

# 16 Jan 20 17:00 - Fulbourn - Spring 2020 - Teachers

## Waltz

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We did the Reverse Turn, but we didn't turn it - we just did it as a box step. We did this separately and then with a partner.

### Reverse Turn

Step	Timing	Leader	Follower
1	1	LF forward; Diag Centre; HT; start turn left	RF back; backing Diag Centre; TH; start turn left
2	2	RF side; T	LF side; T
3	3	LF closes; TH	RF closes; TH
4	1	RF back; TH	LF forward; HT
5	2	LF side; T	RF side; T
6	3	RF closes; Diag Wall; TH	LF closes; backing Diag Wall; TH

## Cha Cha

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We recapped the basics in double hand hold. We also did the basics in hold. The leader offers their left hand with the palm facing their partner. The follower puts their right hand in the leader's left. The leader puts their right hand on the follower's left shoulder blade. The follower puts their left hand on their partner's upper arm.

We then did New Yorks. The easiest one for the leader to start with is the New York to the leader's right side. As the leader does the chasses step to their right they let go with their right arm and start to bring their left hand between the couple and to the leader's right side. The New York is then a step forward with the leg that is closest to your partner. Replace your weight without moving your feet. Then turn back to face your partner and do the chasses step to the side.

You can do as many New Yorks as you like. Leaders: you want to do an odd number of New Yorks so that you can then lead the underarm turn. Lift your left arm at the end of the chasses to the left. The follower will then turn to their right under the raised arms. Followers: step forward with your left leg (like you're about to do a New York), turn without moving your feet and transfer your weight to your right then turn back to face your partner for the chasses step.

We talked a little about posture and footwork in Cha Cha. Stand up straight, pretend to be 6 inches taller than you are. The inside edge of the ball of both feet will stay on the floor throughout. Your weight is on one leg or on the other (not somewhere in between).

### 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
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### **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

### **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