

§ # Contents

PREFACE

WALTZ. HISTORIC REVIEW

WALTZ. CHOREOGRAPHY

NORMAL HOLD

1. RF CLOSED CHANGE (NATURAL TO REVERSE)
2. LF CLOSED CHANGE (REVERSE TO NATURAL)
3. NATURAL TURN
4. REVERSE TURN
5. WHISK
6. CHASSE FROM PROMENADE POSITION
7. OUTSIDE CHANGE
8. NATURAL SPIN TURN
9. PROGRESSIVE CHASSE TO RIGHT
10. OPEN IMPETUS TURN

TANGO. HISTORIC REVIEW

TANGO. CHOREOGRAPHY

NORMAL HOLD

1. PROGRESSIVE LINK
2. CLOSED PROMENADE
3. OPEN REVERSE TURN LADY OUTSIDE CLOSED FINISH
4. BACK CORTE
5. ROCK ON LEFT FOOT
6. NATURAL PROMENADE TURN
7. FOUR STEP

QUICKSTEP. HISTORIC REVIEW

QUICKSTEP. CHOREOGRAPHY

NORMAL HOLD

1. QUARTER TURN TO RIGHT
2. PROGRESSIVE CHASSE
3. FORWARD LOCK STEP
4. BACKWARD LOCK STEP
5. TIPPLE CHASSE TO RIGHT (after step 4 of a Back Lock)
6. NATURAL SPIN TURN
7. FISH-TAIL
8. V-6 (after 1-3 of Nat Turn)
9. TIPSY FOLLOWED by 2-4 of FORWARD LOCK STEP
10. NATURAL TURN

FOXTROT. HISTORIC REVIEW

FOXTROT. CHOREOGRAPHY

§ Contents

#Contents

- NORMAL HOLD
1. FEATHER STEP
2. REVERSE TURN
3. THREE STEP
4. NATURAL TURN
5. IMPETUS TURN
6. WEAVE(after 1-4 of Reverse Turn)
7. WEAVE FROM PP (after Open Impetus)
8. TOP SPIN
9. HOVER CROSS
10. OPEN IMPETUS TURN

VIENNESE WALTZ. HISTORIC REVIEW

VIENNESE WALTZ. CHOREOGRAPHY

- NORMAL HOLD
1. NATURAL TURN
2. RF CLOSED CHANGE
3. LF CLOSED CHANGE
4. REVERSE TURN

PASO DOBLE. HISTORIC REVIEW

PASO DOBLE. CHOREOGRAPHY

- HOLD AND USE OF ARMS
1. SUR PLACE
2. APPEL
3. SEPARATION
4. FALLAWAY ENDING TO SEPARATION
5. FALLAWAY REVERSE
6. SYNCOPATED SEPARATION
7. THE TWISTS
8. COUP DE PIQUE
9. THE CHASSE CAPE
10. TRAVELLING SPINS FROM COUNTER PROMENADE POSITION

RUMBA. HISTORIC REVIEW

RUMBA. CHOREOGRAPHY

- NORMAL HOLD
1. BASIC MOVEMENT
2. FAN
3. ALEMANA
4. HOCKEY STICK
5. PROGRESSIVE WALKS FORWARD AND BACKWARD
6. CUCARACHAS (Pressure Steps)
7. SPOT TURNS
8. SLIDING DOORS
9. ROPE SPINNING
10. THREE THREES
11. ADVANCED HIP TWISTS

SAMBA. HISTORIC REVIEW

SAMBA. CHOREOGRAPHY

NORMAL HOLD

- 1. WHISK TO RIGHT AND LEFT**
- 2. SAMBA WALKS IN PROMENADE POSITION**
- 3. SIDE SAMBA WALK**
- 4. SHADOW BOTA FOGOS**
- 5. VOLTA MOVEMENTS**
- 6. ROLLING OFF THE ARM**
- 7. PROMENADE TO COUNTER PROMENADE RUNS**
- 8. CRUZADOS LOCKS IN SHADOW POSITION**

CHA CHA CHA. HISTORIC REVIEW

CHA CHA CHA. CHOREOGRAPHY

NORMAL HOLD

- 1. BASIC MOVEMENT**
- 2. FAN**
- 3. ALEMANA**
- 4. THREE CHA CHA CHAS**
- 5. HAND TO HAND**
- 6. SPOT TURNS**
- 7. NEW YORK**
- 8. SHOULDER TO SHOULDER**
- 9. ADVANCED HIP TWISTS**
- 10. CROSS BASIC**

JIVE. HISTORIC REVIEW

JIVE. CHOREOGRAPHY

NORMAL HOLD

- 1. FALLAWAY ROCK**
- 2. CHANGE OF PLACES LEFT TO RIGHT**
- 3. AMERICAN SPIN**
- 4. THE WHIP**
- 5. STOP AND GO**
- 6. CHICKEN WALKS**
- 7. TOE HEEL SWIVELS**
- 8. FLICKS INTO BREAK**

GLOSSARY

\$ # PREFACE

There are basically ten dances which enjoy the greatest popularity in modern times. These are classified into two main groups, Standard Dances and Latin-American Dances. The first Standard group contains the following five dances:

Waltz

Quickstep

Foxtrot

Tango

Viennese Waltz

The second Latin American group incorporates:

Rumba

Samba

Cha Cha Cha

Jive

Paso Doble

These ten dances are performed at ballroom dancing competitions and championships.

This multimedia product will reveal the wonders of the beautiful world of ballroom dancing to you. If you are a newcomer to dancing, this program will help you to learn the techniques for performing all the basic movements and variations, guiding you through to proficiency. If you already have some experience of ballroom dancing, this program can help you to improve your technique and may even teach you some new movements.

++ #1 \$ WALTZ. HISTORIC REVIEW

The waltz can be traced back to the 1770's. It originated from the dances of several different peoples in Europe but its main predecessors were the "Matenick" and a variation called the "Furiant" that were performed during rural festivals in the Czech Republic. The French dance, the "Walt", and the Austrian "Lindler" are the most similar to the waltz among its predecessors.

The waltz became popular at the beginning of the 19th century in Vienna, from where it spread all over the world. The king of dances acquired different national traits in different countries. Thus there appeared the English Waltz, the Hungarian Waltz, and the Waltz-Mazurka. The waltz cannot be rivalled in its long-lasting popularity.

During the 1920's the musical form of the waltz was further developed and new dances appeared: the Boston Waltz and the Slow Waltz. These dances were the forerunners of the modern waltz that is now performed in dance competitions.

^h:010

^l w_hist

^{\$}WALTZ. HISTORIC REVIEW

+ \$ # WALTZ. CHOREOGRAPHY**RF CLOSED CHANGE (NATURAL TO REVERSE)****PRECEDE**Natural Turn4 5 6 Natural Turn after Prog Chasse to R**FOLLOW**

Any Rev Fig

LF CLOSED CHANGE (REVERSE TO NATURAL)**PRECEDE**Reverse Turn**FOLLOW**

Any Nat Fig

NATURAL TURN**PRECEDE**LF Closed ChangeChasse from promenade positionOutside Change**FOLLOW**RF Closed Change

1-3 of Natural Turn ended backing Centre then continue with Outside Change making 1/8 to L to end facing DW. If ended facing DW of new LOD : any Nat Fig.

REVERSE TURN**PRECEDE**RF Closed Change**FOLLOW**LF Closed ChangeWhisk**WHISK****PRECEDE**Reverse Turn4 5 6 of Reverse Turn after a Natural Spin Turn**FOLLOW**Chasse from PP**CHASSE FROM PROMENADE POSITION****PRECEDE**WhiskOutside ChangeOpen Impetus Turn**FOLLOW**RF fwd in CBMP OP into any Nat Fig

+var:010

\$WALTZ. CHOREOGRAPHY

#w_var

OUTSIDE CHANGE**PRECEDE**

LF back Lady in line after 1-3 of Natural Turn ended backing DC

Prog Chasse to R (1/2 turn)

FOLLOW

RF fwd in CBMP OP into any Nat Fig

NATURAL SPIN TURN**PRECEDE**

LF Closed Change

Chasse from promenade position

Outside Change

FOLLOW

4 5 6 of Reverse turn

PROGRESSIVE CHASSE TO RIGHT**PRECEDE**

RF Closed Change

4 5 6 of Reverse Turn ended facing DC or LOD after Natural Spin Turn

FOLLOW

4 5 6 of Natural Turn

Open Impetus Turn

When the Prog Chasse to R ends backing DC (1/2 turn to R) follow with Outside Change

OPEN IMPETUS TURN**PRECEDE**

1-3 of Natural Turn If started backing DW: Prog Chasse to R

FOLLOW

Chasse from promenade position

^s_{\$} # # + NORMAL HOLD**POISE****Man**

Stand naturally with your knees slightly flexed. Lean your body slightly forward from the waist, keeping your shoulders relaxed and at their normal level without straining across your chest. The feet are flat on the floor with all the body weight on the balls of the feet.

Lady

The balance will be the same as that described for the man, except that the lady's body will lean slightly backward from the waist. This backward lean should not be over-emphasised.

HOLD**Man**

Stand facing the lady as described in "POISE". The lady stands to the man's right. Place the right hand on the lady's back slightly below her left shoulder - the fingers should be held together. The upper part of the right arm, from the shoulder to the elbow, should slant downwards and the lower arm, from the elbow to the palm, should be held parallel with the floor.

The left hand holds the lady's hand so that her fingers are placed between his thumb and forefinger. The man covers the lady's fingers on the right side. The left palm should not be folded inwards, there should be a straight line running from the elbow to the palm. The palm should be angled diagonally to the floor. The upper part of the right arm should slant downwards, with the arm bent at the elbow. From the elbow to the palm, the arm slants upward. The hand is held at the same level as the left ear, with the lower arm, from the elbow to the palm, being angled outwards.

Lady

The left hand rests lightly on the man's right hand. The fingers of the left hand are held grouped together below his right shoulder (depending on the height of the man).

The right arm slants downwards from the shoulder to the elbow and then upwards from the elbow to the man's left hand. The lady's fingers are held by the man between his thumb and forefinger.

^sNORMAL HOLD

#w00

+w:000

⁺ ^{\$} ## **1. RF CLOSED CHANGE (NATURAL TO REVERSE)**

MAN

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DC
Amount of Turn No turn
Rise and Fall Start to rise e/o 1
CBM Slight on 1
Sway St
Rhythm **1**

Step 2
Position of Feet LF to side and slightly fwd
Footwork T
Alignment Facing DC
Amount of Turn No turn
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm **2**

Step 3
Position of Feet RF closed to LF
Footwork TH
Alignment Facing DC
Amount of Turn No turn
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway R
Rhythm **3**

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DC
Amount of Turn No turn
Rise and Fall Start to rise e/o 1 NFR
CBM Slight on 1
Sway St
Rhythm **1**

Step 2
Position of Feet RF to side and slightly back
Footwork T
Alignment Backing DC
Amount of Turn No turn
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm **2**

Step 3
Position of Feet LF closed to RF

⁺w:010

^{\$}1. RF CLOSED CHANGE (NATURAL TO REVERSE)

[#]w01

Footwork TH
Alignment Backing DC
Amount of Turn No turn
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway L
Rhythm 3

^s§ # # + 2. **LF CLOSED CHANGE (REVERSE TO NATURAL)**

MAN

Step 1
Position of Feet LF fwd
Footwork HT
Alignment Facing DW
Amount of Turn No turn
Rise and Fall Start to rise e/o 1
CBM Slight on 1
Sway St
Rhythm **1**

Step 2
Position of Feet RF to side and slightly fwd
Footwork T
Alignment Facing DW
Amount of Turn No turn
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm **2**

Step 3
Position of Feet LF closed to RF
Footwork TH
Alignment Facing DW
Amount of Turn No turn
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway L
Rhythm **3**

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DW
Amount of Turn No turn
Rise and Fall Start to rise e/o 1 NFR
CBM Slight on 1
Sway St
Rhythm **1**

Step 2
Position of Feet LF to side and slightly back
Footwork T
Alignment Backing DW
Amount of Turn No turn
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm **2**

Step 3
Position of Feet RF closed to LF

^s2. **LF CLOSED CHANGE (REVERSE TO NATURAL)**

w02

+ w:020

Footwork TH
Alignment Backing DW
Amount of Turn No turn
Rise and Fall Continue to rise on 3. Lower e/o 3
CBM
Sway R
Rhythm 3

^s§ #⁺ 3. **NATURAL TURN**

MAN

Step 1

Position of Feet RF fwd

Footwork HT

Alignment Facing DW

Amount of Turn Start to turn R on 1

Rise and Fall Start to rise e/o 1

CBM **1**

Sway St

Rhythm **1**

Step 2

Position of Feet LF to side

Footwork T

Alignment Backing DC

Amount of Turn 1/4 between 1 and 2

Rise and Fall Continue to rise on 2

CBM

Sway R

Rhythm **2**

Step 3

Position of Feet RF closed to LF

Footwork TH

Alignment Backing LOD

Amount of Turn 1/8 between 2 and 3

Rise and Fall Continue to rise on 3 Lower e/o 3

CBM

Sway R

Rhythm **3**

Step 4

Position of Feet LF back TH

Footwork TH

Alignment Backing LOD

Amount of Turn Continue to turn R on 4

Rise and Fall Down on 4 Start to rise e/o 4 NER

CBM **4**

Sway St

Rhythm **1**

Step 5

Position of Feet RF to side

Footwork T

Alignment Pointing DC

Amount of Turn 3/8 between 4 and 5 body turns less

Rise and Fall Continue to rise on 5

CBM

Sway L

Rhythm **2**

Step 6

Position of Feet LF closed to RF

Footwork TH

^s3. **NATURAL TURN**

#w03

+w:030

Alignment Facing DC
Amount of Turn Body completes turn on 6
Rise and Fall Continue to rise on 6 Lower e/o 6
CBM
Sway L
Rhythm 3

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet RF to side
Footwork T
Alignment Pointing to LOD
Amount of Turn 3/8 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm 2

Step 3
Position of Feet LF closed to RF
Footwork TH
Alignment Facing LOD
Amount of Turn Body completes turn on 3
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway L
Rhythm 3

Step 4
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn R on 4
Rise and Fall Down on 4 Start to rise e/o 4
CBM 4
Sway St
Rhythm 1

Step 5
Position of Feet LF to side
Footwork T
Alignment Backing Centre
Amount of Turn 1/4 between 4 and 5
Rise and Fall Continue to rise on 5
CBM
Sway R
Rhythm 2

Step 6
Position of Feet RF closed to LF
Footwork TH

Alignment Backing DC
Amount of Turn 1/8 between 5 and 6
Rise and Fall Continue to rise on 6 Lower e/o 6
CBM
Sway R
Rhythm 3

§ # # + 4. REVERSE TURN

MAN

Step 1
 Position of Feet LF fwd
 Footwork HT
 Alignment Facing DC
 Amount of Turn Start to turn L on 1
 Rise and Fall Start to rise e/o 1
 CBM 1
 Sway St
 Rhythm 1

Step 2
 Position of Feet RF to side
 Footwork T
 Alignment Backing DW
 Amount of Turn 1/4 between 1 and 2
 Rise and Fall Continue to rise on 2
 CBM
 Sway L
 Rhythm 2

Step 3
 Position of Feet LF closed to RF
 Footwork TH
 Alignment Backing LOD
 Amount of Turn 1/8 between 2 and 3
 Rise and Fall Continue to rise on 3. Lower e/o 3
 CBM
 Sway L
 Rhythm 3

Step 4
 Position of Feet RF back
 Footwork TH
 Alignment Backing LOD
 Amount of Turn Continue to turn L on 4
 Rise and Fall Down on 4. Start to rise e/o 4 NER
 CBM 4
 Sway St
 Rhythm 1

Step 5
 Position of Feet LF to side
 Footwork T
 Alignment Pointing DW
 Amount of Turn 3/8 between 4 and 5, body turns less
 Rise and Fall Continue to rise on 5
 CBM
 Sway R
 Rhythm 2

Step 6
 Position of Feet RF closed to LF
 Footwork TH

§4. REVERSE TURN

#w04

+w:040

Alignment Facing DW
Amount of Turn Body completes the turn on 6
Rise and Fall Continue to rise on 6. Lower e/o 6
CBM
Sway R
Rhythm 3

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DC
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet LF to side
Footwork T
Alignment Pointing to LOD
Amount of Turn 3/8 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm 2

Step 3
Position of Feet RF closed to LF
Footwork TH
Alignment Facing LOD
Amount of Turn Body completes turn on 3
Rise and Fall Continue to rise on 3. Lower e/o 3
CBM
Sway R
Rhythm 3

Step 4
Position of Feet LF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn L on 4
Rise and Fall Down on 4. Start to rise e/o 4
CBM 4
Sway St
Rhythm 1

Step 5
Position of Feet RF to side
Footwork T
Alignment Backing Wall
Amount of Turn 1/4 between 4 and 5
Rise and Fall Continue to rise on 5
CBM
Sway L
Rhythm 2

Step 6
Position of Feet LF closed to RF
Footwork TH

Alignment Backing DW
Amount of Turn 1/8 between 5 and 6
Rise and Fall Continue to rise on 6. Lower e/o 6
CBM
Sway L
Rhythm 3

\$§ # # + 5. WHISK**MAN**

Step 1
Position of Feet LF fwd
Footwork HT
Alignment Facing DW
Amount of Turn No turn
Rise and Fall Start to rise e/o 1
CBM Slight on 1
Sway St
Rhythm 1

Step 2
Position of Feet RF to side and slightly fwd
Footwork T
Alignment Facing DW
Amount of Turn
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm 2

Step 3
Position of Feet LF crosses behind RF in PP
Footwork TH
Alignment Facing DW
Amount of Turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway L
Rhythm 3

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DW
Amount of Turn No turn on 1
Rise and Fall Start to rise e/o 1 NFR
CBM
Sway St
Rhythm 1

Step 2
Position of Feet LF diag back
Footwork T
Alignment Pointing DC
Amount of Turn 1/4 to R between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm 2

Step 3
Position of Feet RF crosses behind LF in PP

\$5. WHISK

#w05

+w:050

Footwork TH
Alignment Facing DC
Amount of Turn Body completes turn on 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway R
Rhythm 3

^s§ #⁺#⁺ 6. CHASSE FROM PROMENADE POSITION

MAN

Step 1
Position of Feet RF fwd and across in CBMP and PP
Footwork HT
Alignment Along LOD, facing DW
Amount of Turn No turn
Rise and Fall Start to rise e/o 1
CBM
Sway
Rhythm 1 1

Step 2
Position of Feet LF to side and slightly fwd
Footwork T
Alignment Facing DW
Amount of Turn
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm 2 1/2

Step 3
Position of Feet RF closes to LF
Footwork T
Alignment Facing DW
Amount of Turn
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm & 1/2

Step 4
Position of Feet LF to side and slightly fwd
Footwork TH
Alignment Facing DW
Amount of Turn
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm 3 1

LADY

Step 1
Position of Feet LF fwd and across in CBMP and PP
Footwork HT
Alignment Along LOD, facing DW
Amount of Turn Start to turn on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway
Rhythm 1 1

Step 2
Position of Feet RF to side

^s§ 6. CHASSE FROM PROMENADE POSITION

#w06

+w:060

Footwork T
Alignment Backing Wall
Amount of Turn 1/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm 2 1/2

Step 3
Position of Feet LF closes to RF
Footwork T
Alignment Backing DW
Amount of Turn 1/8 between 2 and 3, body turns less
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm & 1/2

Step 4
Position of Feet RF to side and slightly back
Footwork TH
Alignment Backing DW
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm 3 1

^s§ #⁺ 7. **OUTSIDE CHANGE**

MAN

Step 1
Position of Feet LF back in CBMP
Footwork TH
Alignment Backing DC
Amount of Turn No turn on 1
Rise and Fall Start to rise e/o 1 NFR
CBM
Sway
Rhythm 1

Step 2
Position of Feet RF back
Footwork T
Alignment Backing DC
Amount of Turn Start to turn L on 2
Rise and Fall Continue to rise on 2
CBM Slight on 2
Sway
Rhythm 2

Step 3
Position of Feet LF to side and slightly fwd
Footwork TH
Alignment Pointing DW
Amount of Turn 1/4 between 2 and 3, body turns less
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway
Rhythm 3

LADY

Step 1
Position of Feet RF fwd in CBMP OP
Footwork HT
Alignment Facing DC
Amount of Turn No turn on 1
Rise and Fall Start to rise e/o 1
CBM
Sway
Rhythm 1

Step 2
Position of Feet LF fwd
Footwork T
Alignment Facing DC
Amount of Turn Start to turn L on 2
Rise and Fall Continue to rise on 2
CBM Slight on 2
Sway
Rhythm 2

Step 3
Position of Feet RF to side and slightly back

^s7. **OUTSIDE CHANGE**

#w07

+w:070

Footwork TH
Alignment Backing DW
Amount of Turn 1/4 between 2 and 3, body turns less
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway
Rhythm 3

^s§ #⁺+ 8. NATURAL SPIN TURN

MAN

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 1/4 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm 2

Step 3
Position of Feet RF closed to LF
Footwork TH
Alignment Backing LOD
Amount of Turn 1/8 between 2 and 3
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway R
Rhythm 3

