

Leader

Natural Top in Rumba

The timing in the Natural Top is the same as in the basic. We don't move our feet on beat 1. You don't do it in basics, so don't do it in the Natural Top. Your follower might try to move on that beat, try to hold them steady so that they don't.

You can do one bar or three bars (or five, or seven, etc) of turning. You'll finish turning by closing your right foot to your left (instead of crossing your right behind your left). This will stop the rotation and your partner will know you've stopped moving. As usual, your partner is connected to your frame, not your feet, so it's actually more about your shoulders moving (or stopping) than your feet.

Your step behind should be as close to toe-to-heel as you can manage (your feet will be at right angles). Your side step is almost no step at all, it's mostly just unwinding your feet. Keep your steps small and you'll keep the rotation tight (which will be more comfortable for your partner as well as looking much neater).

Keep your shoulders parallel to your partner's. Don't let them dance in your armpit.

Natural Top in Cha Cha

The timing in the Natural Top is the same as in the basic.

You can do one bar or three bars (or five, or seven, etc) of turning. You'll finish turning by closing your right foot to your left (instead of crossing your right behind your left). This will stop the rotation and your partner will know you've stopped moving. As usual, your partner is connected to your frame, not your feet, so it's actually more about your shoulders moving (or stopping) than your feet.

Your step behind should be as close to toe-to-heel as you can manage (your feet will be at right angles). Your side step is almost no step at all, it's mostly just unwinding your feet. Keep your steps small and you'll keep the rotation tight (which will be more comfortable for your partner as well as looking much neater).

You should lower the back heel each time you step, but it may be difficult (especially on the Cha Cha steps). At first, just aim for the heel to head towards the floor, when you've got better at the figure you can work on the heel lowering.

Keep your shoulders parallel to your partner's. Don't let them dance in your armpit.

New Yorks

When doing a New York (in either Rumba or Cha Cha), take your step forward, that leg will straighten. Make sure the front toe is slightly turned out. Stand up nice and tall and keep your weight and your chest slightly forward. All of this should help you to transfer your weight back to the other leg when you turn back towards your partner.

As a leader, this will make your movement (and the resulting lead) clearer for the follower.

It does also feel nicer and look better.

Hand signal to lead a Hand to Hand in Cha Cha

When you are leading a hand to hand (either from double hand hold, or a left to right hand hold, or having just done an underarm turn or a spot turn), you will hold the hand closest to your partner, you may then push away with the other hand to encourage your partner to open out and step backwards. If you are going to do this, it is better to do it with a flat hand (and then push) rather than with a normal hand hold, where you then throw your partner's hand away. If you do it from a normal hand hold, you may pull slightly towards you before throwing away, which may confuse the follower.

Follower

Natural Top in Rumba

The timing in the Natural Top is the same as in the basic. We don't move our feet on beat 1. You don't do it in basics, so don't do it in the Natural Top. Your leader might try to move on that beat, try to hold them steady so that they don't (not that I'm encouraging back leading).

The leader can do one bar or three (or five, or seven, etc) of turning in the Natural Top. You won't know how many they'll do. They will close their feet at the end which will stop their shoulders from rotating, so you should also feel that the rotation has stopped. Don't force it to continue and don't automatically stop after one bar in case they want you to do more.

Your crossing step should be heel-to-toe and the toe of your right foot won't move very much when that foot crosses. Your toe will be between your partner's feet. Your side step will be quite small. This will help you and your partner to keep a really tight circle of rotation which will make the Natural Top really neat.

Keep your shoulders parallel to your partner's. Don't dance in their armpit. Don't let your right elbow collapse.

Natural Top in Cha Cha

The timing in the Natural Top is the same as in the basic.

The leader can do one bar or three (or five, or seven, etc) of turning in the Natural Top. You won't know how many they'll do. They will close their feet at the end which will stop their shoulders from rotating, so you should also feel that the rotation has stopped. Don't force it to continue and don't automatically stop after one bar in case they want you to do more.

Your crossing step should be heel-to-toe and the toe of your right foot won't move very much when that foot crosses. Your toe will be between your partner's feet. Your side step will be quite small. This will help you and your partner to keep a really tight circle of rotation which will make the Natural Top really neat.

Keep your shoulders parallel to your partner's. Don't dance in their armpit. Don't let your right elbow collapse.

New Yorks

When doing a New York (in either Rumba or Cha Cha), take your step forward, that leg will straighten. Make sure the front toe is slightly turned out. Stand up nice and tall and keep your weight and your chest slightly forward. All of this should help you to transfer your weight back to the other leg when you turn back towards your partner.

As a follower, this will make it easier for you move and to respond to your partner's lead.

It does also feel nicer and look better.