

04 Mar 20 20:00 - CDC - Spring 2020 - Wednesday - 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.

Each basic is a slow step (forward or backwards). We then do side-close-side, these are counted quick, quick, slow. The sideways steps are what we called the theatre step, you're up on your toes for the two quicks moving sideways (like getting to your seat in a crowded theatre), you then lower gently on the slow step.

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 and take small steps - your follower will take bigger steps to get around you.

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).

Leaders: remember that your follower is in your right arm. And it is YOUR right arm, if you don't want your partner to drift behind you, then don't put them there. This sounds really easy, is a little harder in practice, but if you are aware of it, you'll probably find you start to do it automatically.

The music we did this to was Crazy Swing (Rejazzed) by Deladap from ULTIMATE BALLROOM VOL. 22 - DISC ONE.

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

Rumba

We recapped the basics and the New Yorks. We talked about waiting on beat 1 (you can allow your weight to settle into the hip, but your feet don't move). We did pairs of figures before changing to the next figure because it is easier to change when the leader is about to step forward with their left foot.

Leaders will take double hand hold on the side step and the waiting step. If they are leading a New York, they will let go of one hand and use the other to lead the turn. If the leader is going to lead a basic, they will keep the double hand hold and then move forward with their frame.

The music we danced to was Always Remember Us This Way by DJ Ice (from A Star Is Born) from VERY LATIN 5 - DISC TWO; Don't Be So Shy by Mandinga (orig. Imany) from VERY LATIN 5 - DISC TWO; Hotel California by DJ Ice (orig. Eagles) from VERY LATIN 5 - DISC TWO.

Left Forward Basic

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3	4,1	LF to side	RF to side

Right Back Basic

Step	Timing	Leader	Follower
1	2	RF back	LF forward
2	3	Transfer to LF	Transfer to RF
3	4,1	RF to side	LF to side

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	4,1	Turn to face partner then LF to left	Turn to face partner then RF 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	4,1	Turn to face partner then RF to right	Turn to face partner then LF to left