Step 4
Position of Feet LF back, RF held in CBMP (Pivot)
Footwork THT
Alignment Backing LOD, end facing LOD
Amount of Turn 1/4 to R on 4
Rise and Fall Down on 4
CBM 4
Sway St
Rhythm 1

Step 5
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn on 5
Rise and Fall Down on 5. Rise e/o 5
CBM 5
Sway St
Rhythm 2

Step 6
Position of Feet LF to side and slightly back
Footwork TH

^s8. NATURAL SPIN TURN

#w08

+w:080

Alignment Backing DC
Amount of Turn 3/8 between 5 and 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway St
Rhythm 3

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet RF to side
Footwork T
Alignment Pointing to LOD
Amount of Turn 3/8 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm 2

Step 3
Position of Feet LF closed to RF
Footwork TH
Alignment Facing LOD
Amount of Turn Body completes turn on 3
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway L
Rhythm 3

Step 4
Position of Feet RF fwd (Pivoting action)
Footwork HT
Alignment Facing LOD, end backing LOD
Amount of Turn 1/2 to R on 4
Rise and Fall Down on 4
CBM 4
Sway St
Rhythm 1

Step 5
Position of Feet LF back and slightly leftwards
Footwork T
Alignment Backing LOD
Amount of Turn Continue to turn on 5
Rise and Fall Down on 5. Rise e/o 5
CBM
Sway St
Rhythm 2

Step 6
Position of Feet RF diag fwd having brushed to LF
Footwork TH

Alignment Facing DC
Amount of Turn 3/8 between 5 and 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway St
Rhythm 3

^s§ # # + 9. **PROGRESSIVE CHASSE TO RIGHT**

MAN

Step 1
Position of Feet LF fwd
Footwork HT
Alignment Facing DC
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway
Rhythm 1 1

Step 2
Position of Feet RF to side
Footwork T
Alignment Backing Wall
Amount of Turn 1/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm 2 1/2

Step 3
Position of Feet LF closes to RF
Footwork T
Alignment Backing DW
Amount of Turn 1/8 between 2 and 3, body turns less
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm & 1/2

Step 4
Position of Feet RF to side and slightly back
Footwork TH
Alignment Backing DW
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm 3 1

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DC
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway
Rhythm 1 1

Step 2
Position of Feet LF to side

§9. PROGRESSIVE CHASSE TO RIGHT

w09

+ w:090

Footwork T
Alignment Pointing DW
Amount of Turn 1/4 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm 2 1/2

Step 3
Position of Feet RF closes to LF
Footwork T
Alignment Facing DW
Amount of Turn Slight body turn on 3
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm & 1/2

Step 4
Position of Feet LF to side and slightly fwd
Footwork TH
Alignment Facing DW
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm 3 1

§ # # + 10. OPEN IMPETUS TURN

MAN

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Down on 1
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet RF closes to LF (H Turn)
Footwork HT
Alignment Facing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway L
Rhythm 2

Step 3
Position of Feet LF diag fwd L shoulder leading in PP
Footwork TH
Alignment Pointing DC, body facing LOD
Amount of Turn Slight body turn to R on 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway St
Rhythm 3

LADY

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Down on 1
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway R
Rhythm 2

Step 3
Position of Feet RF to side in PP having brushed to LF

§10. OPEN IMPETUS TURN

#w10

+w:100

Footwork TH
Alignment Moving DC, pointing to Centre
Amount of Turn 3/8 between 2 and 3, body turns less
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway St
Rhythm 3

++ \$ \$ # TANGO. HISTORIC REVIEW

The choreographic sources of the Tango are Argentine and Spanish folk dances. In the 19th century, the Tango became wide-spread in South America, and it first appeared in Europe at the beginning of the 20th century. The well-known French choreographer and composer Camil de Rinal revamped the dance making it more simple and thereby created the Tango as we know it today. It was not a popular dance around the world, however, since the Pope banned it as an obscene dance.

After its initial success in Paris in 1909, the Tango impetuously spread all over Europe and enjoyed immense popularity in the period between 1910-1915. It went out of fashion in the 1930's-60's but is currently enjoying a revival. Boldness and resolution, sudden pauses and unexpected poses, and changes of directions are characteristic of the Tango.

+ + \$ \$ # # TANGO CHOREOGRAPHY**PROGRESSIVE LINK****PRECEDE**

Open Reverse Lady Outside Open Finish

Closed Promenade

FOLLOW

Any Prom Fig

CLOSED PROMENADE**PRECEDE**

Progressive Link

Natural Promenade Turn

Any Open Finish turning to PP placing LF to side without weight, along LOD

Four Step

FOLLOW

Progressive Link

If ended in PP: any Prom Fig

OPEN REVERSE LADY OUTSIDE CLOSED FINISH**PRECEDE**

Closed Promenade

Any Open Finish ended DC

FOLLOW

Progressive Link

Rock On Left Foot In CBMP

Back Corte (step 1 CBMP and slight CBM on 2)

Any Prom Fig if turned to PP by placing LF to side of RF without weight (count &)

Four Step

BACK CORTE**PRECEDE**

After steps 1-2 Rock on LE, Closed Promenade or any Closed Finish danced at corner or along the side of the room

If at a corner: step 1 of Corte will be taken down new LOD

If along the side of the room: step 1 will be taken to Centre ending DC, follow with a Rev Fig.

When an Open Finish precedes a Corte, step 1 of Corte will be taken in CBMP, and step 2 CBM only, and when the Open Finish is danced at a corner, end the Corte DW of new LOD, if danced along the side of the room end the Corte DC.

FOLLOW

Progressive Link

Rock On Left Foot

If turned to PP: any Prom Fig.

Four Step

ROCK ON LEFT FOOT**PRECEDE**

Closed Promenade or any Closed Finish danced at corner or along the side of the room

If at a corner: step 1 of Corte will be taken down new LOD

If along the side of the room: step 1 will be taken to Centre ending DC, follow with a Rev Fig.

⁺var:020

^{\$}TANGO CHOREOGRAPHY

[#]t_var

When an Open Finish precedes a Corte, step 1 of Corte will be taken in CBMP, and step 2 CBM only, and when the Open Finish is danced at a corner, end the Corte DW of new LOD, if danced along the side of the room end the Corte DC.

FOLLOW

Closed Finish or Open Finish

NATURAL PROMENADE TURN**PRECEDE**

Progressive Link

Natural Promenade Turn

Any Open Finish turning to PP placing LF to side without weight, along LOD

Four Step

FOLLOW

Any Prom Fig

FOUR STEP**PRECEDE**

Closed Prom

FOLLOW

Any Prom Fig

^s_#⁺ NORMAL HOLD**MAN**

Stand facing LOD with feet together, slide the right foot slightly back, turning the feet and body to the left, to face almost DC.

The hold will be more compact with the lady held more to the man's right side than in other dances. The man places his right arm a little further round the lady's back, with his forearm held parallel to the floor. His left arm will be held as in other dances, except that the elbow will be higher and the forearm more acutely angled, bringing the left hand slightly closer to the body.

LADY

Stand backing LOD with feet together, slide the LF slightly forward turning the feet and body to the left to back almost DC.

Place the left hand on the man's back with the fingers neatly grouped just under his armpit, the palm of the hand should not be showing. The right arm is held as in other dances, but will not slant as much forward from the elbow.

^sNORMAL HOLD

_#t00

⁺t:000

^s#⁺ + 1. PROGRESSIVE LINK**MAN**

Step 1
Position of Feet LF fwd in CBMP
Footwork H
Direction or Alignment DW
Amount of Turn
CBM
Rhythm Q

Step 2
Position of Feet RF to side and slightly back in PP
Footwork IE of RF and IE of B LF
Direction or Alignment Facing DW
Amount of Turn Body turn to R on 2
CBM
Rhythm Q

LADY

Step 1
Position of Feet RF back in CBMP
Footwork BH
Direction or Alignment DW
Amount of Turn 1/4 to R
CBM
Rhythm Q

Step 2
Position of Feet LF to side and slightly back in PP
Footwork IE of BH and IE of B RF
Direction or Alignment Facing DC
Amount of Turn
CBM
Rhythm Q

^s1. PROGRESSIVE LINK

#t01

⁺t:010

\$# # + 2. CLOSED PROMENADE**MAN**

Step	1	
Position of Feet		<u>LF</u> to side in <u>PP</u>
Footwork	<u>H</u>	
Direction or Alignment		Along <u>LOD</u> , pointing <u>DW</u>
Amount of Turn		No turn
CBM		
Rhythm		<u>S</u>
Step	2	
Position of Feet		<u>RF</u> fwd and across in <u>CBMP</u> and <u>PP</u>
Footwork	<u>H</u>	
Direction or Alignment		Along <u>LOD</u> , pointing <u>DW</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>
Step	3	
Position of Feet		<u>LF</u> to side and slightly fwd
Footwork	<u>IE</u> of F	
Direction or Alignment		Pointing <u>DW</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>
Step	4	
Position of Feet		<u>RF</u> closes to <u>LF</u> slightly back
Footwork	Whole F	
Direction or Alignment		Facing <u>DW</u>
Amount of Turn		
CBM		
Rhythm		<u>S</u>

LADY

Step	1	
Position of Feet		<u>RF</u> to side in <u>PP</u>
Footwork	<u>H</u>	
Direction or Alignment		Along <u>LOD</u> , pointing <u>DC</u>
Amount of Turn		
CBM		
Rhythm		<u>S</u>
Step	2	
Position of Feet		<u>LF</u> fwd and across in <u>CBMP</u> and <u>PP</u>
Footwork	<u>H</u>	
Direction or Alignment		Along <u>LOD</u> , pointing <u>DC</u>
Amount of Turn		1/4 to <u>L</u> between 2 and 3
CBM		2
Rhythm		<u>Q</u>
Step	3	
Position of Feet		<u>RF</u> to side and slightly back
Footwork	<u>IE</u> of BH	
Direction or Alignment		Backing <u>DW</u>

\$2. CLOSED PROMENADE

t02

+t:020

Amount of Turn

CBM

Rhythm

Q

Step

4

Position of Feet

LE closes to RE slightly fwd

Footwork

Whole F

Direction or Alignment

Backing DW

Amount of Turn

CBM

Rhythm

S

^s§ # # + 3. **OPEN REVERSE TURN LADY OUTSIDE CLOSED FINISH**

MAN

Step 1
 Position of Feet LF fwd in CBMP
 Footwork H
 Direction or Alignment DC
 Amount of Turn Just under 3/4 to L
 CBM 1
 Rhythm Q

Step 2
 Position of Feet RF to side
 Footwork BH
 Direction or Alignment Backing DW
 Amount of Turn
 CBM
 Rhythm Q

Step 3
 Position of Feet LF back in CBMP
 Footwork BH
 Direction or Alignment Down LOD
 Amount of Turn
 CBM
 Rhythm S

Step 4
 Position of Feet RF back
 Footwork BH
 Direction or Alignment Down LOD
 Amount of Turn
 CBM 4
 Rhythm Q

Step 5
 Position of Feet LF side and slightly fwd
 Footwork IE of F
 Direction or Alignment Pointing DW
 Amount of Turn
 CBM
 Rhythm Q

Step 6
 Position of Feet RF closes to LF slightly back
 Footwork Whole F
 Direction or Alignment Facing DW
 Amount of Turn
 CBM
 Rhythm S

LADY

Step 1
 Position of Feet RF back in CBMP
 Footwork BH
 Direction or Alignment DC

^s3. **OPEN REVERSE TURN LADY-IN-LINE CLOSED FINISH**

#t03

+t:030

Amount of Turn		Just under 3/4 to <u>L</u>
CBM		1
Rhythm		<u>Q</u>
Step	2	
Position of Feet		<u>LF</u> side and slightly fwd
Footwork	Whole F	
Direction or Alignment		Pointing to <u>LOD</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>
Step	3	
Position of Feet		<u>RF</u> fwd in <u>CBMP OP</u>
Footwork	<u>H</u>	
Direction or Alignment		Down <u>LOD</u>
Amount of Turn		
CBM		
Rhythm		<u>S</u>
Step	4	
Position of Feet		<u>LF</u> fwd
Footwork	<u>H</u>	
Direction or Alignment		Down <u>LOD</u>
Amount of Turn		
CBM		4
Rhythm		<u>Q</u>
Step	5	
Position of Feet		<u>RF</u> to side and slightly back
Footwork	<u>IE</u> of BH	
Direction or Alignment		Backing <u>DW</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>
Step	6	
Position of Feet		<u>LF</u> closes to <u>RF</u> slightly fwd
Footwork	Whole F	
Direction or Alignment		Backing <u>DW</u>
Amount of Turn		
CBM		
Rhythm		<u>S</u>

^s§ # # + + **4. BACK CORTE**

MAN

Step 1
Position of Feet LF back L shoulder leading
Footwork IE of BH
Direction or Alignment Down LOD
Amount of Turn 1/4 to L between 2 and 3
CBM
Rhythm S

Step 2
Position of Feet RF back in CBMP
Footwork BH
Direction or Alignment DC
Amount of Turn
CBM 2
Rhythm Q

Step 3
Position of Feet LF to side and slightly fwd
Footwork IE of F
Direction or Alignment Pointing DW
Amount of Turn
CBM
Rhythm Q

Step 4
Position of Feet RF closes to LF slightly back
Footwork Whole F
Direction or Alignment Facing DW
Amount of Turn
CBM
Rhythm S

LADY

Step 1
Position of Feet RF fwd R shoulder leading
Footwork H
Direction or Alignment Down LOD
Amount of Turn
CBM
Rhythm S

Step 2
Position of Feet LF fwd in CBMP
Footwork H
Direction or Alignment DC
Amount of Turn 1/4 to L between 2 and 3
CBM 2
Rhythm Q

Step 3
Position of Feet RF to side and slightly back
Footwork IE of BH
Direction or Alignment Backing DW

^s4. BACK CORTE

#t04

+t:040

Amount of Turn

CBM

Rhythm

Q

Step

4

Position of Feet

LE closes to RE slightly fwd

Footwork

Whole F

Direction or Alignment

Backing DW

Amount of Turn

CBM

Rhythm

S

^s§ #⁺#⁺ 5. **ROCK ON LEFT FOOT**

MAN

Step	1	
Position of Feet		<u>LF</u> back, <u>L</u> shoulder leading
Footwork	<u>IE</u> of BH	
Direction or Alignment		Down <u>LOD</u>
Amount of Turn		No turn
CBM		
Rhythm		<u>Q</u>
Step	2	
Position of Feet		Transfer weight fwd to <u>RF</u> , <u>R</u> shoulder leading
Footwork	<u>H</u>	
Direction or Alignment		Against <u>LOD</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>
Step	3	
Position of Feet		<u>LF</u> back <u>L</u> shoulder leading, small step
Footwork	<u>IE</u> of BH	
Direction or Alignment		Down <u>LOD</u>
Amount of Turn		
CBM		
Rhythm		<u>S</u>

LADY

Step	1	
Position of Feet		<u>RF</u> fwd <u>R</u> shoulder leading
Footwork	<u>H</u>	
Direction or Alignment		Down <u>LOD</u>
Amount of Turn		No turn
CBM		
Rhythm		<u>Q</u>
Step	2	
Position of Feet		Transfer weight back to <u>LF</u> , <u>L</u> shoulder leading
Footwork	<u>IE</u> of BH	
Direction or Alignment		Against <u>LOD</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>
Step	3	
Position of Feet		<u>RF</u> fwd <u>R</u> shoulder leading, small step
Footwork	<u>H</u>	
Direction or Alignment		Down <u>LOD</u>
Amount of Turn		
CBM		
Rhythm		<u>S</u>

\$5. ROCK ON LEFT FOOT

#t05

+t:050

^s§ # # + 6. **NATURAL PROMENADE TURN**

MAN

Step 1
Position of Feet LF side in PP
Footwork H
Direction or Alignment Along LOD, pointing DW
Amount of Turn 3/4 to R
CBM
Rhythm S

Step 2
Position of Feet RF fwd in CBMP and PP
Footwork H
Direction or Alignment DW
Amount of Turn
CBM 2
Rhythm Q

Step 3
Position of Feet LF to side and slightly back
Footwork BHB
Direction or Alignment Backing LOD
Amount of Turn
CBM
Rhythm Q

Step 4
Position of Feet RF fwd, then place LF to side without weight, end in PP
Footwork H of RF and IE of B LF
Direction or Alignment DW of new LOD, end facing DW
Amount of Turn
CBM 4
Rhythm S &

LADY

Step 1
Position of Feet RF to side in PP
Footwork H
Direction or Alignment Along LOD, pointing DC
Amount of Turn 3/4 to R
CBM
Rhythm S

Step 2
Position of Feet LF fwd and across in CBMP and PP
Footwork H
Direction or Alignment Pointing to LOD
Amount of Turn
CBM
Rhythm Q

Step 3
Position of Feet RF fwd between partner's feet
Footwork H
Direction or Alignment Down LOD

§6. NATURAL PROMENADE TURN

#t06

+t:060

Amount of Turn**CBM** 3**Rhythm** Q**Step** 4**Position of Feet** LF to side and slightly back, then place RF to side without weight in PP**Footwork** BH of LF and IE of B RF**Direction or Alignment** Backing DW of new LOD, end facing DC of new LOD**Amount of Turn****CBM****Rhythm** S &

§ # # + + 7. FOUR STEP

MAN

Step 1
 Position of Feet LF fwd in CBMP
 Footwork H
 Direction or Alignment DW
 Amount of Turn No turn
 CBM
 Rhythm Q

Step 2
 Position of Feet RF to side and slightly back
 Footwork BH
 Direction or Alignment Backing DC against LOD
 Amount of Turn
 CBM
 Rhythm Q

Step 3
 Position of Feet LF back in CBMP
 Footwork BH
 Direction or Alignment DC against LOD
 Amount of Turn
 CBM
 Rhythm Q

Step 4
 Position of Feet RF closes to LF slightly back in PP
 Footwork BH
 Direction or Alignment Facing DW
 Amount of Turn
 CBM
 Rhythm Q

LADY

Step 1
 Position of Feet RF back in CBMP
 Footwork BH
 Direction or Alignment DW
 Amount of Turn
 CBM
 Rhythm Q

Step 2
 Position of Feet LF to side and slightly fwd
 Footwork Whole F
 Direction or Alignment Pointing DC against LOD
 Amount of Turn
 CBM
 Rhythm Q

Step 3
 Position of Feet RF fwd in CBMP OP
 Footwork HB F flat
 Direction or Alignment DC against LOD

§7. FOUR STEP

#t07

+t:070

Amount of Turn		1/4 to <u>R</u> between 3 and 4
CBM		<u>3</u>
Rhythm		<u>Q</u>
Step	4	
Position of Feet		<u>LF</u> closes to <u>RF</u> slightly back in <u>PP</u>
Footwork	BH	
Direction or Alignment		Facing <u>DC</u>
Amount of Turn		
CBM		
Rhythm		<u>Q</u>

++ \$ # QUICKSTEP. HISTORIC REVIEW

The Quickstep is a light, lively, cheerful dance, crammed with jumps, hops, right, left and back turns. Apparently there are several levels of interpretation: a sparkling dance for youthful dancers, a more refined nobility for middle-aged dancers, and a more reserved, choice choreography for older dancers.

English in origin, it replaced the Foxtrot which was a quick dance popular in the 1930's. The lively rhythm of the Quickstep requires lightness and mobility from the dancers. Rich with variations, the Quickstep is considered The Pocket Grammar of standard dances.

⁺h:030

^{\$} QUICKSTEP. HISTORIC REVIEW

[#]q_hist

++ \$ # QUICKSTEP CHOREOGRAPHY**QUARTER TURN TO RIGHT****PRECEDE**Natural TurnWhen started RF fwd OP: Prog Chasse, Fwd Lock StepFish Tail**FOLLOW**Prog Chasse**PROGRESSIVE CHASSE****PRECEDE**Quarter Turn to RightNatural Spin Turn**FOLLOW**RF fwd in CBMP OP into any Nat FigFwd Lock Step**FORWARD LOCK STEP****PRECEDE**Prog ChasseSteps 2-4 will be danced after Tipple Chasse to R, and may follow step 5 of Natural TurnFish Tail**FOLLOW**RF fwd in CBMP OP into any Nat FigFish Tail**BACKWARD LOCK STEP****PRECEDE**1-3 of Natural Turn

Steps 2-4 may be danced after Spin Turn

FOLLOWTipple Chasse to R**TIPPLE CHASSE TO RIGHT (after step 4 of a Back Lock)****FOLLOW**RF fwd in CBMP OP into any Nat FigFish Tail**NATURAL SPIN TURN****PRECEDE**Fwd Lock StepProg ChasseFish Tail**FOLLOW**Prog ChasseSteps 2-7 V-6**FISH-TAIL****PRECEDE**⁺var:030^{\$} QUICKSTEP CHOREOGRAPHY[#]q_var

Fwd Lock Step

Prog Chasse

FOLLOW

RF fwd in CBMP OP into any Nat Fig

Fwd Lock Step

V-6 (after 1-3 of Nat Turn)

OTHER PRECEDES

Natural Spin Turn

Prog Chasse near a corner then RF fwd in CBMP OP (S), check back to V-6 DC of new LOD PO

NOTE: When the Spin precedes start V-6 on step 2. The rise will start on the last step of the preceding Fig. NRF.

