

15 Jan 20 20:00 - CDC - Spring 2020 - Wed - Beginners

Waltz

We did the Natural Turn (but we didn't turn). Don't forget to change your weight on steps 3 and 6. The pattern will be right, side, close or left, side, close (depending on which half of the figure you are doing).

We did this in practice hold (holding each other's elbows with a wide frame). We tried not to look down at our feet.

Don't get too wedded to the idea that the right foot goes forward and the left foot goes backwards, because in Waltz it is possible for the left to go forward and for the right to go back too. But if you want to practice anything, please practice the Natural Turn box step that we looked at. If you want to try something new, try going forward with the left (then side, close) and then go back with the right (then side, close).

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

Cha Cha

We started with pairs of the Left Forward Basic and the Right Back Basic. We also did pairs of New Yorks. We did everything in two hand open hold.

We talked a bit about footwork and arm styling:

- * Take small steps.
- * The steps on beats 2 and 3 are steps, they're not taps, so change your weight when you take the step.
- * Stand up straight, heels together, but toes turned out slightly.
- * Try to keep the inside edge of the ball of your foot on the floor all the time.
- * In the New Yorks, there are choices for what to do with your free arm, but the movement starts from the shoulder then elbow then wrist then fingers. It'll feel a bit like your moving your arm through water (don't just throw your hand away from your body).

There are lots of things to think about while dancing, and you won't be able to think of all of them all the time. That's ok. Pick 2, forget 1 and do the other one about half the time.

Remember that the most important thing is to have fun!

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