

12 Feb 20 20:00 - CDC - Spring 2020 - Wed - Beginners

Waltz

We did right and left foot changes. We went round the room along line of dance. The leaders went forward and the followers went backward.

In each corner, when the leader was about to step forward with their right foot, they led the Natural Turn to turn the corner and then continue with the closed changes along the new line of dance.

In order to help the turn, leaders used their frame and turned their shoulders just before they took the first step.

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

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

Jive

We did the basic (Fallaway Rock) and the turn for the follower (Change of Places Right to Left and the Change of Places Left to Right to turn back again). We then did the Change of Hands Behind the Back.

It's possible to then do the basic in open hold for a while and then close up again, or from the end of the Change of Hands Behind the Back you can do 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

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 (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 (QaQ)	RLR triple right whilst continuing to turn left	LRL triple left whilst continuing to turn right