FOLLOW

Any Nat Fig

Fish Tail

After steps 1-7 RF fwd in CBMP OP into Fwd Lock Step, any Nat Fig, Fish Tail

TIPSY FOLLOWED by 2-4 of FORWARD LOCK STEP

PRECEDE

Prog Chasse end in PP facing DW (S Q Q S), then RF fwd and across in CBMP and PP (S). Close LF to RF on toes turning to face Wall, lady square (S). Tippy to side against LOD, then 2-4 of Lock Step along LOD

Backward Lock Step (S Q Q S), then LF back PO. Tippy turning to R to face DW. Follow with 2-4 of Fwd Lock (S Q & Q Q Q S)

FOLLOW

When the Lock Step follows the Tippy and ends DW, follow with RF fwd OP into any Nat Fig or Fish-tail

NATURAL TURN

PRECEDE

Fwd Lock Step

Prog Chasse

Fish Tail

FOLLOW

Natural Spin Turn

After steps 1-4 Nat Turn Tipple Chasse to R

After steps 1-3 Nat Turn Backward Lock Step

^s_#⁺ NORMAL HOLD**POISE****Man**

Stand naturally with your knees slightly flexed. Lean your body slightly forward from the waist, keeping your shoulders relaxed and at their normal level without straining across your chest. The feet are flat on the floor with all the body weight on the balls of the feet.

Lady

The balance will be the same as that described for the man, except that the lady's body will lean slightly backward from the waist. This backward lean should not be over-emphasised.

HOLD**Man**

Stand facing the lady as described in "POISE". The lady stands to the man's right. Place the right hand on the lady's back slightly below her left shoulder - the fingers should be held together. The upper part of the right arm, from the shoulder to the elbow, should slant downwards and the lower arm, from the elbow to the palm, should be held parallel with the floor.

The left hand holds the lady's hand so that her fingers are placed between his thumb and forefinger. The man covers the lady's fingers on the right side. The left palm should not be folded inwards, there should be a straight line running from the elbow to the palm. The palm should be angled diagonally to the floor. The upper part of the right arm should slant downwards, with the arm bent at the elbow. From the elbow to the palm, the arm slants upward. The hand is held at the same level as the left ear, with the lower arm, from the elbow to the palm, being angled outwards.

Lady

The left hand rests lightly on the man's right hand. The fingers of the left hand are held grouped together below his right shoulder (depending on the height of the man).

The right arm slants downwards from the shoulder to the elbow and then upwards from the elbow to the man's left hand. The lady's fingers are held by the man between his thumb and forefinger.

^sNORMAL HOLD_#q00⁺q:000

$\$ \# \# + 1$. QUARTER TURN TO RIGHT**MAN**

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing Centre
Amount of Turn 1/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF closes to LF
Footwork T
Alignment Backing DC
Amount of Turn 1/8 between 2 and 3
Rise and Fall Continue to rise on 3
CBM
Sway R
Rhythm Q

Step 4
Position of Feet LF to side and slightly back
Footwork TH
Alignment Backing DC
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway St
Rhythm S

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF to side

$\$$ 1. QUARTER TURN TO RIGHT

#q01

+q:010

Footwork T
Alignment Pointing DW
Amount of Turn 1/4 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF closes to RF
Footwork T
Alignment Facing DC
Amount of Turn Slight body turn on 3
Rise and Fall Continue to rise on 3
CBM
Sway L
Rhythm Q

Step 4
Position of Feet RF diag fwd
Footwork TH
Alignment Backing DC
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway St
Rhythm S

\$ # + 2. PROGRESSIVE CHASSE**MAN**

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DC
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Pointing DW
Amount of Turn 1/4 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm Q

Step 3
Position of Feet RF closes to LF
Footwork T
Alignment Facing DW
Amount of Turn Slightly body turn on 3
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm Q

Step 4
Position of Feet LF to side and slightly fwd
Footwork TH
Alignment Facing DW
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm S

LADY

Step 1
Position of Feet LF fwd
Footwork HT
Alignment Facing DC
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway
Rhythm S

Step 2
Position of Feet RF to side

\$2. PROGRESSIVE CHASSE

#q02

+q: 020

Footwork T
Alignment Backing Wall
Amount of Turn 1/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm Q

Step 3
Position of Feet LF closes to RF
Footwork T
Alignment Backing DW
Amount of Turn 1/8 between 2 and 3, body turns less
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm Q

Step 4
Position of Feet RF to side and slightly back
Footwork TH
Alignment Backing DW
Amount of Turn No turn on 4
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm S

\$ # + 3. FORWARD LOCK STEP**MAN or LADY****Step 1****Position of Feet** RF fwd in CBMP OP**Footwork** HT**Alignment** Facing DW**Amount of Turn** No turn**Rise and Fall** Start to rise e/o 1**CBM****Sway****Rhythm** S**Step 2****Position of Feet** LF fwd and slightly leftwards**Footwork** T**Alignment** Facing DW**Amount of Turn****Rise and Fall** Continue to rise on 2**CBM****Sway****Rhythm** Q**Step 3****Position of Feet** RF crosses behind LF**Footwork** T**Alignment** Facing DW**Amount of Turn****Rise and Fall** Continue to rise on 3**CBM****Sway****Rhythm** Q**Step 4****Position of Feet** LF fwd and slightly leftwards**Footwork** TH**Alignment** Facing DW**Amount of Turn****Rise and Fall** Up on 4. Lower e/o 4**CBM****Sway****Rhythm** S**\$3. FORWARD LOCK STEP**

#q03

+q:030

^s_#⁺ 4. BACKWARD LOCK STEP**MAN or LADY****Step 1****Position of Feet** LF back in CBMP**Footwork** TH**Alignment** Backing DW**Amount of Turn** No turn**Rise and Fall** Start to rise e/o 1 NFR**CBM****Sway****Rhythm** S**Step 2****Position of Feet** RF back**Footwork** T**Alignment** Backing DW**Amount of Turn****Rise and Fall** Continue to rise on 2**CBM****Sway****Rhythm** Q**Step 3****Position of Feet** LF crosses in front of RF**Footwork** T**Alignment** Backing DW**Amount of Turn****Rise and Fall** Continue to rise on 3**CBM****Sway****Rhythm** Q**Step 4****Position of Feet** RF back and slightly rightwards**Footwork** TH**Alignment** Backing DW**Amount of Turn****Rise and Fall** Up on 4. Lower e/o 4**CBM****Sway****Rhythm** S**^s4. BACKWARD LOCK STEP**

#q04

⁺q:040

\$ # + 5. TIPPLE CHASSE TO RIGHT (after step 4 of Back Lock)

MAN

Step 1

Position of Feet LF back in CBMP

Footwork TH

Alignment Backing DW

Amount of Turn Start to turn R on 1

Rise and Fall Start to rise e/o 1 NFR

CBM **1**

Sway

Rhythm S

Step 2

Position of Feet RF to side

Footwork T

Alignment Pointing to LOD

Amount of Turn 3/8 between 1 and 2 body turns less

Rise and Fall Continue to rise on 2

CBM

Sway

Rhythm Q

Step 3

Position of Feet LF closes to RF

Footwork T

Alignment Facing LOD

Amount of Turn Body completes turn on 3

Rise and Fall Continue to rise on 3

CBM

Sway

Rhythm Q

Step 4

Position of Feet RF to side and slightly fwd

Footwork T

Alignment Facing DW

Amount of Turn 1/8 between 3 and 4

Rise and Fall Up on 4

CBM

Sway

Rhythm S

Step 5

Position of Feet LF fwd and slightly leftwards, L shoulder leading

Footwork T

Alignment Facing DW

Amount of Turn No turn on 5

Rise and Fall Up on 5

CBM

Sway

Rhythm Q

Step 6

\$5. TIPPLE CHASSE TO RIGHT FOLLOWED by 2-4 of LOCK STEP (after 1-3 of Nat Turn at a Corner)

#q05

+q:050

Position of Feet RF crosses behind LF
Footwork T
Alignment Facing DW
Amount of Turn No turn on 6
Rise and Fall Up on 6
CBM
Sway
Rhythm Q

Step 7
Position of Feet LF fwd and slightly leftwards
Footwork TH
Alignment Facing DW
Amount of Turn No turn on 7
Rise and Fall Up on 7. Lower e/o 7
CBM
Sway
Rhythm S

LADY

Step 1
Position of Feet RF fwd in CBMP OP
Footwork HT
Alignment Facing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 1/4 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm Q

Step 3
Position of Feet RF closes to LF
Footwork T
Alignment Backing LOD
Amount of Turn 1/8 between 2 and 3
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm Q

Step 4
Position of Feet LF to side and slightly back
Footwork T
Alignment Backing DW
Amount of Turn 1/8 between 3 and 4
Rise and Fall Up on 4
CBM
Sway
Rhythm S

Step 5

Position of Feet RF back R shoulder leading
Footwork T
Alignment Backing DW
Amount of Turn No turn on 5
Rise and Fall Up on 5
CBM
Sway
Rhythm Q

Step 6
Position of Feet LF crosses in front of RF
Footwork T
Alignment Backing DW
Amount of Turn No turn on 6
Rise and Fall Up on 6
CBM
Sway
Rhythm Q

Step 7
Position of Feet RF back and slightly rightwards
Footwork TH
Alignment Backing DW
Amount of Turn No turn on 7
Rise and Fall Up on 7. Lower e/o 7
CBM
Sway
Rhythm S

§ # # + 6. **NATURAL SPIN TURN**

MAN

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1
CBM **1**
Sway St
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 1/4 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF closed to LF
Footwork TH
Alignment Backing LOD
Amount of Turn 1/8 between 2 and 3
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway R
Rhythm Q

Step 4
Position of Feet LF back, RF held in CBMP (Pivot)
Footwork THT
Alignment Backing LOD, end facing LOD
Amount of Turn 1/4 to R on 4
Rise and Fall Down on 4
CBM **4**
Sway St
Rhythm S

Step 5
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn on 5
Rise and Fall Down on 5. Rise e/o 5
CBM **5**
Sway St
Rhythm S

Step 6
Position of Feet LF to side and slightly back
Footwork TH

§ 6. NATURAL SPIN TURN

#q06

+q:060

Alignment Backing DC
Amount of Turn 3/8 between 5 and 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway St
Rhythm S

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF to side
Footwork T
Alignment Pointing to LOD
Amount of Turn 3/8 between 1 and 2, body turns less
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF closed to RF
Footwork TH
Alignment Facing LOD
Amount of Turn Body completes turn on 3
Rise and Fall Continue to rise on 3 Lower e/o 3
CBM
Sway L
Rhythm Q

Step 4
Position of Feet RF fwd (Pivoting action)
Footwork HT
Alignment Facing LOD, end backing LOD
Amount of Turn 1/2 to R on 4
Rise and Fall Down on 4
CBM 4
Sway St
Rhythm S

Step 5
Position of Feet LF back and slightly leftwards
Footwork T
Alignment Backing LOD
Amount of Turn Continue to turn on 5
Rise and Fall Down on 5. Rise e/o 5
CBM
Sway St
Rhythm S

Step 6
Position of Feet RF diag fwd having brushed to LF
Footwork TH

Alignment Facing DC
Amount of Turn 3/8 between 5 and 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway St
Rhythm S

\$ # + 7. FISH-TAIL

MAN

Step 1
Position of Feet RF fwd in CBMP OP
Footwork HT
Alignment Facing DC
Amount of Turn Start to turn R on 1
Rise and Fall Rise e/o 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet LF crosses behind RF
Footwork T
Alignment Facing LOD
Amount of Turn 1/8 between 1 and 2
Rise and Fall Up on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF fwd and slightly to side, small step
Footwork T
Alignment Facing DW
Amount of Turn 1/8 between 2 and 3, body turns less
Rise and Fall Up on 3
CBM
Sway St
Rhythm Q

Step 4
Position of Feet LF fwd and slightly leftwards L shoulder leading
Footwork T
Alignment Facing DW
Amount of Turn Body turns to R on 4
Rise and Fall Up on 4
CBM
Sway St
Rhythm Q

Step 5
Position of Feet RF crosses behind LF
Footwork T
Alignment Facing DW
Amount of Turn No turn on 5
Rise and Fall Up on 5
CBM
Sway St
Rhythm Q

Step 6
Position of Feet LF fwd and slightly leftwards
Footwork TH

\$7. FISH-TAIL

#q07

+q:070

Alignment Facing DW
Amount of Turn No turn on 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway St
Rhythm S

LADY

Step 1
Position of Feet LF back in CBMP
Footwork T
Alignment Backing DC
Amount of Turn Start to turn R on 1
Rise and Fall Rise e/o 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF crosses in front of LF
Footwork T
Alignment Backing LOD
Amount of Turn 1/8 between 1 and 2
Rise and Fall Up on 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF back and slightly to side, small step
Footwork T
Alignment Backing DW
Amount of Turn 1/8 between 2 and 3, body turns less
Rise and Fall Up on 3
CBM
Sway St
Rhythm Q

Step 4
Position of Feet RF back and slightly rightwards R shoulder leading
Footwork T
Alignment Backing DW
Amount of Turn Body turns to R on 4
Rise and Fall Up on 4
CBM
Sway St
Rhythm Q

Step 5
Position of Feet LF crosses in front of RF
Footwork T
Alignment Backing DW
Amount of Turn No turn on 5
Rise and Fall Up on 5
CBM
Sway St
Rhythm Q

Step 6
Position of Feet RF back and slightly rightwards
Footwork TH

Alignment Backing DW
Amount of Turn No turn on 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway St
Rhythm S

\$ # + 8. V-6 (after 1-3 of Nat Turn)**MAN****Step 1****Position of Feet** LF back**Footwork** TH**Alignment** Backing DC**Amount of Turn****Rise and Fall** Start to rise e/o 1 NFR**CBM****Sway****Rhythm** S**Step 2****Position of Feet** RF back R shoulder leading**Footwork** T**Alignment** Backing DC**Amount of Turn****Rise and Fall** Continue to rise on 2**CBM****Sway****Rhythm** Q**Step 3****Position of Feet** LF crosses in front of RF**Footwork** T**Alignment** Backing DC**Amount of Turn****Rise and Fall** Continue to rise on 3**CBM****Sway****Rhythm** Q**Step 4****Position of Feet** RF back**Footwork** TH**Alignment** Backing DC**Amount of Turn****Rise and Fall** Up on 4. Lower e/o 4**CBM****Sway****Rhythm** S**Step 5****Position of Feet** LF back in CBMP**Footwork** TH**Alignment** Backing DC**Amount of Turn****Rise and Fall** Down on 5. Start to rise e/o 5 NFR**CBM****Sway****Rhythm** S**Step 6****Position of Feet** RF back**Footwork** T**\$8. V-6 (after 1-3 of Nat Turn)**

#q08

+q:080

Alignment Backing DC
Amount of Turn Start to turn L on 6
Rise and Fall Continue to rise on 6
CBM 6
Sway
Rhythm Q

Step 7
Position of Feet LF to side and slightly fwd
Footwork TH
Alignment Pointing DW
Amount of Turn 1/4 between 6 and 7
Rise and Fall Up on 7. Lower e/o 7
CBM
Sway
Rhythm Q

Step 8-11 **Continue with RF fwd in CBMP OP into Fwd Lock Step**

LADY

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DC
Amount of Turn
Rise and Fall Start to rise e/o 1
CBM
Sway
Rhythm S

Step 2
Position of Feet LF fwd L shoulder leading
Footwork T
Alignment Facing DC
Amount of Turn
Rise and Fall Continue to rise on 2
CBM
Sway
Rhythm Q

Step 3
Position of Feet RF crosses behind RF
Footwork T
Alignment Facing DC
Amount of Turn
Rise and Fall Continue to rise on 3
CBM
Sway
Rhythm Q

Step 4
Position of Feet LF fwd preparing to step OP
Footwork TH
Alignment Facing DC
Amount of Turn
Rise and Fall Up on 4. Lower e/o 4
CBM
Sway
Rhythm S

Step 5

Position of Feet RF fwd in CBMP OP
Footwork HT
Alignment Facing DC
Amount of Turn
Rise and Fall Down on 5. Start to rise e/o 5
CBM
Sway
Rhythm S

Step 6
Position of Feet LF fwd
Footwork T
Alignment Facing DC
Amount of Turn Start to turn L on 6
Rise and Fall Continue to rise on 6
CBM 6
Sway
Rhythm Q

Step 7
Position of Feet RF to side and slightly back
Footwork TH
Alignment Backing DW
Amount of Turn 1/4 between 6 and 7, body turns less
Rise and Fall Up on 7. Lower e/o 7
CBM
Sway
Rhythm Q

Step 8-11 **Continue with LF back in CBMP into Backward Lock Step**

\$ # + 9. TIPSY FOLLOWED by 2-4 of FORWARD LOCK STEP

MAN

Step 1
Position of Feet RF to side, small step
Footwork T
Alignment Facing DW or LOD
Amount of Turn No turn
Rise and Fall Slight rise on 1
CBM
Sway St
Rhythm Q

Step 2
Position of Feet LF almost closes to RF
Footwork T
Alignment Facing DW or LOD
Amount of Turn
Rise and Fall Slight rise on 2
CBM
Sway L
Rhythm &

Step 3
Position of Feet RF to side, small step
Footwork IE of T and IE of T LF
Alignment Facing DW or LOD
Amount of Turn
Rise and Fall Down on 3 with sharp flexing of knees
CBM
Sway L
Rhythm Q

LADY

Step 1
Position of Feet LF to side, small step
Footwork T
Alignment Backing DW or LOD
Amount of Turn No turn
Rise and Fall Slight rise on 1
CBM
Sway St
Rhythm Q

Step 2
Position of Feet RF almost closes to LF
Footwork T
Alignment Backing DW or LOD
Amount of Turn
Rise and Fall Slight rise on 2
CBM
Sway R
Rhythm &

Step 3
Position of Feet LF to side, small step

\$9. TIPSY FOLLOWED by 2-4 of FORWARD LOCK STEP

#q09

+q:090

Footwork IE of T and IE of T RF

Alignment Backing DW or LOD

Amount of Turn

Rise and Fall Down on 3 with sharp flexing of knees

CBM

Sway R

Rhythm Q

^s§ #⁺+ 10. NATURAL TURN

MAN

Step 1
 Position of Feet RF fwd
 Footwork HT
 Alignment Facing DW
 Amount of Turn Start to turn R on 1
 Rise and Fall Start to rise e/o 1
 CBM 1
 Sway St
 Rhythm S

Step 2
 Position of Feet LF to side
 Footwork T
 Alignment Backing DC
 Amount of Turn 1/4 between 1 and 2
 Rise and Fall Continue to rise on 2
 CBM
 Sway R
 Rhythm Q

Step 3
 Position of Feet RF closed to LF
 Footwork TH
 Alignment Backing LOD
 Amount of Turn 1/8 between 2 and 3
 Rise and Fall Continue to rise on 3. Lower e/o 3
 CBM
 Sway R
 Rhythm Q

Step 4
 Position of Feet LF back
 Footwork TH
 Alignment Backing LOD
 Amount of Turn Start turn R on 4
 Rise and Fall
 CBM 4
 Sway St
 Rhythm S

Step 5
 Position of Feet RF small step to side
 Footwork H
 Alignment Facing DC
 Amount of Turn 3/8 between 4 and 5
 Rise and Fall
 CBM
 Sway St
 Rhythm S

Step 6
 Position of Feet LF fwd
 Footwork H

^s10. NATURAL TURN

#q10

+q:100

Alignment Facing DW

Amount of Turn

Rise and Fall

CBM

Sway St

Rhythm S

LADY

Step 1

Position of Feet LF back

Footwork TH

Alignment Backing DW

Amount of Turn Start to turn R on 1

Rise and Fall Start to rise e/o 1 NFR

CBM 1

Sway St

Rhythm S

Step 2

Position of Feet RF to side

Footwork T

Alignment Pointing to LOD

Amount of Turn 3/8 between 1 and 2, body turns less

Rise and Fall Continue to rise on 2

CBM

Sway L

Rhythm Q

Step 3

Position of Feet LF closed to RF

Footwork TH

Alignment Facing LOD

Amount of Turn Body completes turn on 3

Rise and Fall Continue to rise on 3 Lower e/o 3

CBM

Sway L

Rhythm Q

Step 4

Position of Feet RF fwd

Footwork HT

Alignment Facing LOD

Amount of Turn Start turn to R on 4

Rise and Fall

CBM 4

Sway St

Rhythm S

Step 5

Position of Feet LF to side

Footwork TH

Alignment Backing DW

Amount of Turn 1/4 between 4 and 5

Rise and Fall

CBM

Sway St

Rhythm S

Step 6

Position of Feet RF back

Footwork T

Alignment Backing DW
Amount of Turn 1/8 between 5 and 6
Rise and Fall
CBM
Sway St
Rhythm S

+ + \$ # # FOXTROT. HISTORIC REVIEW

The Foxtrot appeared in Europe at the beginning of the 20th century and reached its peak of popularity in the 20's. The rapid growth in its popularity was due to the talented American dancers Vernon and Irene Castle.

Over the years several variations of the Foxtrot have appeared, the most popular ones being the Slow Fox and the Quickstep.

