

11 Mar 20 20:00 - CDC - Spring 2020 - Wednesday - Beginners

Waltz

We recapped the Natural Turn and the Closed Change steps.

Leaders concentrated on using their frame to make the turn, they started the turn on step 1. We did Closed Changes down the side of the room and then the Natural Turn in each corner. The Natural Turn should be three quarters of a turn but leaders can straighten up on the Closed Changes if they haven't quite managed enough turn.

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

Cha Cha

We recapped the basic figures with the leaders concentrating on leading rather than using a set routine.

Left Forward Basic

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3-5	4 & 1	LRL chasse to left	RLR chasse to right

Right Back Basic

Step	Timing	Leader	Follower
1	2	RF back	LF forward

2	3	Transfer to LF	Transfer to RF
3-5	4 & 1	RLR chasse to right	LRL chasse to left

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
3-5	4 & 1	Turn to face partner then LRL chasse to left	Turn to face partner then RLR chasse 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
3-5	4 & 1	Turn to face partner then RLR chasse to right	Turn to face partner then LRL chasse to left

Solo Spot Turn to Left

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	1/2 turn left, transfer weight to LF	1/2 turn right, transfer weight to RF
3-5	4 & 1	Turn to face partner then RLR chasse to right	Turn to face partner then LRL chasse to left

Underarm Turn to Right

Step Timing Leader

Follower

1	2	RF back, left arm raised	1/4 turn right, LF forward under arm
2	3	Transfer to LF, lower arm after turn	1/2 turn right, transfer to RF
3-5	4 & 1	RLR chasse to right	Turn to face partner then LRL chasse to left

Rumba

We recapped the basic figures with the leaders concentrating on leading rather than using a set routine.

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

Solo Spot Turn to Right

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	1/2 turn right, transfer weight to RF	1/2 turn left, transfer weight to LF
3	4,1	Turn to face partner then LF to left	Turn to face partner then RF to right

Solo Spot Turn to Left

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	1/2 turn left, transfer weight to LF	1/2 turn right, transfer weight to RF
3	4,1	Turn to face partner then RF to right	Turn to face partner then LF to left

Underarm Turn to Right

Step Timing Leader

Follower

1	2	RF back, left arm raised	1/4 turn right, LF forward under arm
2	3	Transfer to LF, lower arm after turn	1/2 turn right, transfer to RF
3	4,1	RF to right	Turn to face partner then LF to left