

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

Tango

We did some walking, which sounds really easy but does take a bit of practice. Leaders should lead with their chest and frame. Followers should take steps backwards that are as big as they can comfortably do.

We did the Progressive Link which is two quick steps. These should be smaller than the walks. For the leaders, the first step should be forward, almost trying to step on your partner's foot (they will have moved it out of the way). Followers: your step backwards is almost behind your left leg. The side step is really quite small. You're now in promenade position. The leader leads this by lifting their right elbow about a centimetre, which will turn the follower's body.

From here we did the Closed Promenade (which is slow, quick, quick, slow). The first step is forward with the front leg, the second is bringing the back leg forward between the two of you. The third step is a sideways step - this is small for the leaders and a bit bigger for the followers, the leader will close the follower and bring them in front. On the fourth step both dancers close their feet.

We can repeat this whole sequence and curve around the room as we go. The leader can do as many walks as they want to (though make it an even number so that the next step is with the leader's left).

Left Foot Forward Walk

Step	Timing	Leader	Follower
1	S	LF forward; HF	RF back; BH

Right Foot Forward Walk

Step	Timing	Leader	Follower
1	S	RF forward; HF	LF back; BH

Progressive Link

Step	Timing	Leader	Follower
1	Q	LF forward; H	RF back; BF
2	Q	RF side; PP; IE foot	LF side; PP; IE foot

Closed Promenade

Step	Timing	Leader	Follower
1	S	LF side; PP; H	RF side; PP; H
2	Q	RF across; H	LF across; H
3	Q	LF side; IE foot	RF side; IE BH
4	S	RF closes; whole foot	LF closes; whole foot

Jive

We recapped the basic (Fallaway Rock) and the turn (Change of Place Right to Left and then Change of Place Left to Right).

We did it to some slower music and to some faster music.

Leaders need to remember to keep their footwork going throughout the turns. Followers need to turn between their triple steps.

For everyone: make your triple steps really small.

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