The Slow Foxtrot is characterised by long lines, uninterrupted and fluent progressive movements. It implies reserved strength and flight. The dance is complicated since it requires balance and constant control during every movement. To perform it graciously, the dancers, but most especially the lady, need constant training. The Slow Foxtrot requires considerable space and cannot be danced if the ballroom is crowded.

⁺h:040

^{\$} FOXTROT. HISTORIC REVIEW

[#]f_hist

+ + \$ # # FOXTROT·CHOREOGRAPHY**FEATHER STEP****PRECEDE**Natural Turn**FOLLOW**Reverse Turn**REVERSE TURN****PRECEDE**Feather Step**FOLLOW**Three Step**THREE STEP****PRECEDE**Reverse TurnWeaveFeather StepTop Spin**FOLLOW**

Any Nat Fig

NATURAL TURN**PRECEDE**Three Step**FOLLOW**Feather Step. After step 3 Impetus Turn**IMPETUS TURN****PRECEDE**1-3 Natural Turn**FOLLOW**Underturn the Impetus Turn making 1/2 turn**WEAVE (after 1-4 of Reverse Turn)****FOLLOW**Three Step**WEAVE FROM PP (after Open Impetus)****FOLLOW**Three Step**TOP SPIN****PRECEDE**Feather Step**FOLLOW**If ended DC: Reverse TurnIf ended DW: Three Step**HOVER CROSS**⁺var:040^{\$} FOXTROT·CHOREOGRAPHY[#]f_var

PRECEDE

Three Step

FOLLOW

Reverse Turn

OPEN IMPETUS TURN

PRECEDE

1-3 Natural Turn

FOLLOW

Weave from PP

^s_{\$} # # + NORMAL HOLD**POISE****Man**

Stand naturally with your knees slightly flexed. Lean your body slightly forward from the waist, keeping your shoulders relaxed and at their normal level without straining across your chest. The feet are flat on the floor with all the body weight on the balls of the feet.

Lady

The balance will be the same as that described for the man, except that the lady's body will lean slightly backward from the waist. This backward lean should not be over-emphasised.

HOLD**Man**

Stand facing the lady as described in "POISE". The lady stands to the man's right. Place the right hand on the lady's back slightly below her left shoulder - the fingers should be held together. The upper part of the right arm, from the shoulder to the elbow, should slant downwards and the lower arm, from the elbow to the palm, should be held parallel with the floor.

The left hand holds the lady's hand so that her fingers are placed between his thumb and forefinger. The man covers the lady's fingers on the right side. The left palm should not be folded inwards, there should be a straight line running from the elbow to the palm. The palm should be angled diagonally to the floor. The upper part of the right arm should slant downwards, with the arm bent at the elbow. From the elbow to the palm, the arm slants upward. The hand is held at the same level as the left ear, with the lower arm, from the elbow to the palm, being angled outwards.

Lady

The left hand rests lightly on the man's right hand. The fingers of the left hand are held grouped together below his right shoulder (depending on the height of the man).

The right arm slants downwards from the shoulder to the elbow and then upwards from the elbow to the man's left hand. The lady's fingers are held by the man between his thumb and forefinger.

^sNORMAL HOLD

#f00

+f:000

^s_#⁺ 1. FEATHER STEP**MAN**

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DC
Amount of Turn No turn
Rise and Fall Rise e/o 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet LF fwd L shoulder leading preparing to step OP
Footwork T
Alignment Facing DC
Amount of Turn
Rise and Fall Up on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF fwd in CBMP OP
Footwork TH
Alignment Facing DC
Amount of Turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway R
Rhythm Q

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DC
Amount of Turn No turn
Rise and Fall Rise e/o 1 NFR
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF back R shoulder leading
Footwork TH
Alignment Backing DC
Amount of Turn
Rise and Fall Up on 2 NFR
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF back in CBMP

^s1. FEATHER STEP

#f01

⁺f:010

Footwork TH
Alignment Backing DC
Amount of Turn
Rise and Fall Up on 3 NFR. Lower e/o 3
CBM
Sway L
Rhythm Q

\$ # + 2. REVERSE TURN**MAN****Step 1****Position of Feet** LF fwd**Footwork** HT**Alignment** Facing DC**Amount of Turn** Start to turn L on 1**Rise and Fall** Rise e/o 1**CBM** 1**Sway** St**Rhythm** S**Step 2****Position of Feet** RF to side**Footwork** T**Alignment** Backing DW**Amount of Turn** 1/4 between 1 and 2**Rise and Fall** Up on 2**CBM****Sway** L**Rhythm** Q**Step 3****Position of Feet** LF back**Footwork** TH**Alignment** Backing LOD**Amount of Turn** 1/8 between 2 and 3**Rise and Fall** Up on 3. Lower e/o 3**CBM****Sway** L**Rhythm** Q**Step 4****Position of Feet** RF back**Footwork** THT**Alignment** Backing LOD**Amount of Turn** Continue to turn L on 4**Rise and Fall** Down on 4. Rise e/o 4**CBM** 4**Sway** St**Rhythm** S**Step 5****Position of Feet** LF to side and slightly fwd**Footwork** T**Alignment** Pointing DW**Amount of Turn** 3/8 between 4 and 5, body turns less**Rise and Fall** Up on 5**CBM****Sway** R**Rhythm** Q**Step 6****Position of Feet** RF fwd in CBMP OP**Footwork** TH**\$2. REVERSE TURN**

#f02

+f:020

Alignment Facing DW
Amount of Turn No turn on 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway R
Rhythm Q

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DC
Amount of Turn Start to turn L on 1
Rise and Fall Rise slightly e/o 1 NER
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet LF closes to RF (H Turn)
Footwork HT
Alignment Facing LOD
Amount of Turn 3/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF fwd
Footwork TH
Alignment Facing LOD
Amount of Turn No turn on 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway R
Rhythm Q

Step 4
Position of Feet LF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn L on 4
Rise and Fall Down on 4. Rise e/o 4
CBM 4
Sway St
Rhythm S

Step 5
Position of Feet RF to side
Footwork TH
Alignment Backing Wall
Amount of Turn 1/4 between 4 and 5
Rise and Fall Up on 5
CBM
Sway L
Rhythm Q

Step 6
Position of Feet LF back in CBMP
Footwork TH

Alignment Backing DW
Amount of Turn 1/8 between 5 and 6, body turns less
Rise and Fall Up on 6 NFR. Lower e/o 6
CBM
Sway L
Rhythm Q

\$ # + 3. THREE STEP**MAN**

Step 1
Position of Feet LF fwd
Footwork H
Alignment Facing DW
Amount of Turn No turn
Rise and Fall Down on 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF fwd
Footwork HT
Alignment Facing DW
Amount of Turn
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF fwd
Footwork TH
Alignment Facing DW
Amount of Turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway L
Rhythm Q

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DW
Amount of Turn No turn
Rise and Fall Down on 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn
Rise and Fall Down on 2. Rise e/o 2 NFR
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF back

\$3. THREE STEP

#f03

+f:030

Footwork TH
Alignment Backing DW
Amount of Turn
Rise and Fall Up on 3 NFR. Lower e/o 3
CBM
Sway R
Rhythm Q

\$ # + 4. NATURAL TURN

MAN

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing DW
Amount of Turn Start to turn R on 1
Rise and Fall Rise e/o 1
CBM **1**
Sway St
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 1/4 between 1 and 2
Rise and Fall Up on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF back
Footwork TH
Alignment Backing LOD
Amount of Turn 1/8 between 2 and 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway R
Rhythm Q

Step 4
Position of Feet LF back
Footwork TH
Alignment Backing LOD
Amount of Turn Continue to turn R on 4
Rise and Fall Down on 4
CBM **4**
Sway St
Rhythm S

Step 5
Position of Feet RF to side, a small step (H Pull)
Footwork H IE of F, whole F and IE of LF
Alignment Facing DC
Amount of Turn 3/8 between 4 and 5
Rise and Fall Slight body rise on 5 NFR
CBM
Sway L
Rhythm S

Step 6
Position of Feet LF fwd
Footwork H

\$4. NATURAL TURN

#f04

+f:040

Alignment Facing DC
Amount of Turn No turn on 6
Rise and Fall Down on 6
CBM 6
Sway St
Rhythm S

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn Start to turn R on 1
Rise and Fall Rise slightly e/o 1 NFR
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF closes to LF (H Turn)
Footwork HT
Alignment Facing LOD
Amount of Turn 3/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF fwd
Footwork TH
Alignment Facing LOD
Amount of Turn No turn on 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway L
Rhythm Q

Step 4
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn R on 4
Rise and Fall Down on 4
CBM 4
Sway St
Rhythm S

Step 5
Position of Feet LF to side and RF brushes towards LF
Footwork TH and IE of T RF
Alignment Backing DC
Amount of Turn 3/8 between 4 and 5
Rise and Fall Slight body rise on 5 NFR
CBM
Sway R
Rhythm S

Step 6
Position of Feet RF back having brushed to LF
Footwork T

Alignment	Backing	<u>DC</u>
Amount of Turn	No turn on 6	
Rise and Fall	Down on 6	
CBM		6
Sway		<u>St</u>
Rhythm		<u>S</u>

\$ # + 5. IMPETUS TURN**MAN**

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Down on 1
CBM **1**
Sway St
Rhythm S

Step 2
Position of Feet RF closes to LF (H Turn)
Footwork HT
Alignment Facing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF to side and slightly back
Footwork TH
Alignment Backing DC against LOD
Amount of Turn 1/4 between 2 and 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway St
Rhythm Q

LADY

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Down on 1
CBM **1**
Sway St
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF diag fwd having brushed to LF

\$5. IMPETUS TURN

#f05

+f:050

Footwork TH
Alignment Facing DC against LOD
Amount of Turn 1/4 between 2 and 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway St
Rhythm Q

\$ # + 6. WEAVE (after 1-4 of Reverse Turn)

MAN

Step 1
Position of Feet LF fwd
Footwork HT
Alignment Facing DC against LOD
Amount of Turn Start to turn L on 1
Rise and Fall Rise e/o 1
CBM **1**
Sway St
Rhythm Q

Step 2
Position of Feet RF to side
Footwork T
Alignment Backing LOD
Amount of Turn 1/8 between 1 and 2
Rise and Fall Up on 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet RF back in CBMP
Footwork T
Alignment Backing DC
Amount of Turn 1/8 between 2 and 3
Rise and Fall Up on 3
CBM
Sway L
Rhythm Q

Step 4
Position of Feet RF back
Footwork T
Alignment Backing DC
Amount of Turn Continue to turn L on 4
Rise and Fall Up on 4
CBM **4**
Sway St
Rhythm Q

Step 5
Position of Feet LF to side and slightly fwd
Footwork T
Alignment Pointing DW
Amount of Turn 1/4 between 4 and 5
Rise and Fall Up on 5
CBM
Sway R
Rhythm Q

Step 6
Position of Feet RF fwd in CBMP OP
Footwork TH

\$6. WEAVE

#f06

+f:060

Alignment Facing DW
Amount of Turn No turn on 6
Rise and Fall Up on 6. Lower e/o 6
CBM
Sway R
Rhythm Q

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing DC against LOD
Amount of Turn Start to turn L on 1
Rise and Fall Rise e/o 1 NFR
CBM 1
Sway St
Rhythm Q

Step 2
Position of Feet LF to side
Footwork T
Alignment Pointing LOD
Amount of Turn 1/4 between 1 and 2, body turns less
Rise and Fall Up on 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet LF fwd in CBMP OP
Footwork T
Alignment Facing LOD
Amount of Turn No turn on 3
Rise and Fall Up on 3
CBM
Sway R
Rhythm Q

Step 4
Position of Feet LF fwd
Footwork T
Alignment Facing DC
Amount of Turn Continue to turn L on 4
Rise and Fall Up on 4
CBM 4
Sway St
Rhythm Q

Step 5
Position of Feet RF to side
Footwork TH
Alignment Backing Wall
Amount of Turn 1/8 between 4 and 5
Rise and Fall Up on 5
CBM
Sway L
Rhythm Q

Step 6
Position of Feet LF back in CBMP
Footwork TH

Alignment Backing DW
Amount of Turn 1/8 between 5 and 6, body turns less
Rise and Fall Up on 6 NFR. Lower e/o 6
CBM
Sway L
Rhythm Q

\$ # + 7. WEAVE FROM PP (after Open Impetus)

MAN

Step 1
Position of Feet RF fwd in CBMP and PP
Footwork HT
Alignment Pointing DC, body facing LOD
Amount of Turn No turn on 1
Rise and Fall Rise e/o 1
CBM
Sway St
Rhythm S

Step 2
Position of Feet LF fwd
Footwork T
Alignment Facing DC
Amount of Turn Start to turn L on 2
Rise and Fall Up on 2
CBM **2**
Sway St
Rhythm Q

Step 3
Position of Feet RF to side and slightly back
Footwork T
Alignment Backing DW
Amount of Turn 1/4 between 2 and 3
Rise and Fall Up on 3
CBM
Sway L
Rhythm Q

Step 4
Position of Feet LF back in CBMP
Footwork T
Alignment Backing LOD
Amount of Turn 1/8 between 3 and 4
Rise and Fall Up on 4
CBM
Sway L
Rhythm Q

Step 5
Position of Feet RF back
Footwork T
Alignment Backing LOD
Amount of Turn Continue to turn L on 5
Rise and Fall Up on 5
CBM **5**
Sway St
Rhythm Q

Step 6
Position of Feet LF to side and slightly fwd
Footwork T

\$7. WEAVE FROM PP (AFTER OPEN IMPETUS)

#f07

+f:070

Alignment Pointing DW
Amount of Turn 3/8 between 5 and 6, body turns less
Rise and Fall Up on 6
CBM
Sway R
Rhythm Q

Step 7
Position of Feet RF fwd in CBMP OP
Footwork TH
Alignment Facing DW
Amount of Turn No turn on 6
Rise and Fall Up on 7. Lower e/o 7
CBM
Sway R
Rhythm Q

LADY

Step 1
Position of Feet LF fwd and across in CBMP and PP
Footwork HT
Alignment Moving DC, pointing Centre
Amount of Turn Start to turn L on 1
Rise and Fall Rise e/o 1
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF to side and slightly back
Footwork T
Alignment Backing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Up on 2
CBM
Sway St
Rhythm Q

Step 3
Position of Feet LF to side and slightly fwd
Footwork T
Alignment Pointing LOD
Amount of Turn 3/8 between 2 and 3, body turns less
Rise and Fall Up on 3
CBM
Sway R
Rhythm Q

Step 4
Position of Feet RF fwd in CBMP OP
Footwork T
Alignment Facing LOD
Amount of Turn No turn on 4
Rise and Fall Up on 4
CBM
Sway R
Rhythm Q

Step 5
Position of Feet LF fwd

Footwork T
Alignment Facing LOD
Amount of Turn Continue to turn L on 5
Rise and Fall Up on 5
CBM 5
Sway St
Rhythm Q

Step 6
Position of Feet RF to side
Footwork TH
Alignment Backing Wall
Amount of Turn 1/4 between 5 and 6
Rise and Fall Up on 6
CBM
Sway L
Rhythm Q

Step 7
Position of Feet LF back in CBMP
Footwork TH
Alignment Backing DW
Amount of Turn 1/8 between 6 and 7, body turns less
Rise and Fall Up on 7 NFR. Lower e/o 7
CBM
Sway L
Rhythm Q

^s#⁺ + 8. TOP SPIN**MAN****Step 1****Position of Feet** LF back in CBMP**Footwork** T**Alignment** Backing against LOD**Amount of Turn** Continue to turn L from preceding step, 1/8 to L on 1**Rise and Fall** Up from preceding step. Up on 1**CBM****Sway** St**Rhythm** Q**Step 2****Position of Feet** RF back**Footwork** T**Alignment** Backing DW against LOD**Amount of Turn** 1/8 between 1 and 2**Rise and Fall** Up on 2**CBM** **2****Sway** St**Rhythm** Q**Step 3****Position of Feet** LF to side and slightly fwd**Footwork** T**Alignment** Pointing DC of new LOD**Amount of Turn** 1/4 between 2 and 3, body turns less**Rise and Fall** Up on 3**CBM****Sway** R**Rhythm** Q**Step 4****Position of Feet** RF fwd in CBMP OP**Footwork** TH**Alignment** Facing DC**Amount of Turn** No turn on 4**Rise and Fall** Up on 4. Lower e/o 4**CBM****Sway** R**Rhythm** Q**LADY****Step 1****Position of Feet** RF fwd in CBMP OP**Footwork** T**Alignment** Facing against LOD**Amount of Turn** Continue to turn L from preceding step, 1/8 to L on 1**Rise and Fall** Up from preceding step. Up on 1**CBM****Sway** St**Rhythm** Q**Step 2****Position of Feet** LF fwd**^s8. TOP SPIN AT A CORNER (DANCED AFTER A FEATHER FINISH)**

#f08

+f:080

Footwork T
Alignment Facing DW against LOD
Amount of Turn 1/8 between 1 and 2
Rise and Fall Up on 2
CBM 2
Sway St
Rhythm Q

Step 3
Position of Feet RF to side
Footwork TH
Alignment Backing new LOD
Amount of Turn 1/8 between 2 and 3
Rise and Fall Up on 3
CBM
Sway L
Rhythm Q

Step 4
Position of Feet LF back in CBMP
Footwork TH
Alignment Backing DC of new LOD
Amount of Turn 1/8 between 3 and 4, body turns less
Rise and Fall Up on 4 NFR. Lower e/o 4
CBM
Sway L
Rhythm Q

\$ # + 9. HOVER CROSS**MAN****Step 1****Position of Feet** RF fwd**Footwork** HT**Alignment** Facing DW**Amount of Turn** Start to turn R on 1**Rise and Fall** Rise e/o 1**CBM** 1**Sway** St**Rhythm** S**Step 2****Position of Feet** LF to side**Footwork** T**Alignment** Backing DC**Amount of Turn** 1/4 between 1 and 2**Rise and Fall** Up on 2**CBM****Sway** R**Rhythm** Q**Step 3****Position of Feet** RF to side**Footwork** T**Alignment** Pointing DW of new LOD**Amount of Turn** 1/2 between 2 and 3, body turns less**Rise and Fall** Up on 3**CBM****Sway** St**Rhythm** Q**Step 4****Position of Feet** LF fwd in CBMP OP on partner's L side**Footwork** T**Alignment** Facing DW of new LOD**Amount of Turn** No turn on 4**Rise and Fall** Up on 4**CBM****Sway** L**Rhythm** Q**Step 5****Position of Feet** Transfer weight back to RF in CBMP**Footwork** T**Alignment** Backing DC against LOD**Amount of Turn** Start to turn L on 5**Rise and Fall** Up on 5**CBM** 5**Sway** St**Rhythm** Q**Step 6****Position of Feet** LF to side and slightly fwd**Footwork** T**\$9. HOVER CROSS**

#f09

+f:090

Alignment Pointing DC
Amount of Turn 1/4 between 5 and 6, body turns less
Rise and Fall Up on 6
CBM
Sway R
Rhythm Q

Step 7
Position of Feet RF fwd in CBMP OP
Footwork TH
Alignment Facing DC
Amount of Turn No turn on 7
Rise and Fall Up on 7. Lower e/o 7
CBM
Sway R
Rhythm Q

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DW
Amount of Turn Start to turn R on 1
Rise and Fall Rise slightly e/o 1 NFR
CBM 1
Sway St
Rhythm S

Step 2
Position of Feet RF closes to LF (H Turn)
Footwork HT
Alignment Facing LOD
Amount of Turn 3/8 between 1 and 2
Rise and Fall Continue to rise on 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF to side
Footwork T
Alignment Backing new LOD
Amount of Turn 1/4 between 2 and 3
Rise and Fall Up on 3
CBM
Sway St
Rhythm Q

Step 4
Position of Feet RF back in CBMP
Footwork T
Alignment Backing DW of new LOD
Amount of Turn 1/8 between 3 and 4, body turns less
Rise and Fall Up on 4
CBM
Sway R
Rhythm Q

Step 5
Position of Feet Transfer weight fwd to LF in CBMP OP on partner's L side
Footwork T

Alignment Facing DC against LOD
Amount of Turn Start to turn L on 5
Rise and Fall Up on 5
CBM 5
Sway St
Rhythm Q

Step 6
Position of Feet RF to side
Footwork TH
Alignment Backing LOD
Amount of Turn 1/8 between 5 and 6
Rise and Fall Up on 6
CBM
Sway L
Rhythm Q

Step 7
Position of Feet LF back in CBMP
Footwork TH
Alignment Backing DC
Amount of Turn 1/8 between 6 and 7, body turns less
Rise and Fall Up on 7 NFR. Lower e/o 7
CBM
Sway L
Rhythm Q

^s_#⁺ 10. OPEN IMPETUS TURN**MAN**

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Down on 1
CBM **1**
Sway St
Rhythm S

Step 2
Position of Feet RF closes to LF (H Turn)
Footwork HT
Alignment Facing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway L
Rhythm Q

Step 3
Position of Feet LF diag fwd L shoulder leading in PP
Footwork TH
Alignment Pointing DC, body facing LOD
Amount of Turn Slight body turn to R on 3
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway St
Rhythm Q

LADY

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Down on 1
CBM **1**
Sway St
Rhythm S

Step 2
Position of Feet LF to side
Footwork T
Alignment Backing DC
Amount of Turn 3/8 between 1 and 2
Rise and Fall Down on 2. Rise e/o 2
CBM
Sway R
Rhythm Q

Step 3
Position of Feet RF to side in PP having brushed to LF

^s10. OPEN IMPETUS TURN

_#f10

⁺f:100

Footwork TH
Alignment Moving DC, pointing to Centre
Amount of Turn 3/8 between 2 and 3, body turns less
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway St
Rhythm Q

++ \$ # # VIENNESE WALTZ. HISTORIC REVIEW

The "Flecker" is one of the moves of the Viennese waltz that is performed at dancing competitions. It is a very ancient move that originated from the primitive folk dances of Austria and Germany. For several centuries pairs have danced, spinning round on the same spot while holding each other very closely.

