

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

Waltz

We moved around the room along line of dance. The leaders went forward, the followers went backwards. These are the closed change steps.

For the leaders, it was forward, side, close. For the followers back, side, close.

Remember for both leaders and followers the bars alternate right, side, close then left, side, close.

Followers: make sure you take nice big steps backward so you don't get trodden on. Leaders: when you're stepping forward, lead with your chest and shoulders rather than just sticking your leg out.

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 |

Jive

We started with the basic step which is called the Fallaway Rock. This is a rock step where we open out a little from each other, followed by two triple steps. Note that the triple steps in Jive are 1, a, 2 rather than 1, and, 2 (which we have in Cha Cha). So the beat values are 3/4, 1/4, 1 (not 1/2, 1/2, 1).

The leaders led the followers to turn under their left arm - this is called the Change of Place Right to Left. The leaders do the same rock as in the basic, at the end of the first triple step the leader lifts their left arm and the follower turns under it, the leader triples to their right and lowers the arm.

The followers do the same footwork they've been doing in the basic, they just turn between the triples. Rock step as normal, triple to the right, your right arm is raised and you turn to your right under the arm before tripling to the left.

We then did the Change of Place Left to Right where the follower turns back to face the leader. The rock steps will be both of you moving away from each other. The leader raises their arm, the follower triples to the right before turning left and tripling left back into hold.

Fallaway Rock

| Step | Timing | Leader | Follower |
|------|--------|----------------|----------------|
| 1 | 1 (Q) | LF back rock | RF back rock |
| 2 | 2 (Q) | Transfer to RF | Transfer to LF |

| | | | |
|-----|--------------|---------------------|---------------------|
| 3-5 | 3a4 (QaQ) | LRL triple to left | RLR triple to right |
| 6-8 | 5a6 (QaQ) | RLR triple to right | LRL triple to left |

Change of Place Right to Left

| Step | Timing | Leader | Follower |
|------|--------------|--|---|
| 1 | 1 (Q) | LF back rock | RF back rock |
| 2 | 2 (Q) | Transfer to RF | Transfer to LF |
| 3-5 | 3a4 (QaQ) | LRL triple diag forward (raise left arm and release right) | RLR triple to right (then turn right under right arm) |
| 6-8 | 5a6 (QaQ) | RLR triple forward (lower arm after follower has turned) | LRL triple back and left, end open |

Change of Place Left to Right

| Step | Timing | Leader | Follower |
|------|--------------|---------------------|---|
| 1 | 1 (Q) | LF back rock | RF back rock |
| 2 | 2 (Q) | Transfer to RF | Transfer to LF |
| 3-5 | 3a4 (QaQ) | LRL triple to left | RLR triple to right (turning your back on your partner then turn left under your arm) |
| 6-8 | 5a6 (QaQ) | RLR triple to right | LRL triple to left |