

09 Jan 20 17:00 - Fulbourn - Spring 2020 - Teachers

Waltz

We started with the Natural Turn. This is a turn to the right, don't worry about how much turn you are making, it may be about half a turn over the six steps. The first step is forward with right for the leaders with a turn to the right (backward with the left for the followers), the second step is a step to the side and the third step is a closing step. Don't forget to stand on that foot (don't just tap it). The second half is back with the left for the leader and forward with the right for the follower. The second step is another side step and the final step is another closing step - again, change your weight, don't just tap your foot.

The person on the inside of the turn has to take a slightly smaller side step and the person on the outside of the turn has to take a slightly larger side step. If you've just taken a step backwards then you'll be on the inside of the turn. If you've just stepped forward, then you'll be on the outside of the turn.

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 started with the basic of Cha Cha. The forward half (for both leaders and followers) is a step forward with the left foot, then transfer your weight back onto your right foot. Now do a chasse step (side close side) to the left. These are a bit faster. The backward half (for both leaders and followers) is back with the right, transfer your weight forward onto the left, then chasses to the right.

We take our first step on beat 2 of the bar. So the timing is 2,3,4,and,1.

When we do this with a partner, the leader starts with the forward half and the follower goes backward. The leader then does the backward half while the follower goes forward.

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 |