At the end of the 18th and the beginning of the 19th centuries these dances shifted to towns and cities. Instead of being performed in country yards and taverns they were now danced in the great dancing halls of Vienna. Hopping and stamping was transformed into smooth gliding over spacious and polished floors. The tempo of the music was increased to 60-70 beats per minute (nowadays 60 beats per minute is usual).

The music of the Viennese Waltz is elegant and full of passion. The dance is beautiful and it is a real pleasure to watch the dancing pairs. The creators of these fascinating melodies were Strauss, father and son, Legar, Waldteifel and other great composers including: Schubert, Chopin, Berlios, Tchaikovsky, Sibelius, Weber, Ravel.

h:050

\$VIENNESE WALTZ. HISTORIC REVIEW

#vw_hist

++ \$ # VIENNESE WALTZ. CHOREOGRAPHY

NATURAL TURN

PRECEDE

LF Closed Change fwd

Natural Turn

Steps 1-3 Rev Turn, following RF Closed Change bwd, steps 4-6 Nat Turn

FOLLOW

RF Closed Change fwd

Natural Turn

Steps 1-3 Nat Turn, following LF Closed Change bwd, steps 4-6 Rev Turn

2. RF CLOSED CHANGE

PRECEDE

Natural Turn

FOLLOW

Reverse Turn

3. LF CLOSED CHANGE

PRECEDE

Reverse Turn

FOLLOW

Natural Turn

4. REVERSE TURN

PRECEDE

RF Closed Change fwd

Reverse Turn

Steps 1-3 Nat Turn, following LF Closed Change bwd, steps 4-6 Rev Turn

FOLLOW

LF Closed Change fwd

Reverse Turn

Steps 1-3 Rev Turn, following RF Closed Change bwd, steps 4-6 Nat Turn

⁺var:050

\$VIENNESE WALTZ. CHOREOGRAPHY

#vw_var

^s_#⁺ NORMAL HOLD**POISE****Man**

Stand naturally with your knees slightly flexed. Lean your body slightly forward from the waist, keeping your shoulders relaxed and at their normal level without straining across your chest. The feet are flat on the floor with all the body weight on the balls of the feet.

Lady

The balance will be the same as that described for the man, except that the lady's body will lean slightly backward from the waist. This backward lean should not be over-emphasised.

HOLD**Man**

Stand facing the lady as described in "POISE". The lady stands to the man's right. Place the right hand on the lady's back slightly below her left shoulder - the fingers should be held together. The upper part of the right arm, from the shoulder to the elbow, should slant downwards and the lower arm, from the elbow to the palm, should be held parallel with the floor.

The left hand holds the lady's hand so that her fingers are placed between his thumb and forefinger. The man covers the lady's fingers on the right side. The left palm should not be folded inwards, there should be a straight line running from the elbow to the palm. The palm should be angled diagonally to the floor. The upper part of the right arm should slant downwards, with the arm bent at the elbow. From the elbow to the palm, the arm slants upward. The hand is held at the same level as the left ear, with the lower arm, from the elbow to the palm, being angled outwards.

Lady

The left hand rests lightly on the man's right hand. The fingers of the left hand are held grouped together below his right shoulder (depending on the height of the man).

The right arm slants downwards from the shoulder to the elbow and then upwards from the elbow to the man's left hand. The lady's fingers are held by the man between his thumb and forefinger.

^sNORMAL HOLD_#vw00⁺vw:000

\$ # + 1. NATURAL TURN**MAN****Step 1****Position of Feet** RF fwd**Footwork** HT**Alignment** Start facing DC, facing LOD**Amount of Turn** Start to turn R on 1**Rise and Fall** Slight lower e/o 1**CBM****Sway** L**Rhythm** 1**Step 2****Position of Feet** LF to side**Footwork** T**Alignment** Backing DC**Amount of Turn** 1/4 between 1 and 2**Rise and Fall** Full lower. Start to rise on 2**CBM****Sway** St**Rhythm** 2**Step 3****Position of Feet** RF closed to LF**Footwork** TH**Alignment** Backing DC**Amount of Turn** 1/8 between 2 and 3**Rise and Fall** Continue to rise on 3. Lower e/o 3**CBM****Sway** R**Rhythm** 3**Step 4****Position of Feet** LF back and slightly to side**Footwork** T flat**Alignment** Backing LOD**Amount of Turn** 1/8 between 3 and 4**Rise and Fall** Slight lower on 4**CBM****Sway** R**Rhythm** 1**Step 5****Position of Feet** RF to side**Footwork** T**Alignment** Pointing DC**Amount of Turn** 3/8 between 4 and 5, body turns less**Rise and Fall** Full lower and start to rise on 5**CBM****Sway** St**Rhythm** 2**Step 6****Position of Feet** LF closed to RF**Footwork** FT flat**\$1. NATURAL TURN**

#vw01

+vw:010

Alignment Facing DC
Amount of Turn Body completes turn on 6
Rise and Fall Continue to rise on 6. Lower e/o 6
CBM
Sway L
Rhythm 3

LADY

Step 1
Position of Feet LF back and slight to side
Footwork TH
Alignment Start backing DC, backing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Slight lower e/o 1
CBM
Sway R
Rhythm 1

Step 2
Position of Feet RF to side
Footwork T
Alignment Pointing DC
Amount of Turn 3/8 between 1 and 2, body turns less
Rise and Fall Full lower and start to rise on 2
CBM
Sway St
Rhythm 2

Step 3
Position of Feet LF closed to RF
Footwork TH
Alignment Facing DC
Amount of Turn Body completes turn on 3
Rise and Fall Continue to rise on 3. Lower e/o 3
CBM
Sway L
Rhythm 3

Step 4
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn 1/8 between 3 and 4
Rise and Fall Slight lower on 4
CBM
Sway L
Rhythm 1

Step 5
Position of Feet LF to side
Footwork T
Alignment Backing Centre
Amount of Turn 1/4 between 4 and 5
Rise and Fall Full lower and start to rise on 5
CBM
Sway St
Rhythm 2

Step 6
Position of Feet RF closed to LF
Footwork TH

Alignment Backing DC
Amount of Turn 1/8 between 5 and 6
Rise and Fall Continue to rise on 6. Lower e/o 6
CBM
Sway R
Rhythm 3

^s§[#]#⁺+ **2. RF CLOSED CHANGE**

Note: Man or Lady can dance Closed Change forward or backward.

MAN

Step 1
Position of Feet RF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet LF fwd to arc
Footwork T
Alignment On alignment to step 3
Amount of Turn 1/8 between 1 and 3
Rise and Fall Up on 2
CBM
Sway R
Rhythm 2

Step 3
Position of Feet RF closed to LF
Footwork TH
Alignment Facing LOD
Amount of Turn No turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway R
Rhythm 3

LADY

Step 1
Position of Feet LF back
Footwork TH
Alignment Backing DC
Amount of Turn Start to turn R on 1
Rise and Fall Start to rise e/o 1 NFR
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet RF back to arc
Footwork T
Alignment On alignment to step 3
Amount of Turn 1/8 between 1 and 3
Rise and Fall Up on 2
CBM
Sway L
Rhythm 2

Step 3

^s2. RF CLOSED CHANGE

#vw02

+vw:020

Position of Feet LF closed to RF
Footwork TH
Alignment Backing LOD
Amount of Turn No turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway L
Rhythm 3

^s_§ [#]_# ⁺₊ **3. LF CLOSED CHANGE**

Note: Man or Lady can dance Closed Change forward or backward.

MAN

Step 1
Position of Feet LF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet RF fwd to arc
Footwork T
Alignment On alignment to step 3
Amount of Turn 1/8 between 1 and 3
Rise and Fall Up on 2
CBM
Sway L
Rhythm 2

Step 3
Position of Feet LF closed to RF
Footwork TH
Alignment Facing DC
Amount of Turn No turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway L
Rhythm 3

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing LOD
Amount of Turn Start to turn L on 1
Rise and Fall Start to rise e/o 1
CBM 1
Sway St
Rhythm 1

Step 2
Position of Feet LF back to arc
Footwork T
Alignment On alignment to step 3
Amount of Turn 1/8 between 1 and 3
Rise and Fall Up on 2
CBM
Sway R
Rhythm 2

Step 3

^s₃. LF CLOSED CHANGE

[#]_{vw}03

⁺_{vw}:030

Position of Feet RF closed to LF
Footwork TH
Alignment Backing DC
Amount of Turn No turn
Rise and Fall Up on 3. Lower e/o 3
CBM
Sway R
Rhythm 3

§ # # + 4. REVERSE TURN

MAN

Step 1

Position of Feet LF fwd

Footwork HT

Alignment Facing LOD

Amount of Turn Start to turn L on 1

Rise and Fall Start to rise e/o 1

CBM 1

Sway St

Rhythm 1

Step 2

Position of Feet RF to side and slightly back

Footwork T

Alignment Backing Wall

Amount of Turn 1/4 between 1 and 2

Rise and Fall Up on 2

CBM

Sway L

Rhythm 2

Step 3

Position of Feet LF crossed to RF

Footwork TH

Alignment Backing LOD

Amount of Turn 1/4 between 2 and 3

Rise and Fall Up on 3. Lower e/o 3

CBM

Sway L

Rhythm 3

Step 4

Position of Feet RF back and slightly to side

Footwork TH

Alignment Backing LOD

Amount of Turn Start to turn L on 1

Rise and Fall Rise e/o 4, NFR

CBM 4

Sway St

Rhythm 1

Step 5

Position of Feet LF to side

Footwork T

Alignment Pointing between DW and LOD

Amount of Turn 3/8 between 4 and 5, body turns less

Rise and Fall Continue to rise on 5

CBM

Sway R

Rhythm 2

Step 6

Position of Feet RF closed to LF

§4. REVERSE TURN

#vw04

+vw:040

Footwork T flat
Alignment Facing LOD
Amount of Turn Body completes turn on 6
Rise and Fall Continue to rise on 6 Lower e/o 6
CBM
Sway St
Rhythm 3

LADY

Step 1
Position of Feet RF back
Footwork TH
Alignment Backing LOD
Amount of Turn Start to turn L on 1
Rise and Fall Lower e/o 1
CBM 1
Sway R
Rhythm 1

Step 2
Position of Feet LF to side
Footwork T
Alignment Pointing to DW
Amount of Turn 3/8 between 1 and 2, body turns less
Rise and Fall Start to rise on 2
CBM
Sway R
Rhythm 2

Step 3
Position of Feet RF closed to LF
Footwork TH
Alignment Facing LOD
Amount of Turn Body turns on 3
Rise and Fall Continue to rise on 3. Lower e/o 3
CBM
Sway St
Rhythm 3

Step 4
Position of Feet LF fwd
Footwork HT
Alignment Facing LOD
Amount of Turn Continue to turn L on 4
Rise and Fall Down on 4
CBM 4
Sway L
Rhythm 1

Step 5
Position of Feet RF to side
Footwork T
Alignment Backing Wall
Amount of Turn 1/4 between 4 and 5
Rise and Fall Continue to rise on 5
CBM
Sway L
Rhythm 2

Step 6
Position of Feet LF crossed to RF

Footwork TH
Alignment Backing LOD
Amount of Turn 1/4 between 5 and 6
Rise and Fall Continue to rise on 6 Lower e/o 6
CBM
Sway St
Rhythm 3

⁺+ \$§ ## PASO DOBLE. HISTORIC REVIEW

This dance is a stylisation of the main movements performed by a toreador in the bull-fighting arena. Every move has a name: veronica, cloak, ronda, cross turn. The character of the Paso Doble requires brisk but clear movements and slowness and lifelessness do not bring out the essence of the dance.

⁺h:060
\$PASO DOBLE. HISTORIC REVIEW

#p_hist

++ \$ # # PASO DOBLE. CHOREOGRAPHY**SUR PLACE****PRECEDE and FOLLOW with most syllabus figures****SEPARATION****PRECEDE**Sur PlaceSeparation**FOLLOW**Sur PlaceSeparationSyncopated Separation**FALLAWAY ENDING TO SEPARATION****PRECEDE**Separation**FOLLOW**Sur PlaceFallaway ReverseCoupe de Pique**FALLAWAY REVERSE****PRECEDE**From facing DC: Sur PlaceFrom facing centre: Coupe de Pique, Fallaway Ending to Separation**FOLLOW**Sur Place**SYNCOPATED SEPARATION****PRECEDE**Sur PlaceSeparation**FOLLOW**

Left foot Variation

Sur Place LF, count 1, followed by steps 1-4 of the Coup de Pique, count 2. 3. 4. 5., then Sur Place LF, count 6 (Lady normal opposite).Omit step 23 and hesitate with weight on LF for 1 beat, then continue with Sur Place commenced with RF on count 1 (Lady normal opposite)**THE TWISTS****PRECEDE**Sur Place**FOLLOW**

Left foot Variation

Sur Place LF then 1-4 Coup de Pique**COUP DE PIQUE****PRECEDE**Sur Place**FOLLOW**Sur PlaceFallaway Ending to Separation⁺var:060

\$PASO DOBLE. CHOREOGRAPHY

p_var

THE CHASSE CAPE**PRECEDE**Sur Place**FOLLOW**Fallaway Reverse**TRAVELLING SPINS FROM CPP****PRECEDE**Sur Place**FOLLOW**The TwistsThe Chasse Cape

^s_#⁺ HOLD AND USE OF ARMS

Stand facing partner, head erect and body upright, with light body contact when in Close Facing Position and about six inches apart when in Closed Facing Position. The Man should place his right hand on the Lady's left shoulder blade, the Lady resting her left arm lightly on his right arm following the curve of his arm to the shoulder.

The Lady should place the fingers of the right hand between the Man's thumb and first finger and the hands should be lightly clasped. The joined hands (Man's left and Lady's right) are raised to eye-level with the arms gently curved.

When in Promenade or Counter Promenade Position the hold is widened until the couple are about nine to twelve inches apart. If it is not practical for the Man to retain hold with his right hand on the Lady's back he may slip his right hand to the top of her left arm.

In Promenade Position the joined hands (Man's left and Lady's right) are usually lowered to about chest level with the arms gently curved, while in Counter Promenade Position they are usually raised to just above the level of the head with the arms gently curved.

Always remember the Paso Doble depicts the bull fight, with the Man as the matador and the Lady as the cape, therefore a proud stance should be maintained throughout.

^sHOLD AND USE OF ARMS

_#p00

⁺p:000

^s[#]⁺ 1. SUR PLACE

A series of steps danced in Close (or Closed) Facing Position on the ball of the feet, replacing the weight from one foot to the other. The heels may be lightly lowered. The knees are very slightly flexed. No turn or a gradual turn to right or left may be used. In 2/4 time one step is danced to each beat of music.

Lady dances the normal opposite.

^s1. SUR PLACE**[#]p01****⁺p:010**

^s\$ #⁺#⁺ 2. APPEL

This is a step in place danced on either foot with a strong lowering action and the foot flat. It is a firm step and is used to commence a number of figures.

When commenced in Close Facing Position as a preparation to a step in Promenade Position it will be taken slightly back. A slight body turn to left for the Man, and to right for the Lady may be used on the Appel preceding Promenade Position.

On step 1 of the Open Telemark and the Fallaway Reverse, the Man will dance the Appel with his RF slightly back (Lady's LF slightly forward). This is known as the "Slip Appel".

^s 2. APPEL

#p02

+p:020

\$ # + 3. SEPARATION

MAN

Commence facing LOD in Close (or Closed) Facing Position, weight on LF

Step	1
Feet Positions	Appel on <u>RF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	1
Timing	1
Step	2
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	2
Timing	2
Step	3
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	3
Timing	1
Step	4
Feet Positions	Sur Place <u>LF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	4
Timing	2
Step	5-8
Feet Positions	4 Sur Place <u>R.L.R.L.</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	5-8
Timing	1. 2. 1. 2.

End in Close (or Closed) Facing Position.

Footwork

1. WF 2. HF 3. B. 4. B. 5. B. 6. B. 7: B. 8. BF

Lead

Commence to lead Lady to move away on step 2 by lowering L arm. Now release hold with R hand and continue to lead Lady away on step 3. Lead Lady forward on steps 5-8 by gradually returning L arm to normal position, regaining hold with R hand on step 8.

LADY

Commence backing LOD in Close (or Closed) Facing Position, weight on RF

Step	1
Feet Positions	Appel on <u>LF</u>
Suggested Alignment	Backing <u>LOD</u>

\$ 3. SEPARATION

#p03

+p:030

Amount of turn	Nil
Count	1
Timing	1
Step	2
Feet Positions	<u>RF</u> back
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	Nil
Count	2
Timing	2
Step	3
Feet Positions	<u>LF</u> back
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	Nil
Count	3
Timing	1
Step	4
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	Nil
Count	4
Timing	2
Step	5-8
Feet Positions	4 Basic Movements forward <u>L</u> . <u>R</u> . <u>L</u> . <u>R</u> .
Suggested Alignment	Facing against <u>LOD</u>
Amount of turn	Nil
Count	5-8
Timing	1. 2. 1. 2.

End in Close (or Closed) Facing Position.

Footwork

1. WF 2. BF 3. B 4. B 5. B 6. B 7. B 8. BF

^s_#⁺ 4. FALLAWAY ENDING TO SEPARATION

MAN

Commence facing LOD and precede this figure with the Separation, leading Lady forward to right side over steps 5-8 and regaining hold with R hand. Weight on LF

Step	1
Feet Positions	<u>RF</u> forward <u>OP</u>
Suggested Alignment	Facing wall
Amount of turn	1/4 to <u>R</u> on 1.
Count	1
Timing	1
Step	2
Feet Positions	<u>LF</u> forward <u>OP</u>
Suggested Alignment	Facing against <u>LOD</u>
Amount of turn	1/4 to <u>R</u> between 1 and 2
Count	2
Timing	2
Step	3
Feet Positions	<u>RF</u> back and slightly to side in Fallaway
Suggested Alignment	Moving down <u>LOD</u> backing <u>DW</u>
Amount of turn	1/8 between 2 and 3
Count	3
Timing	1
Step	4
Feet Positions	<u>LF</u> back in Fallaway and <u>CBMP</u>
Suggested Alignment	Moving down <u>LOD</u> backing <u>DW</u>
Amount of turn	Nil
Count	4
Timing	2
Step	5
Feet Positions	<u>RF</u> to side
Suggested Alignment	Facing centre
Amount of turn	1/8 to <u>R</u> between 4 and 5
Count	5
Timing	1
Step	6
Feet Positions	<u>LF</u> closes to <u>RF</u>
Suggested Alignment	Facing centre
Amount of turn	Nil
Count	6
Timing	2
Step	7
Feet Positions	<u>RF</u> to side
Suggested Alignment	Facing centre
Amount of turn	Nil
Count	7
Timing	1
Step	8

^s4. FALLAWAY ENDING TO SEPARATION

[#]p04

⁺p:040

Feet Positions	<u>LF</u> closes to <u>RF</u>
Suggested Alignment	Facing centre
Amount of turn	Nil
Count	8
Timing	2

End in Close (or Closed) Facing Position.

Footwork

1. 2. HF or BF 3. 4. BF 5. B. or BF 6. B. or BF 7. B. or BF, 8. B. or BF

LADY

Commence facing against LOD and precede this figure with the Separation, moving to Man's R side over steps 5-8 and regaining hold with L hand. Weight on RF

Step	1
Feet Positions	<u>LF</u> forward <u>OP</u>
Suggested Alignment	Facing centre
Amount of turn	1/4 to <u>R</u> on 1.
Count	1
Timing	1
Step	2
Feet Positions	<u>RF</u> forward <u>OP</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	1/4 to <u>R</u> between 1 and 2
Count	2
Timing	2
Step	3
Feet Positions	<u>LF</u> back and slightly to side in Fallaway
Suggested Alignment	Moving down <u>LOD</u> backing <u>DC</u>
Amount of turn	3/8 between 2 and 3
Count	3
Timing	1
Step	4
Feet Positions	<u>RF</u> back in Fallaway and <u>CBMP</u>
Suggested Alignment	Moving down <u>LOD</u> backing <u>DC</u>
Amount of turn	Nil
Count	4
Timing	2
Step	5
Feet Positions	<u>LF</u> to side
Suggested Alignment	Backing centre
Amount of turn	1/8 to <u>L</u> between 4 and 5
Count	5
Timing	1
Step	6
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Backing centre
Amount of turn	Nil
Count	6
Timing	2
Step	7
Feet Positions	<u>LF</u> to side
Suggested Alignment	Backing centre
Amount of turn	Nil

Count	7
Timing	1
Step	8
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Backing centre
Amount of turn	Nil
Count	8
Timing	2

End in Close (or Closed) Facing Position.

