

# 22 Jan 20 20:00 - CDC - Spring 2020 - Wed - Beginners

## Waltz

We started with the Reverse Turn - we did this without turning to start with. We then turned half a turn over the six steps. Remember, that whoever is doing the backwards half has to do a smaller side step because they are on the inside of the turn. We increased the amount of turn so that we could do 3/4 of a turn over the six steps.

Since that was going so well, I talked about alignment. This is really helpful for the leaders and becomes very important later on in your dancing, but it's also useful for followers to know.

When the leader is facing diagonal to centre with their left leg free, they can do the turn to the left (the reverse turn). At the end, the leader will be facing diagonal to wall. You can't do a right turn (natural turn) here because you're on the wrong leg, so do a change step (left, right, left) going straight forward. You can now do the right turn. This will finish facing diagonal to centre. Do another change step (right, left, right) and you're ready to start again.

If this is too much for the moment, then just practice the two turns.

### Reverse Turn

Step	Timing	Leader	Follower
1	1	LF forward; Diag Centre; HT; start turn left	RF back; backing Diag Centre; TH; start turn left
2	2	RF side; T	LF side; T
3	3	LF closes; TH	RF closes; TH
4	1	RF back; TH	LF forward; HT
5	2	LF side; T	RF side; T
6	3	RF closes; Diag Wall; TH	LF closes; backing Diag Wall; TH

### Left Foot Closed Change

Step	Timing	Leader	Follower
1	1	LF forward; HT	RF back; TH
2	2	RF side; T	LF side; T
3	3	LF closes; TH	RF closes; TH

### 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

### Right Foot Closed Change

Step	Timing	Leader	Follower
1	1	RF forward; HT	LF back; TH

2	2	LF side; T	RF side; T
3	3	RF closes; TH	LF closes; TH