

06 Feb 20 17:00 - Fulbourn - Spring 2020 - Teachers

Waltz

We did the Natural Spin Turn and exited with 4-6 of the Reverse Turn. When we get better at this we'll use it to turn a corner.

Practice with your right leg in front of your left rocking back and forth. The free leg will lift slightly off the floor. Pivot slightly to the right on each step (ball of the front foot then ball of the back foot. Keep your upper thighs together, don't step sideways.

Natural Spin 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; pivot; THT	RF forward; pivot; HT
5	2	RF forward; HT	LF back; T
6	3	LF side; TH	RF forward; brush; TH

4-6 Reverse Turn

Step	Timing	Leader	Follower
1	1	RF back; TH	LF forward; HT
2	2	LF side; T	RF side; T
3	3	RF closes; Diag Wall; TH	LF closes; backing Diag Wall; TH

Cha Cha

We recapped the basics and the New Yorks. We talked about frame and leading and following.

When dancing in open hold the joined hands should be around about waist height, don't lift them up. You both need some tone in your arms (not tense and aggressive). Leaders, when you step forward, move your body and your arms, so your partner will know to step back. Followers, you need some tone in your arms so that when your leader pushes, you'll move backwards.

When the leader wants to do a New York, they will let go of one hand and keep hold of the other, so the follower will know a New York is coming. When changing back to basics, keep hold with both hands and the leader will push forward.

At the moment, it's best to do even numbers of basics or of New Yorks, so you'll be changing figures with your left leg going 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

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