Footwork

1. 2. HF or BF 3. 4. BF 5. B. or BF 6. B. or BF 7. B. or BF, 8. B. or BF

\$ # + 5. FALLAWAY REVERSE

MAN

Commence facing DC in Close (or Closed) Facing Position, weight on LF

Step	1
Feet Positions	Slip Appel <u>RF</u>
Suggested Alignment	Backing wall
Amount of turn	1/8 to <u>L</u> .
Count	1
Timing	1
Step	2
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing centre
Amount of turn	Continuing to turn <u>L</u> .
Count	2
Timing	2
Step	3
Feet Positions	<u>RF</u> to side and slightly back
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	1/4 between 2 and 3
Count	3
Timing	1
Step	4
Feet Positions	<u>LF</u> back in <u>CBMP</u> and Fallaway
Suggested Alignment	Backing between <u>DC</u> and centre
Amount of turn	Just over 1/8 between 3 and 4
Count	4
Timing	2
Step	5
Feet Positions	<u>RF</u> back
Suggested Alignment	Backing centre
Amount of turn	Just under 1/8 between 4 and 5
Count	5
Timing	1
Step	6
Feet Positions	Replace weight forward to <u>LF</u>
Suggested Alignment	Facing <u>DW</u>
Amount of turn	1/8 between 5 and 6
Count	6
Timing	2
Step	7
Feet Positions	<u>RF</u> to side
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	1/8 between 6 and 7
Count	7
Timing	1
Step	8
Feet Positions	<u>LF</u> closes to <u>RF</u>

\$ 5. FALLAWAY REVERSE

#p05

+p:050

Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	8
Timing	2

End in Close (or Closed) Facing Position.

Footwork

1. BF 2. HF 3. BF 4. BF 5. BF 6. HF 7. B or BF 8.

LADY

Commence backing DC in Close (or Closed) Facing Position, weight on RF

Step	1
Feet Positions	Slip Appel <u>LF</u>
Suggested Alignment	Facing wall
Amount of turn	1/8 to <u>L</u> .
Count	1
Timing	1

Step	2
Feet Positions	<u>RF</u> back
Suggested Alignment	Backing centre
Amount of turn	Continuing to turn to <u>L</u> .
Count	2
Timing	2

Step	3
Feet Positions	<u>LF</u> to side and slightly forward
Suggested Alignment	Almost pointing <u>LOD</u>
Amount of turn	Just under a 1/4 between 2 and 3, body turns less
Count	3
Timing	1

Step	4
Feet Positions	<u>RF</u> back in <u>CBMP</u> and Fallaway
Suggested Alignment	Moving between centre and <u>DC</u> , backing between centre and <u>DC</u> against <u>LOD</u>
Amount of turn	Just under a 1/4 to <u>R</u> between 3 and 4
Count	4
Timing	2

Step	5
Feet Positions	Pivot on <u>RF</u> then <u>LF</u> forward in <u>CBMP</u>
Suggested Alignment	Facing centre
Amount of turn	Just under 1/2 to <u>L</u> on 5
Count	5
Timing	1

Step	6
Feet Positions	<u>RF</u> back and slightly rightwards
Suggested Alignment	Backing <u>DW</u>
Amount of turn	1/8 between 5 and 6
Count	6
Timing	2

Step	7
Feet Positions	<u>LF</u> to side
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	1/8 between 6 and 7
Count	7
Timing	1

Step	8
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	Nil
Count	8
Timing	2

End in Close (or Closed) Facing Position.

Footwork

1. BF 2. BF: 3. BF 4. BF 5. B. (RF) BF (LF) 6. BF 7. B. or BF 8. B. or BF

\$ # + 6. SYNCOPATED SEPARATION

MAN

Commence facing LOD in Close (or Closed) Facing Position, weight on LF

Step 1-4
Feet Positions 1-4 of Separation retaining hold with arms extended (R.L.R.L.)
Suggested Alignment Facing LOD
Amount of turn Nil
Count 1. 2. 3. 4
Timing 1. 2. 1. 2.
Beat Value 1. 1. 1. 1.

Step 5
Feet Positions RF crosses loosely behind LF
Suggested Alignment Backing against LOD
Amount of turn Nil
Count 5
Timing 1
Beat Value 1

Step 6
Feet Positions LF crosses loosely behind RF
Suggested Alignment Backing against LOD
Amount of turn Nil
Count 6
Timing 2
Beat Value 1

Step 7
Feet Positions RF crosses loosely behind LF
Suggested Alignment Backing against LOD
Amount of turn Nil
Count 7
Timing 1
Beat Value 1

Step 8
Feet Positions LF crosses loosely behind RF
Suggested Alignment Backing against LOD
Amount of turn Nil
Count 8
Timing 2
Beat Value 3/4

Step 9
Feet Positions RF closes to LF
Suggested Alignment Backing against LOD
Amount of turn Nil
Count a
Timing a
Beat Value 1/4

Step 10
Feet Positions LF points to side without weight, R knee flexed
Suggested Alignment Backing against LOD

\$ 6. SYNCOPATED SEPARATION

#p06

+p:060

Amount of turn	Nil	
Count	1	
Timing	1	
Beat Value		3/4
Step	11	
Feet Positions	<u>LF</u> closes to <u>RF</u>	
Suggested Alignment	Backing against <u>LOD</u>	
Amount of turn	Nil	
Count	a	
Timing	a	
Beat Value		1/4
Step	12	
Feet Positions	<u>RF</u> points to side without weight, <u>L</u> knee flexed	
Suggested Alignment	Backing against <u>LOD</u>	
Amount of turn	Nil	
Count	2	
Timing	2	
Beat Value		1
Step	13	
Feet Positions	<u>RF</u> back in <u>CBMP</u> , <u>L</u> ady outside on <u>L</u> side	
Suggested Alignment	Against <u>LOD</u> toe pointing <u>DC</u>	
Amount of turn	1/8 to <u>L</u> between 12 and 13	
Count	3 (or Q)	
Timing	1	
Beat Value		1/2
Step	14	
Feet Positions	<u>LF</u> to side	
Suggested Alignment	Pointing <u>DC</u> against <u>LOD</u>	
Amount of turn	1/4 between 13 and 14, body turns less	
Count	& (or Q)	
Timing	&	
Beat Value		1/2
Step	15	
Feet Positions	<u>RF</u> crosses in front of <u>LF</u>	
Suggested Alignment	Facing <u>DC</u> against <u>LOD</u>	
Amount of turn	Body completes turn	
Count	4 (or S)	
Timing	2	
Beat Value		1
Step	16-19	
Feet Positions	Twist to the <u>L</u> allowing feet to uncross. End with <u>RF</u> back, weight on <u>RF</u>	
Suggested Alignment	End facing <u>DW</u>	
Amount of turn	1/2 over steps 16-19	
Count	5. 6. 7. 8	
Timing	1. 2. 1. 2	
Beat Value		4
Step	20	
Feet Positions	<u>LF</u> forward in line with partner	
Suggested Alignment	Facing <u>DW</u>	
Amount of turn	Continuing to turn <u>L</u> .	
Count	1	
Timing	1	
Beat Value		1

Step 21
Feet Positions RF to side
Suggested Alignment Facing LOD
Amount of turn 1/8 between 20 and 21
Count 2
Timing 2
Beat Value 1

Step 22
Feet Positions LF closes to RF
Suggested Alignment Facing LOD
Amount of turn Nil
Count 3
Timing 1
Beat Value 1

Step 23
Feet Positions Sur Place RF
Suggested Alignment Facing LOD
Amount of turn Nil
Count 4
Timing 2
Beat Value 1

End in Close (or Closed) Facing Position.

Footwork

1. WF 2. HF 3. B. 4. B. 5. B. 6. B. 7. B. 8. BF 9. WF 10. Inside edge of toe
 11. WF 12. Inside edge of toe. 13. BF 14. BF 15. BF 16-19. Pressure on balls
 of both feet, RF flat. 20. HF 21. 22. and 23. B. or BF

LADY

Commence backing LOD in Close (or Closed) Facing Position, weight on RF

Step 1-4
Feet Positions 1-4 of Separation retaining hold with arms extended (L.R.L.R.)
Suggested Alignment Backing LOD
Amount of turn Nil
Count 1. 2. 3. 4
Timing 1. 2. 1. 2
Beat Value 1. 1. 1. 1

Step 5
Feet Positions LF crosses loosely in front of RF
Suggested Alignment Facing against LOD
Amount of turn Nil
Count 5
Timing 1
Beat Value 1

Step 6
Feet Positions RF crosses loosely in front of LF
Suggested Alignment Facing against LOD
Amount of turn Nil
Count 6
Timing 2
Beat Value 2

Step 7
Feet Positions LF crosses loosely in front of RF
Suggested Alignment Facing against LOD

Amount of turn	Nil	
Count	7	
Timing	1	
Beat Value		1
Step	8	
Feet Positions	<u>RF</u> crosses loosely in front of <u>LF</u>	
Suggested Alignment	Facing against <u>LOD</u>	
Amount of turn	Nil	
Count	8	
Timing	2	
Beat Value		3/4
Step	9	
Feet Positions	<u>LF</u> closes to <u>RF</u>	
Suggested Alignment	Facing against <u>LOD</u>	
Amount of turn	Nil	
Count	a	
Timing	a	
Beat Value		1/4
Step	10	
Feet Positions	<u>RF</u> points to side without weight, <u>L</u> knee flexed	
Suggested Alignment	Facing against <u>LOD</u>	
Amount of turn	Nil	
Count	1	
Timing	1	
Beat Value		3/4
Step	11	
Feet Positions	<u>RF</u> closes to <u>LF</u>	
Suggested Alignment	Facing against <u>LOD</u>	
Amount of turn	Nil	
Count	a	
Timing	a	
Beat Value		1/4
Step	12	
Feet Positions	<u>LF</u> points to side without weight, <u>R</u> knee flexed	
Suggested Alignment	Facing against <u>LOD</u>	
Amount of turn	Nil	
Count	2	
Timing	2	
Beat Value		1
Step	13	
Feet Positions	<u>LF</u> forward and across in <u>CBMP</u> , <u>OP</u> on <u>L</u> side	
Suggested Alignment	Moving <u>DC</u> against <u>LOD</u> , toe pointing <u>DW</u> against <u>LOD</u>	
Amount of turn	1/8 to <u>L</u> , between 12 and 13	
Count	3 (or <u>Q</u>)	
Timing	1	
Beat Value		1/2
Step	14	
Feet Positions	<u>RF</u> to side	
Suggested Alignment	Backing centre	
Amount of turn	1/8 between 13 and 14	
Count	& (or <u>Q</u>)	
Timing	&	
Beat Value		1/2

Step	15
Feet Positions	<u>LF</u> back and slightly behind <u>RF</u>
Suggested Alignment	Backing <u>DC</u> against <u>LOD</u>
Amount of turn	1/8 between 14 and 15
Count	4 (or S)
Timing	2
Beat Value	1
Step	16
Feet Positions	<u>RF</u> to side and slightly forward in <u>PP</u>
Suggested Alignment	Facing <u>DW</u> against <u>LOD</u>
Amount of turn	1/4 to <u>R</u> between 15 and 16
Count	5
Timing	1
Beat Value	1
Step	17
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing wall
Amount of turn	Curving 1/8 to <u>L</u> between 16 and 17
Count	6
Timing	2
Beat Value	1
Step	18
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Curving 1/8 between 17 and 18
Count	7
Timing	1
Beat Value	1
Step	19
Feet Positions	<u>LF</u> forward then pivot to <u>L</u> .
Suggested Alignment	Facing <u>DC</u> , end backing <u>DW</u>
Amount of turn	Curving 1/4 between 18 and 19 then 1/4 on 19 (pivot)
Count	8
Timing	2
Beat Value	1
Step	20
Feet Positions	<u>RF</u> back
Suggested Alignment	Backing <u>DW</u>
Amount of turn	Continuing to turn <u>L</u> .
Count	1
Timing	1
Beat Value	1
Step	21
Feet Positions	<u>LF</u> to side
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	1/8 between 20 and 21
Count	2
Timing	2
Beat Value	1
Step	22
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	Nil
Count	3

Timing	1	
Beat Value		1
Step	23	
Feet Positions	Sur Place <u>LF</u>	
Suggested Alignment	Backing <u>LOD</u>	
Amount of turn	Nil	
Count	4	
Timing	2	
Beat Value		1

End in Close (or Closed) Facing Position.

Footwork

1. WF 2. BF 3. B. 4. B. 5. B. 6. B. 7. B. 8. BF 9. WF 10. Inside edge of toe. 11. WF 12. Inside edge of toe. 13. BF 14. BF 15. B. 16. B. 17. B. 18. B. 19. BF 20. BF 21. 22. and 23. B. or BF

\$ # + 7. THE TWISTS

MAN

Commence facing wall in Close (or Closed) Facing Position, weight on LF

Step	1	
Feet Positions	Appel on <u>RF</u>	
Suggested Alignment	Facing Wall	
Amount of turn	Nil, or slight body turn to <u>L</u>	
Count	1	
Timing	1	
Beat Value		1
Step	2	
Feet Positions	<u>LF</u> to side in <u>PP</u>	
Suggested Alignment	Moving along <u>LOD</u> facing <u>DW</u>	
Amount of turn	1/8 to <u>L</u> between 1 and 2	
Count	2	
Timing	2	
Beat Value		1
Step	3	
Feet Positions	<u>RF</u> forward and across in <u>PP</u> and <u>CBMP</u>	
Suggested Alignment	Moving along <u>LOD</u> facing <u>DW</u>	
Amount of turn	Commencing to turn <u>R</u>	
Count	3	
Timing	1	
Beat Value		1
Step	4	
Feet Positions	<u>LF</u> to side	
Suggested Alignment	Backing <u>DC</u>	
Amount of turn	1/4 to <u>R</u> between 3 and 4	
Count	4	
Timing	2	
Beat Value		1
Step	5	
Feet Positions	<u>RF</u> crosses behind <u>LF</u>	
Suggested Alignment	Backing <u>LOD</u>	
Amount of turn	1/8 between 4 and 5	
Count	5 (or Q)	
Timing	1	
Beat Value		1/2
Step	6	
Feet Positions	Twist to <u>R</u> with feet in place. End with weight on <u>LF</u> slightly back	
Suggested Alignment	End facing <u>DC</u>	
Amount of turn	3/8 between 5 and 6	
Count	and (or Q)	
Timing	and	
Beat Value		1/2
Step	7	
Feet Positions	<u>RF</u> forward <u>OP</u> on <u>R</u> side	
Suggested Alignment	Facing <u>LOD</u>	

\$ 7. THE TWISTS

#p07

+p:070

Amount of turn	1/8 between 6 and 7
Count	6 (or S)
Timing	2
Beat Value	1
Step	8
Feet Positions	<u>LF</u> to side
Suggested Alignment	Backing <u>DC</u>
Amount of turn	3/8 between 7 and 8
Count	7 (or S)
Timing	1
Beat Value	1
Step	9-12
Feet Positions	Repeat steps 5-8 (<u>R.L.R.L.</u>)
Suggested Alignment	As 5-8
Amount of turn	As 5-8
Count	8 and (or QQ) 1. 2 (or SS)
Timing	2 and 1. 2
Beat Value	1/2. 1/2 1. 1
Step	13-14
Feet Positions	Repeat steps 5 and 6 (<u>R.L.</u>)
Suggested Alignment	As 5 and 6
Amount of turn	As 5 and 6
Count	3 and (or QQ)
Timing	1 and
Beat Value	1/2. 1/2
Step	15
Feet Positions	<u>RF</u> closes to <u>LF</u>
Suggested Alignment	Facing <u>DC</u>
Amount of turn	Nil
Count	4 (or S)
Timing	2
Beat Value	1

End in Close (or Closed) Facing Position.

Footwork

1. WF 2. HF 3. HF 4. BF 5. B. 6. Pressure on balls of both feet, ending LF flat. 7. HF 8. BF 9. B. 10. Pressure on balls of both feet, ending LF flat. 11. HF 12. BF 13. B. 14. Pressure on balls of both feet, ending LF flat. 15 WF

Lead

On steps 5 and 6, 9 and 10 and 13 and 14 the Man will "whip" the Lady around to his R side leading mainly with his R hand. On steps 7 and 11 he will lead her to step back by extending both arms forward.

LADY

Commence backing wall in Close (or Closed) Facing Position, weight on RF

Step	1
Feet Positions	Appel on <u>LF</u>
Suggested Alignment	Backing Wall
Amount of turn	Nil, or slight body turn to <u>R</u>
Count	1
Timing	1
Beat Value	1
Step	2
Feet Positions	<u>RF</u> to side in <u>PP</u>

Suggested Alignment	Moving along <u>LOD</u> facing <u>DC</u>
Amount of turn	1/8 to <u>R</u> between 1 and 2
Count	2
Timing	2
Beat Value	1
Step	3
Feet Positions	<u>LF</u> forward and across in <u>PP</u> and <u>CBMP</u>
Suggested Alignment	Pointing <u>LOD</u>
Amount of turn	1/8 between 2 and 3 body turns less
Count	3
Timing	1
Beat Value	1
Step	4
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Body completes turn
Count	4
Timing	2
Beat Value	1
Step	5
Feet Positions	<u>LF</u> forward preparing to step <u>OP</u> on <u>R</u> side
Suggested Alignment	Facing <u>DW</u>
Amount of turn	1/8 between 4 and 5
Count	5 (or Q)
Timing	1
Beat Value	1/2
Step	6
Feet Positions	<u>RF</u> forward <u>OP</u> on <u>R</u> side
Suggested Alignment	Facing <u>DW</u> against <u>LOD</u>
Amount of turn	1/4 between 5 and 6
Count	and (or Q)
Timing	and
Beat Value	1/2
Step	7
Feet Positions	<u>LF</u> back
Suggested Alignment	Down <u>LOD</u> end backing <u>DW</u>
Amount of turn	1/4 between 6 and 7
Count	6 (or S)
Timing	2
Beat Value	1
Step	8
Feet Positions	<u>RF</u> closes to <u>LF</u> (Heel Turn)
Suggested Alignment	Facing <u>DC</u>
Amount of turn	1/4 between 7 and 8
Count	7 (or S)
Timing	1
Beat Value	1
Step	9-12
Feet Positions	Repeat steps 5-8 (<u>L.R.L.R.</u>)
Suggested Alignment	As 5-8
Amount of turn	1/4 between 8 and 9 then as 6-8
Count	8 and (or QQ) 1.2 (or SS)
Timing	2 and 1. 2
Beat Value	1/2. 1/2. 1. 1

Step 13-14
Feet Positions Repeat steps 5 and 6 (L.R.)
Suggested Alignment As 5 and 6
Amount of turn As 9 and 10
Count 3 and (or QQ)
Timing 1 and
Beat Value 1/2. 1/2

Step 15
Feet Positions LF almost closes to RF
Suggested Alignment Backing DC
Amount of turn Nil
Count 4 (or S)
Timing 2
Beat Value 1

End in Close (or Closed) Facing Position

Footwork

1. WF 2. HF 3. HF 4. HF 5. B. 6. RF 7. B.H. 8. H.B. 9. B. 10. BF 11. B.H. 12. H.B. 13. B. 14. BF 15. BF

\$ # + 8. COUP DE PIQUE**MAN**Commence facing centre in Close (or Closed) Facing Position, weight on LF

Step 1
Feet Positions Point RF forward and across in PP and CBMP, without weight, L knee flexed
Suggested Alignment Against LOD, facing DC against LOD
Amount of turn 1/8 to L on LF
Count 1
Timing 1
Beat Value 1

Step 2
Feet Positions RF closes to LF
Suggested Alignment Facing centre
Amount of turn 1/8 to R between 1 and 2
Count 2
Timing 2
Beat Value 1

Step 3
Feet Positions LF back in Fallaway and CBMP
Suggested Alignment Down LOD, backing DW
Amount of turn 1/8 to L between 2 and 3
Count 3
Timing 1
Beat Value 1

Step 4
Feet Positions RF closes to LF
Suggested Alignment Facing centre
Amount of turn 1/8 to R between 3 and 4
Count 4
Timing 2
Beat Value 1

Step 5
Feet Positions LF back in Fallaway and CBMP
Suggested Alignment Down LOD, backing DW
Amount of turn 1/8 to L between 4 and 5
Count 5
Timing 1
Beat Value 1

Step 6
Feet Positions RF to side
Suggested Alignment Facing centre
Amount of turn 1/8 to R between 5 and 6
Count 6
Timing 2
Beat Value 1/2

Step 7
Feet Positions LF closes to RF
Suggested Alignment Facing centre

\$8. COUP DE PIQUE

#p08

+p:080

Amount of turn	Nil	
Count	and	
Timing	and	
Beat Value		1/2

Step	8	
Feet Positions	<u>RF</u> to side	
Suggested Alignment	Facing centre	
Amount of turn	Nil	
Count	7	
Timing	1	
Beat Value		1

Step	9	
Feet Positions	<u>LF</u> closes to <u>RF</u>	
Suggested Alignment	Facing centre	
Amount of turn	Nil	
Count	8	
Timing	2	
Beat Value		1

End in Close (or Closed) Facing Position

Footwork

1. BF (LF), outside edge of toe (RF). 2. Toes of both feet. 3. Balls of both feet 4. Toes of both feet. 5. Balls of both feet. 6. B. 7. B. 8. B. or BF 9. B. or BF

Notes

- The Coup de Pique may be commenced in other alignments according to the preceding figure.
- Up to a 1/4 turn may be made on each step (1-6).
- Alternative methods of dancing the Coup de Pique :
 - Steps 1- 4 preceding the Left Foot Variation.
 - Steps 1- 4, then a LF Sur Place (counted "and") Repeat 1-4 of the Coup de Pique and follow with the Left Foot Variation.
 - After the Syncopated Separation or Twists dance a LF Sur Place followed by 1-4 of the Coup de Pique.

