

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

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.

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.

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).

The first step when going forward is a heel lead.

The two quick steps are up on your toes.

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

Jive

The basic is called the Fallaway Rock. Take really, really small steps.

The turn where the follower goes under the joined arms is the Change of Places Right to Left. The return is the Change of Places Left to Right.

Fallaway Rock

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left	RLR triple to right
6-8	5a6 (QaQ)	RLR triple to right	LRL triple to left

Change of Place Right to Left

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple diag forward (raise left arm and release right)	RLR triple to right (then turn right under right arm)
6-8	5a6 (QaQ)	RLR triple forward (lower arm after follower has turned)	LRL triple back and left, end open

Change of Place Left to Right

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left	RLR triple to right (turning your back on your partner then turn left under your arm)
6-8	5a6 (QaQ)	RLR triple to right	LRL triple to left