapped the Natural Turn in Waltz and we looked a little at rise and fall.

Step 1 is down and the standing leg is slightly bent to give you the drive you need for the step. Step 2 is up on the toe. Step 3 starts on the toe, but you lower at the end of that. This lowering movement continues into step 1 of the next bar. It should flow.

### 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               |

## Quickstep

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We recapped the forward and backward basic. Remember leaders that your forward step with your right foot is probably between your partner's feet (inline) if you are starting with your feet closed. If your feet are apart (because you've just done a chasse) then your right foot forward step is likely to be outside your partner (to your partner's right side). Do whatever is easiest!

### 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

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We recapped the Rumba figures we know.

## 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                  |

## Underarm Turn to Right

| Step | Timing | Leader | Follower |
|------|--------|--------|----------|
|------|--------|--------|----------|

|   |     |                                      |                                      |
|---|-----|--------------------------------------|--------------------------------------|
| 1 | 2   | RF back, left arm raised             | 1/4 turn right, LF forward under arm |
| 2 | 3   | Transfer to LF, lower arm after turn | 1/2 turn right, transfer to RF       |
| 3 | 4,1 | RF to right                          | Turn to face partner then LF to left |

## Samba

We started on Samba. Samba is different from Jive, Cha Cha and Rumba in that it progresses around the room following line of dance. We didn't do that though, we just looked at the basic rhythm and footwork.

Start by bending your knees and bouncing along with the music. There are two beats in a bar in Samba. The beat pattern that we used for these starting figures is 1a2. The 'a' is three quarters ('and' is a half). So the beat values are 3/4, 1/4 then 1.

We mostly did the Natural Basic Movement (leaders start going forward with their right foot). Though we very briefly looked at the Reverse Basic Movement (leaders start going forward with their left foot). We also looked at the Samba Whisks. We didn't do them properly, we did a simplified version. In the notes below it says that the second step of the whisk is behind, but we just did a closing step. So the whisks we did were like a basic movement that went sideways (side, close, replace).

Leaders led sets of the Natural Basic Movement and then sets of Whisks and changed back to the Natural Basic Movement. In each case we made the change as the leader was going to step with their right foot. (It is possible to do it with the change happening on the left foot, but we stuck to using the right foot for now.)

### Natural Basic Movement

| Step | Timing | Leader                    | Follower                  |
|------|--------|---------------------------|---------------------------|
| 1    | 1      | RF forward, BF            | LF back, BF               |
| 2    | a      | LF closes, B              | RF closes, B              |
| 3    | 2      | Transfer weight to RF, BF | Transfer weight to LF, BF |
| 4    | 1      | LF back, BF               | RF forward, BF            |
| 5    | a      | RF closes, B              | LF closes, B              |
| 6    | 2      | Transfer weight to LF, BF | Transfer weight to RF, BF |

### Reverse Basic Movement

| Step | Timing | Leader                    | Follower                  |
|------|--------|---------------------------|---------------------------|
| 1    | 1      | LF forward, BF            | RF back, BF               |
| 2    | a      | RF closes, B              | LF closes, B              |
| 3    | 2      | Transfer weight to LF, BF | Transfer weight to RF, BF |
| 4    | 1      | RF back, BF               | LF forward, BF            |
| 5    | a      | LF closes, B              | RF closes, B              |
| 6    | 2      | Transfer weight to RF, BF | Transfer weight to LF, BF |

### Samba Whisk to Right

| Step | Timing | Leader                    | Follower                  |
|------|--------|---------------------------|---------------------------|
| 1    | 1      | RF to side, BF            | LF to side, BF            |
| 2    | a      | LF crosses behind RF, T   | RF crosses behind LF, T   |
| 3    | 2      | Transfer weight to RF, BF | Transfer weight to LF, BF |

## Samba Whisk to Left

| Step | Timing | Leader                    | Follower                  |
|------|--------|---------------------------|---------------------------|
| 1    | 1      | LF to side, BF            | RF to side, BF            |
| 2    | a      | RF crosses behind LF, T   | LF crosses behind RF, T   |
| 3    | 2      | Transfer weight to LF, BF | Transfer weight to RF, BF |