LADY

Commence facing wall in Close (or Closed) Facing Position, weight on RF

Step	1	
Feet Positions	Point <u>LF</u> forward and across in <u>PP</u> and <u>CBMP</u> , without weight, <u>R</u> knee flexed	
Suggested Alignment	Against <u>LOD</u> , facing <u>DW</u> against <u>LOD</u>	
Amount of turn	1/8 to <u>R</u> on <u>RF</u>	
Count	1	
Timing	1	
Beat Value		1

Step	2	
Feet Positions	<u>LF</u> closes to <u>RF</u>	
Suggested Alignment	Facing wall	
Amount of turn	1/8 to <u>L</u> between 1 and 2	
Count	2	
Timing	2	
Beat Value		1

Step	3	
Feet Positions	<u>RF</u> back in Fallaway and <u>CBMP</u>	
Suggested Alignment	Down <u>LOD</u> , backing <u>DC</u>	
Amount of turn	1/8 to <u>R</u> between 2 and 3	
Count	3	

Timing	1	
Beat Value		1
Step	4	
Feet Positions	<u>LF</u> closes to <u>RF</u>	
Suggested Alignment	Facing wall	
Amount of turn	1/8 to <u>L</u> between 3 and 4	
Count	4	
Timing	2	
Beat Value		1
Step	5	
Feet Positions	<u>RF</u> back in Fallaway and <u>CBMP</u>	
Suggested Alignment	Down <u>LOD</u> , backing <u>DC</u>	
Amount of turn	1/8 to <u>R</u> between 4 and 5	
Count	5	
Timing	1	
Beat Value		1
Step	6	
Feet Positions	<u>LF</u> to side	
Suggested Alignment	Facing wall	
Amount of turn	1/8 to <u>L</u> between 5 and 6	
Count	6	
Timing	2	
Beat Value		1/2
Step	7	
Feet Positions	<u>RF</u> closes to <u>LF</u>	
Suggested Alignment	Facing wall	
Amount of turn	Nil	
Count	and	
Timing	and	
Beat Value		1/2
Step	8	
Feet Positions	<u>LF</u> to side	
Suggested Alignment	Facing wall	
Amount of turn	Nil	
Count	7	
Timing	1	
Beat Value		1
Step	9	
Feet Positions	<u>RF</u> closes to <u>LF</u>	
Suggested Alignment	Facing wall	
Amount of turn	Nil	
Count	8	
Timing	2	
Beat Value		1

End in Close (or Closed) Facing Position

Footwork

1. BF (RF), outside edge of toe (LF). 2. Toes of both feet. 3. Balls of both feet 4. Toes of both feet. 5. Balls of both feet. 6. B. 7. B. 8. B. or BF 9. B. or BF

\$ # + 9. THE CHASSE CAPE

MAN

Commence facing wall in Close (or Closed) Facing Position, weight on LF

Step 1
Feet Positions Appel on RF
Suggested Alignment Facing Wall
Amount of turn Nil, or slight body turn to L
Count 1
Timing 1
Beat Value 1

Step 2
Feet Positions LF to side in PP
Suggested Alignment Moving along LOD facing DW
Amount of turn 1/8 to L between 1 and 2
Count 2
Timing 2
Beat Value 1

Step 3
Feet Positions RF forward and across in PP and CBMP
Suggested Alignment Moving along LOD facing DW
Amount of turn Commencing to turn R
Count 3
Timing 3
Beat Value 1

Step 4
Feet Positions and lead LF to side and slightly back
Suggested Alignment Backing LOD
Amount of turn 3/8 between 3 and 4
Count 4
Timing 4
Beat Value 1

Step 5
Feet Positions and lead RF back, R shoulder leading, preparing to lead partner outside on R side
Suggested Alignment Backing between LOD and DW
Amount of turn Continuing to turn R.
Count 5
Timing 1
Beat Value 1

Step 6
Feet Positions and lead LF back in CBMP, partner outside (Pivot)
Suggested Alignment To wall, end facing DC
Amount of turn 1/4 to R over steps 5 and 6 and 1/8 on 6
Count 6
Timing 2
Beat Value 2

Step 7
Feet Positions and lead RF forward in CBMP, OP
Suggested Alignment Facing DC

\$9. THE CHASSE CAPE

#p09

+p:090

Amount of turn	Continuing to turn <u>R</u> .
Count	7
Timing	1
Beat Value	1
Step	8
Feet Positions and lead	<u>LF</u> to side
Suggested Alignment	Backing centre
Amount of turn	3/8 between 7 and 8
Count	8
Timing	2
Beat Value	1/2
Step	9
Feet Positions and lead	<u>RF</u> closes towards <u>LF</u>
Suggested Alignment	Backing centre
Amount of turn	Nil
Count	and
Timing	and
Beat Value	1/2
Step	10
Feet Positions and lead	<u>LF</u> to side and slightly back
Suggested Alignment	Backing <u>DC</u>
Amount of turn	1/8 to <u>R</u> between 9 and 10
Count	1
Timing	1
Beat Value	1
Step	11
Feet Positions and lead	<u>RF</u> back in <u>CBMP</u> , partner outside on <u>L</u> side (Pivot)
Suggested Alignment	To centre, end facing <u>DW</u>
Amount of turn	1/8 to <u>L</u> between 10 and 11 and 1/8 on 11
Count	2
Timing	2
Beat Value	1
Step	12
Feet Positions and lead	<u>LF</u> forward in <u>CBMP</u> , <u>OP</u> on <u>L</u> side
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Continuing to turn <u>L</u> .
Count	3
Timing	1
Beat Value	1
Step	13
Feet Positions and lead	<u>RF</u> to side
Suggested Alignment	Backing wall
Amount of turn	3/8 between 12 and 13
Count	4
Timing	2
Beat Value	1/2
Step	14
Feet Positions and lead	<u>LF</u> closes towards <u>RF</u>
Suggested Alignment	Backing wall
Amount of turn	Nil
Count	and
Timing	and
Beat Value	1/2

Step	15	
Feet Positions and lead	<u>RF</u> to side and slightly back	
Suggested Alignment	Backing <u>DW</u>	
Amount of turn	1/8 to <u>L</u> between 14 and 15	
Count	5	
Timing	1	
Beat Value		1
Step	16	
Feet Positions and lead	<u>LF</u> back in <u>CBMP</u> , partner outside (Pivot)	
Suggested Alignment	To wall, end facing <u>DC</u>	
Amount of turn	1/8 to <u>R</u> between 15 and 16 and 1/8 on 16	
Count	6	
Timing	2	
Beat Value		1
Step	17	
Feet Positions and lead	<u>RF</u> forward in <u>CBMP</u> , <u>OP</u>	
Suggested Alignment	Facing <u>DC</u>	
Amount of turn	Continuing to turn <u>R</u> .	
Count	7	
Timing	1	
Beat Value		1
Step	18	
Feet Positions and lead	<u>LF</u> to side	
Suggested Alignment	Backing centre	
Amount of turn	3/8 between 17 and 18	
Count	8	
Timing	2	
Beat Value		1/2
Step	19	
Feet Positions and lead	<u>RF</u> closes towards <u>LF</u>	
Suggested Alignment	Backing centre	
Amount of turn	Nil	
Count	and	
Timing	and	
Beat Value		1/2
Step	20	
Feet Positions and lead	<u>LF</u> to side and slightly back	
Suggested Alignment	Backing <u>DC</u>	
Amount of turn	1/8 to <u>R</u> between 19 and 20	
Count	1	
Timing	1	
Beat Value		1
Step	21	
Feet Positions and lead	<u>RF</u> back in <u>CBMP</u> , partner outside on <u>L</u> side	
Suggested Alignment	To centre, end facing <u>DW</u>	
Amount of turn	1/8 to <u>L</u> between 20 and 21 and 1/8 on 21	
Count	2	
Timing	2	
Beat Value		1
Step	22	
Feet Positions and lead	<u>LF</u> forward in <u>CBMP</u> , <u>OP</u> on <u>L</u> side	
Suggested Alignment	Facing <u>DW</u>	
Amount of turn	Continuing to turn <u>L</u> .	
Count	3	

Timing	1	
Beat Value		1
Step	23	
Feet Positions and lead	<u>RF</u> forward and slightly to side in <u>L</u> Side-by-Side Position, having released hold with <u>R</u> hand	
Suggested Alignment	Facing <u>LOD</u>	
Amount of turn	1/8 between 22 and 23	
Count	4	
Timing	2	
Beat Value		1
Step	24	
Feet Positions and lead	<u>LF</u> forward without weight but with pressure, <u>L</u> knee bent, <u>R</u> leg straight. <u>L</u> heel raised (Press line)	
Suggested Alignment	Facing <u>DW</u> , (<u>L</u> Toe pointing <u>LOD</u>)	
Amount of turn	1/8 to <u>R</u> between 23 and 24	
Count	5	
Timing	1	
Beat Value		1
Step	25	
Feet Positions and lead	Hold position for 3 counts	
Suggested Alignment	Facing <u>DW</u> , (<u>L</u> Toe pointing <u>LOD</u>)	
Amount of turn	Nil	
Count	6. 7. 8	
Timing	2. 1. 2	
Beat Value		3
Step	26	
Feet Positions and lead	<u>LF</u> closes to <u>RF</u> (Commence to raise <u>L</u> arm and turn Lady to <u>R</u> .)	
Suggested Alignment	Facing centre	
Amount of turn	3/8 to <u>L</u> between 25 and 26	
Count	1	
Timing	1	
Beat Value		1/2
Step	27-28	
Feet Positions and lead	2 Sur Place (<u>R.L.</u>) turning Lady to <u>R</u> under the raised arms.	
Suggested Alignment	Facing centre	
Amount of turn	Nil	
Count	and 2	
Timing	and 2	
Beat Value		1/2. 1
Step	29-34	
Feet Positions and lead	3 Chasses to <u>R</u> (<u>R.L.R.L.R.L.</u>) regaining normal hold	
Suggested Alignment	Facing centre	
Amount of turn	Nil	
Count	3. 4. 5. 6. 7. 8	
Timing	1. 2. 1. 2. 1. 2	
Beat Value		1. 1. 1. 1. 1. 1

End in Close (or Closed) Facing Position.

Footwork

1. WF 2. HF 3. HF 4. BF 5. BF, 6. BF 7. HF 8. BF 9. BF 10. BF 11. BF 12. HF 13. BF 14. BF 15. BF 16. BF 17. HF 18. BF 19. BF 20. BF 21. BF 22. HF 23. HF 24, 25 Pressure on ball of LF, RF flat. 26. B. (RF) foot flat, and BF (LF). 27-34. B. or BF

Lead

Sway to L on the Chasses to L (steps 8-10 and 18-20) and to R on the Chasse to R (steps 13-15) to assist the lead. On step 23 release hold with R hand and lead Lady in L Side-by-Side Position by lowering the joined hands (Man's L hand and Lady's R.) bringing them up and forward to just below chest level on step 24 with the R arm raised and extended to the side.

Notes

1. The Man may release hold with L hand on step 26 as he leads Lady to turn to her R., regaining normal hold at the end of her turn.
2. In place of the pivots on steps 6, 11 and 16, the Man may keep his feet in place as he turns on the ball of the back foot (foot flat) and the heel of the front foot, still keeping his feet in place as he transfers his weight fully on to the front foot on the following step.
3. Steps 13-22 may be omitted.

LADY

Commence backing wall in Close (or Closed) Facing Position, weight on RF

Step	1
Feet Positions	Appel on <u>LF</u>
Suggested Alignment	Backing Wall
Amount of turn	Nil, or slight body turn to <u>R</u>
Count	1
Timing	1
Beat Value	1
Step	2
Feet Positions	<u>RF</u> to side in <u>PP</u>
Suggested Alignment	Moving along <u>LOD</u> facing <u>DC</u>
Amount of turn	1/8 to <u>R</u> between 1 and 2
Count	2
Timing	2
Beat Value	1
Step	3
Feet Positions	<u>LF</u> forward and across in <u>PP</u> and <u>CBMP</u>
Suggested Alignment	Pointing <u>LOD</u>
Amount of turn	1/8 between 2 and 3 body turns less
Count	3
Timing	1
Beat Value	1
Step	4
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Body completes turn
Count	4
Timing	2
Beat Value	1
Step	5
Feet Positions	<u>LF</u> forward preparing to step <u>OP</u>
Suggested Alignment	Facing between <u>LOD</u> and <u>DW</u>
Amount of turn	Continuing to turn <u>R</u> .
Count	5
Timing	1
Beat Value	1
Step	6
Feet Positions	<u>RF</u> forward in <u>CBMP</u> , <u>OP</u>
Suggested Alignment	Facing wall
Amount of turn	Continuing to turn <u>R</u> completing 1/4 over steps 5 and 6
Count	6

Timing	2	
Beat Value		1
Step	7	
Feet Positions	<u>LF</u> closes to <u>RF</u>	
Suggested Alignment	Facing <u>DC</u> against <u>LOD</u>	
Amount of turn	3/8 between 6 and 7	
Count	7	
Timing	1	
Beat Value		1
Step	8	
Feet Positions	<u>RF</u> to side	
Suggested Alignment	Facing centre	
Amount of turn	1/8 between 7 and 8	
Count	8	
Timing	2	
Beat Value		1/2
Step	9	
Feet Positions	<u>LF</u> closes towards <u>RF</u>	
Suggested Alignment	Facing centre	
Amount of turn	Nil	
Count	and	
Timing	and	
Beat Value		1/2
Step	10	
Feet Positions	<u>RF</u> to side and slightly forward	
Suggested Alignment	Facing <u>DC</u>	
Amount of turn	1/8 to <u>R</u> between 9 and 10	
Count	1	
Timing	1	
Beat Value		1
Step	11	
Feet Positions	<u>L</u> F. forward in <u>CBMP</u> , <u>OP</u> on <u>L</u> side	
Suggested Alignment	Facing centre	
Amount of turn	1/8 to <u>L</u> between 10 and 11	
Count	2	
Timing	2	
Beat Value		1
Step	12	
Feet Positions	<u>RF</u> closes to <u>LF</u>	
Suggested Alignment	Facing D. W. against <u>LOD</u>	
Amount of turn	3/8 between 11 and 12	
Count	3	
Timing	1	
Beat Value		1
Step	13	
Feet Positions	<u>LF</u> to side	
Suggested Alignment	Facing wall	
Amount of turn	1/8 between 12 and 13	
Count	4	
Timing	2	
Beat Value		1/2
Step	14	
Feet Positions	<u>RF</u> closes towards <u>LF</u>	

Suggested Alignment	Facing wall
Amount of turn	Nil
Count	and
Timing	and
Beat Value	1/2
Step	15
Feet Positions	<u>LF</u> to side and slightly forward
Suggested Alignment	Facing <u>DW</u>
Amount of turn	1/8 to <u>L</u> between 14 and 15
Count	5
Timing	1
Beat Value	1
Step	16
Feet Positions	<u>RF</u> forward in <u>CBMP</u> , <u>OP</u>
Suggested Alignment	Facing wall
Amount of turn	1/8 to <u>R</u> between 15 and 16
Count	6
Timing	2
Beat Value	1
Step	17
Feet Positions	<u>LF</u> closes to <u>RF</u>
Suggested Alignment	Facing <u>DC</u> against <u>LOD</u>
Amount of turn	3/8 between 16 and 17
Count	7
Timing	1
Beat Value	1
Step	18
Feet Positions	<u>RF</u> to side
Suggested Alignment	Facing centre
Amount of turn	1/8 between 17 and 18
Count	8
Timing	2
Beat Value	1/2
Step	19
Feet Positions	<u>LF</u> closes towards <u>RF</u>
Suggested Alignment	Facing centre
Amount of turn	Nil
Count	and
Timing	and
Beat Value	1/2
Step	20
Feet Positions	<u>RF</u> to side and slightly forward
Suggested Alignment	Facing <u>DC</u>
Amount of turn	1/8 to <u>R</u> between 19 and 20
Count	1
Timing	1
Beat Value	1
Step	21
Feet Positions	<u>LF</u> forward in <u>CBMP</u> , <u>OP</u> on <u>L</u> side
Suggested Alignment	Facing centre
Amount of turn	1/8 to <u>L</u> between 20 and 21
Count	2
Timing	2
Beat Value	1

Step	22	
Feet Positions	<u>RF</u> closes to <u>LF</u>	
Suggested Alignment	Facing <u>DW</u> against <u>LOD</u>	
Amount of turn	3/8 between 21 and 22	
Count	3	
Timing	1	
Beat Value		1
Step	23	
Feet Positions	<u>LF</u> forward and slightly to side in <u>L</u> Side-by-Side position, Man having released hold with <u>R</u> hand	
Suggested Alignment	Facing <u>LOD</u>	
Amount of turn	3/8 between 22 and 23	
Count	4	
Timing	2	
Beat Value		1
Step	24	
Feet Positions	<u>RF</u> forward without weight but with pressure, <u>R</u> knee bent. <u>L</u> leg straight. <u>R</u> heel raised. (Press line)	
Suggested Alignment	Facing <u>DC</u> (<u>R</u> . Toe pointing <u>LOD</u>)	
Amount of turn	1/8 between 23 and 24	
Count	5	
Timing	1	
Beat Value		1
Step	25	
Feet Positions	Hold position for 3 counts	
Suggested Alignment	Facing <u>DC</u> (<u>R</u> . Toe pointing <u>LOD</u>)	
Amount of turn	Nil	
Count	6. 7. 8	
Timing	2. 1. 2	
Beat Value		3
Step	26	
Feet Positions	<u>RF</u> forward, small step	
Suggested Alignment	Facing wall	
Amount of turn	3/8 to <u>R</u> between 25 and 26	
Count	1	
Timing	1	
Beat Value		1/2
Step	27	
Feet Positions	Turn to <u>R</u> on <u>RF</u> under the raised arms and almost close <u>LF</u> to <u>RF</u>	
Suggested Alignment	Facing <u>DW</u>	
Amount of turn	7/8 between 26 and 27	
Count	and	
Timing	and	
Beat Value		1/2
Step	28	
Feet Positions	<u>RF</u> closes to <u>LF</u>	
Suggested Alignment	Facing wall	
Amount of turn	1/8 between 27 and 28	
Count	2	
Timing	2	
Beat Value		1
Step	29-34	
Feet Positions	3 Chasses to side (<u>L</u> . <u>R</u> . <u>L</u> . <u>R</u> . <u>L</u> . <u>R</u> .) regaining normal hold.	

Suggested Alignment	Facing wall
Amount of turn	Nil
Count	3. 4. 5. 6. 7. 8
Timing	1. 2. 1. 2. 1. 2
Beat Value	1. 1. 1. 1. 1. 1

End in Close (or Closed) facing position.

Footwork

1. WF 2. HF 3. HF 4. HF 5. HF 6. H.B. 7. BF 8. BF 9. BF 10. BF 11. H.B. 12. BF 13. BF 14. BF 15. BF
 16. H.B. 17. BF 18. BF 19. BF 20. BF 21. H.B. 22. BF 23. HF 24, 25 Pressure on ball of RF, LF flat.
 26. B. 27. B. 28-34, B. or BF

Notes

1. Sway to R on steps 8-10 and 18-20 and to L on steps 13-15.
2. When in L Side-by-Side Position for steps 24 and 25 the L arm should be raised and extended to the side.
3. The Man may release hold on step 26 as he leads Lady to turn to her R., regaining normal hold at the end of her turn.

^s#⁺ 10. TRAVELLING SPINS FROM COUNTER PROMENADE POSITION

MAN

Commence facing wall in Close (or Closed) Facing Position, weight on LF

Step	1
Feet Positions	Appel on <u>RF</u>
Suggested Alignment	Facing Wall
Amount of turn	Nil, or slight body turn to <u>L</u>
Count	1
Timing	1
Beat Value	1
Step	2
Feet Positions	<u>LF</u> to side in <u>PP</u>
Suggested Alignment	Moving along <u>LOD</u> facing <u>DW</u>
Amount of turn	1/8 to <u>L</u> between 1 and 2
Count	2
Timing	2
Beat Value	1
Step	3
Feet Positions	<u>RF</u> forward and across in <u>PP</u> and <u>CBMP</u>
Suggested Alignment	Moving along <u>LOD</u> facing <u>DW</u>
Amount of turn	Commencing to turn <u>R</u>
Count	3
Timing	1
Beat Value	1
Step	4
Feet Positions	<u>LF</u> back and slightly to side
Suggested Alignment	Backing <u>DW</u>
Amount of turn	1/2 to <u>R</u> between 3 and 4
Count	4
Timing	2
Step	5
Feet Positions	<u>RF</u> to side in Counter <u>PP</u>
Suggested Alignment	Moving along <u>LOD</u> facing <u>DC</u>
Amount of turn	1/4 between 4 and 5
Count	5
Timing	1
Step	6
Feet Positions	<u>LF</u> forward and across in <u>CBMP</u>
Suggested Alignment	Moving along <u>LOD</u> facing <u>DC</u>
Amount of turn	Nil
Count	6
Timing	2
Step	7-8
Feet Positions	Repeat steps 5 and 6 (<u>R.L.</u>)
Suggested Alignment	Moving along <u>LOD</u> facing <u>DC</u>
Amount of turn	Nil
Count	7.8
Timing	1.2

^s10. TRAVELLING SPINS FROM COUNTER PROMENADE POSITION

[#]p10

⁺p:100

Step 9
Feet Positions RF forward and slightly to side
Suggested Alignment Facing LOD
Amount of turn 1/8 to R between 8 and 9
Count 1
Timing 1

Step 10
Feet Positions LF to side in PP
Suggested Alignment Moving to centre facing DC
Amount of turn 1/8 to L between 9 and 10
Count 2
Timing 2

End in Promenade Position.

Footwork

1. WF 2. HF 3. HF 4. BF 5-8 HF or BF 9. HF 10. HF

Lead

Raise L arm on step 5 and then with L hand continue to turn Lady to her R under the raised arms having released hold with R hand. Continue to turn Lady to R under the raised arms on steps 6-8. Regain normal hold on step 9.

LADY

Commence backing wall in Close (or Closed) Facing Position, weight on RF

Step 1
Feet Positions Appel on LF
Suggested Alignment Backing Wall
Amount of turn Nil, or slight body turn to R
Count 1
Timing 1
Beat Value 1

Step 2
Feet Positions RF to side in PP
Suggested Alignment Moving along LOD facing DC
Amount of turn 1/8 to R between 1 and 2
Count 2
Timing 2
Beat Value 1

Step 3
Feet Positions LF forward and across in PP and CBMP
Suggested Alignment Pointing LOD
Amount of turn 1/8 between 2 and 3 body turns less
Count 3
Timing 1
Beat Value 1

Step 4
Feet Positions RF forward
Suggested Alignment Facing LOD
Amount of turn Body completes turn
Count 4
Timing 2
Beat Value 1

Step 5

Feet Positions	<u>LF</u> to side in Counter <u>PP</u> and turn to <u>R</u> on <u>LF</u> to end with <u>RF</u> crossed loosely in front without weight ("Spiral" type turn)
Suggested Alignment	Moving along <u>LOD</u> facing <u>DW</u> End facing <u>DC</u>
Amount of turn	1/8 to <u>R</u> between 4 and 5 and 3/4 on 5
Count	5
Timing	1
Step	6
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	1/8 between 5 and 6
Count	6
Timing	2
Step	7-8
Feet Positions	Repeat steps 5 and 6 (<u>L.R.</u>)
Suggested Alignment	As 5, 6 (<u>L.R.</u>)
Amount of turn	As 5 and 6
Count	7. 8
Timing	1. 2
Step	9
Feet Positions	<u>LF</u> back and slightly to side
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	1/2 between 8 and 9
Count	1
Timing	1
Step	10
Feet Positions	<u>RF</u> to side in <u>PP</u>
Suggested Alignment	Moving to centre facing <u>DC</u> against <u>LOD</u>
Amount of turn	1/8 between 9 and 10
Count	2
Timing	2

End in Promenade Position

Footwork

1. WF 2. HF 3. HF 4. HF 5. BF (LF) and toe of RF 6. HF 7. BF (LF) and toe of RF 8. HF 9. BF 10. HF

+ + \$ # # RUMBA. HISTORIC REVIEW

The Rumba requires a good sense of rhythm and also persistence to master the technical niceties which tend to be skipped by less skilled dancers. These niceties come as a result of good balance and coordinated movement of the ankles, knees and hips. Continual training will enable dancers to perform the Rumba in unison.

+h:070
\$RUMBA. HISTORIC REVIEW

#r_hist

++ \$ # RUMBA. CHOREOGRAPHY**BASIC MOVEMENT****PRECEDE**Basic MovementAlemanaProgressive Walks ForwardCucaracha to RHockey StickSpot Turn to LRope SpinningThree ThreesSliding Doors**Into Step 4**1-3 Basic MovementProgressive Walks BackwardCucaracha to LSpot Turn to R**FOLLOW****From Step 6**Basic MovementProgressive Walks ForwardFan**From Step 3**4-6 Basic MovementProgressive Walks BackwardAlemana**FAN****PRECEDE**Basic MovementProgressive Walks ForwardAlemanaCucaracha to RSpot Turn to LRope SpinningThree Threes**Into Step 4**1-6 Progressive Walks BackwardCucaracha to L**FOLLOW****From Fan Position**AlemanaHockey StickSliding Doors**From Open Facing Position**1-3 Basic Movement into Progressive Walks BackwardThree Threes**ALEMANA****PRECEDE****From Fan Position**FanAdvanced Hip Twists**From Open Facing Position**Hockey Stick (Lady RF back on Step)

+var:070

\$RUMBA. CHOREOGRAPHY

#_r_var

Advanced Hip Twists**From Closed Facing Position**4-6 from 1-3 Basic MovementCucaracha to L**FOLLOW**Basic MovementRope SpinningAdvanced Hip Twists**HOCKEY STICK****PRECEDE**FanAdvanced Hip Twists**FOLLOW**Basic Movement1-3 of Basic Movement into Progressive Walks BackwardAlemanaThree Threes**PROGRESSIVE WALKS FORWARD AND BACKWARD****Forward Walks****PRECEDE**1-6 Basic Movement stepping forward on 6.**FOLLOW**Basic MovementFan**Backward Walks****PRECEDE**1-3 Basic Movement stepping back on 3.**FOLLOW**4-6 Basic Movement4-6 FanRope Spinning (Man closes feet on 3rd or 9th step)**CUCARACHAS (Pressure Steps)****Cucaracha to Left****PRECEDE**Cucaracha to Right**FOLLOW**4-6 Basic Movement4-6 Fan4-6 AlemanaCucaracha to Right**Cucaracha to Right****PRECEDE**Cucaracha to Left**FOLLOW**Cucaracha to LeftBasic MovementFan**SPOT TURNS****Spot Turns to Left**Normally commenced with RF - RLR**PRECEDE**Spot turn to R**FOLLOW**

Basic MovementFanSpot turn to R**Spot Turns to Right**Normally commenced with LF - LRL**PRECEDE**Spot turn to L**FOLLOW**4-6 Basic MovementSpot turn to LProgressive Walks Backward**SLIDING DOORS****PRECEDE**FanAdvanced Hip TwistsSteps 7-18 may be danced from an overturned Alemana. (1 3/4 turns to R)**FOLLOW****From Open Facing Position**1-3 Basic Movement into Progressive Walks BackwardAlemanaThree Threes**From Fan Position**AlemanaHockey Stick**ROPE SPINNING****PRECEDE**AlemanaProgressive Walks Backward**FOLLOW****From Closed Facing Position**Basic Movement**When ended with Lady at right angles to Man on his R. side in normal hold**Advanced Hip Twists**THREE THREES****PRECEDE**Hockey StickFan or Advanced Hip Twists when ended in Open Facing Position**FOLLOW**Basic MovementAdvanced Hip Twists**ADVANCED HIP TWISTS****PRECEDE**AlemanaRope SpinningThree ThreesAll ended with Man stepping RF forward**FOLLOW****From Fan Position**AlemanaHockey StickSliding Doors**From Open Facing Position**1-3 Basic Movement into Progressive Walks BackwardThree ThreesAlemana

^s_r[#]_r⁺_r NORMAL HOLD

Stand facing partner about six inches apart with the head erect and the body naturally upright. The Man should place his right hand on the Lady's left shoulder blade, the Lady resting her left arm lightly on his, following the curve of his arm to the shoulder. The Man's left hand should be raised in a gentle curve to the level of the eyes; the Lady should place the fingers of her right hand between his thumb and first finger and both hands should be lightly clasped.

^s NORMAL HOLD

_r00

⁺_r:000

\$ # + 1. BASIC MOVEMENT**MAN**

Commence in Closed Facing Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Commence to turn to <u>L</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	3
Feet Positions	<u>LF</u> to side and slightly back
Amount of turn	Continue to turn completing 1/8 to <u>L</u> over steps 1 to 3 (up to a 1/4 may be made).
Count	4.1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Continue to turn to <u>L</u> .
Count	2
Step	5
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	6
Feet Positions	<u>RF</u> to side
Amount of turn	Continue to turn completing 1/8 to <u>L</u> over steps 4-6 (up to a 1/4 may be made).
Count	4.1

End in Closed Facing Position.

Footwork.

Ball Flat throughout.

LADY

Commence in Closed Facing Position, feet apart, weight on LF

Step	1
Feet Positions	<u>RF</u> back
Amount of turn	Commence to turn to <u>L</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	3
Feet Positions	<u>RF</u> to side

\$1. BASIC MOVEMENT

#r01

+r:010

Amount of turn made).	Continue to turn completing 1/8 to <u>L</u> over steps 1 to 3 (up to a 1/4 may be
Count	4.1
Step	4
Feet Positions	<u>LF</u> forward
Amount of turn	Continue to turn to <u>L</u> .
Count	2
Step	5
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	6
Feet Positions	<u>LF</u> to side and slightly back
Amount of turn	Continue to turn completing 1/8 to <u>L</u> over steps 4-6 (up to a 1/4 may be made) .
Count	4.1

End in Closed Facing Position.

Footwork.

Ball Flat throughout.

\$ # # + 2. FAN**MAN**

Commence in Closed Facing Position, feet apart, weight on RF

Step 1-3
Feet Positions 1-3 Basic Movement L, R, L.
Amount of turn 1/8 to L over 1-3
Count 2. 3. 4. 1

Step 4
Feet Positions RF back
Amount of turn Nil
Count 2

Step 5
Feet Positions Replace weight to LF
Amount of turn Nil
Count 3

Step 6
Feet Positions RF to side
Amount of turn Nil
Count 4. 1

End in Fan (or Open Facing) Position.

Footwork.

Ball Flat throughout.

Leads

Lead Lady forward on 4 by a slight pressure with R hand and to step back on 5 & 6 by releasing with R hand and giving slight pressure with L hand

LADY

Commence in Closed Facing Position, feet apart, weight on LF

Step 1-3
Feet Positions 1-3 Basic Movement R, L, R.
Amount of turn 1/8 to L over 1-3
Count 2, 3, 4. 1

Step 4
Feet Positions LF forward
Amount of turn Commence to turn L.
Count 2

Step 5
Feet Positions RF back and slightly to side
Amount of turn Continue turning L.
Count 3

Step 6
Feet Positions LF back
Amount of turn Continue turning L to complete 1/4 over steps 4-6
Count 4. 1

\$2. FAN

r02

+ r:020

End in Fan (or Open Facing) Position.

Footwork.

Ball Flat throughout.

\$ # + 3. ALEMANA**MAN**

Commence in Fan (or Open Facing) Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	3
Feet Positions	<u>LF</u> closes to <u>RF</u>
Amount of turn	Nil
Count	4. 1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	5
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	6
Feet Positions	<u>RF</u> closes to <u>LF</u>
Amount of turn	Nil
Count	4. 1

End in Closed Facing (or Lady at right angles to Man on his R side, normal hold, or R Side-by-Side) Position.

Footwork

Ball Flat throughout.

Leads

Allow Lady to close on 1. Draw L arm upwards to a point just in front of the body in a slight clockwise curve to lead Lady forward on 2 and to commence to turn R on 3. Continue to circle arm to lead lady to continue to turn R on 4 and 5. Lower L arm and take normal hold on 6. To end with Lady at right angles to man lower L arm to waist level on 6, and to end in R: Side-by-Side Position move L arm down and rightwards on 6.

LADY

Commence in Fan (or Open Facing) Position, LF back, weight on LF

Step	1
Feet Positions	Close <u>RF</u> to <u>LF</u>
Amount of turn	Nil
Count	2

\$3. ALEMANA

#r03

+r:030

Step	2
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	3
Step	3
Feet Positions	<u>RF</u> forward
Amount of turn	Commence to turn <u>R</u> .
Count	4. 1
Step	4
Feet Positions	<u>LF</u> forward
Amount of turn	Continue turning <u>R</u> .
Count	2
Step	5
Feet Positions	<u>RF</u> forward
Amount of turn	Continue turning <u>R</u> .
Count	3
Step	6
Feet Positions	<u>LF</u> forward
Amount of turn	Continue turning <u>R</u> completing 1 1/4 turns to <u>R</u> over steps 3-6
Count	4. 1

End in Closed Facing (or at right angles to man on his R side, normal hold, or R Side-by-Side) Position.

Amount of turn when ended in :

- (a) Closed Facing Position - as chart.
- (b) At right angles to man on his R side - 1 1/2 turns to R (LF ends side and slightly back).
- (c) R Side-by-Side position - 1 3/4 turns to R (LF ends back)

Footwork.

Ball Flat throughout.

\$ # + 4. HOCKEY STICK**MAN**

Commence in Fan Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	3
Feet Positions	<u>LF</u> closes to <u>RF</u>
Amount of turn	Nil
Count	4. 1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Commence to turn <u>R</u>
Count	2
Step	5
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Continue to turn <u>R</u> .
Count	3
Step	6
Feet Positions	<u>RF</u> forward
Amount of turn	Continue to turn <u>R</u> to complete 1/8 over steps 4-6
Count	4. 1

End in Open Facing Position.

Footwork.

Ball Flat throughout:

Leads

Allow Lady to close on 1. Lead Lady forward on 2 and 3 gradually raising L arm. Commence to turn Lady to her L on 4, continue turning her on 5, gradually lowering L: arm over 5 and 6.

LADY

Commence in Fan Position, LF back, weight on LF

Step	1
Feet Positions	Close <u>RF</u> to <u>LF</u>
Amount of turn	Nil
Count	2
Step	2
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	3

\$4. HOCKEY STICK

#r04

+r:040

Step	3
Feet Positions	<u>RF</u> forward
Amount of turn	Nil
Count	4. 1
Step	4
Feet Positions	<u>LF</u> forward
Amount of turn	Commence to turn <u>L</u>
Count	2
Step	5
Feet Positions	<u>RF</u> back and slightly to side
Amount of turn	Continue to turn <u>L</u> .
Count	3
Step	6
Feet Positions	<u>LF</u> back
Amount of turn	Continue to turn <u>L</u> completing 5/8 over steps 4-6
Count	4. 1

End in Open Facing Position.

Footwork.

Ball Flat throughout:

^s_#⁺ 5. PROGRESSIVE WALKS FORWARD AND BACKWARD

These are steps taken forward or backward with normal hip movement and are danced in groups of 3 or 6 steps. Forward Walks normally commence on the LF and Backward Walks on the RF and may be danced in Closed or Open Facing Position to the count of 2, 3, 4. 1. They may be taken straight or with a slight curve to L or R Footwork is Ball Flat throughout. The front toe must remain in contact with the floor as it commences to move back.

^s5. PROGRESSIVE WALKS FORWARD AND BACKWARD

#r05

⁺r:050

\$ # + 6. CUCARACHAS (Pressure Steps)

MAN

Commence in Closed Facing Position, feet closed, weight on RF

Step 1
Feet Positions LF to side with part weight
Amount of turn Nil
Count 2

Step 2
Feet Positions Replace weight to RF
Amount of turn Nil
Count 3

Step 3
Feet Positions Close LF to RF
Amount of turn Nil
Count 4. 1

End in Closed Facing Position.

Footwork.

1. Ball Flat. 2. Flat. 3. Ball Flat.

Notes

1. Strong hip movement should be used on step 1, but heel of supporting foot should not be released from floor.
2. May be commenced with RF to side.
3. In advanced variations step 1 may be taken either forward, diagonally forward, to side, diagonally back or back, and may be danced as a "Press Line" when taken forward or diagonally forward. i.e. LF forward on ball of foot with L knee flexed, R leg straight and R heel on floor. No hip movement would be used.

LADY

Commence in Closed Facing Position, feet closed, weight on LF

Step 1
Feet Positions RF to side with part weight
Amount of turn Nil
Count 2

Step 2
Feet Positions Replace weight to LF.
Amount of turn Nil
Count 3

Step 3
Feet Positions Close RF to LF
Amount of turn Nil
Count 4. 1

End in Closed Facing Position.

Footwork.

1. Ball Flat. 2. Flat. 3. Ball Flat.

\$6. CUCARACHAS (PRESSURE STEPS)

#r06

+r:060

^s_#⁺ 7. SPOT TURNS

These are three forward walks danced solo by Man or Lady circling to the L or R or a solo turn in which one foot may remain on a spot around which the circle is made. They are part of Three Threes and used as an ending to Hand to Hand and other figures. A complete turn is normally used.

SPOT TURN TO LEFT

Normally commenced with RF- R.L.R.

SPOT TURN TO RIGHT

Normally commenced with LF- L.R.L.

^s7. SPOT TURNS

_r07

⁺r:070

\$ # + 8. SLIDING DOORS**MAN**Commence in Fan Position, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	3
Feet Positions	<u>LF</u> closes to <u>RF</u>
Amount of turn	Nil
Count	4. 1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Commence to turn <u>R</u> .
Count	2
Step	5
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Continue to turn <u>R</u> .
Count	3
Step	6
Feet Positions	Close <u>RF</u> to <u>LF</u>
Amount of turn	Continue to turn to complete 1/8 to <u>R</u> over steps 4-6
Count	4. 1
Step	7
Feet Positions	<u>LF</u> to side
Amount of turn	Slight body turn to <u>R</u> .
Count	2
Step	8
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn body to <u>L</u> .
Count	3
Step	9
Feet Positions	Close <u>LF</u> to <u>RF</u>
Amount of turn	Body returns to original position
Count	4. 1
Step	10
Feet Positions	<u>RF</u> to side
Amount of turn	Nil
Count	2
Step	11

\$8. SLIDING DOORS

#r08

+r:080

Feet Positions Replace weight to LF
Amount of turn Nil
Count 3

Step 12
Feet Positions Close RF to LF
Amount of turn Nil
Count 4. 1

Step 13-18
Feet Positions As for Spiral
Amount of turn Nil
Count 2, 3, 4. 1 2, 3, 4. 1

End in Open Facing (or Fan or Close Facing) Position.

Footwork

Ball Flat throughout (8 and 11 may be flat).

Leads

Allow Lady to close RF to LF on 1. Lead Lady forward on 2 and 3 gradually raising L arm. Commence to turn her to her L on 4 taking her L hand into Man's R hand and lowering arms to waist level on 5. Retain this double hold until step 14. Lead Lady to step back on 7 by turning body to R with arms held steady, and in front of Man on step 9 by returning the body to original position. Lead her to step sideways towards his L side on 10 and back to his R side on step 12. Now continue as for Spiral releasing hold with R hand on step 14.

LADY

Commence in Fan Position, LF back, weight on LF

Step 1
Feet Positions Close RF to LF.
Amount of turn Nil
Count 2

Step 2
Feet Positions LF forward
Amount of turn Nil
Count 3

Step 3
Feet Positions RF forward
Amount of turn Nil
Count 4. 1

Step 4
Feet Positions LF forward
Amount of turn Commence to turn L.
Count 2

Step 5
Feet Positions RF to side and slightly back
Amount of turn Continue to turn to complete 1/8 to L over steps 4 and 5
Count 3

Step 6
Feet Positions LF back outside partner on R Side
Amount of turn Nil
Count 4. 1

Step 7

Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	8
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	9
Feet Positions	<u>RF</u> forward and across
Amount of turn	Nil
Count	4. 1
Step	10
Feet Positions	<u>LF</u> to side
Amount of turn	Nil
Count	2
Step	11
Feet Positions	Replace weight to <u>RF</u> .
Amount of turn	Nil
Count	3
Step	12
Feet Positions	<u>LF</u> back and across; outside partner on <u>R</u> side
Amount of turn	Nil
Count	4. 1
Step	13-18
Feet Positions	As for Spiral
Amount of turn	Nil
Count	2, 3, 4. 1 2, 3, 4. 1

End in Open Facing (or Fan or Close Facing) Position.

Footwork

1-14 Ball Flat (11 may be flat).

15 Ball Flat RF and toe of LF.

16-18 Ball Flat.

Note

The Sliding Doors may be danced with an alternative hold as follows: Man will take Lady's R hand in his R hand at the end of step 3, releasing hold with L hand. On step 6 release hold with R hand and place it on Lady's R shoulder blade, taking Lady's L hand in L hand. The hold will be released as Lady dances her Spiral turn on step 15. Man will take Lady's R hand in his L hand on step 18

\$ # + 9. ROPE SPINNING

MAN

The Rope Spinning action commences on the last step of the preceding figure when the Man will lead Lady to turn sharply to her R under his raised L arm as he leans to R., releasing hold with his R hand to end with Lady on his R side facing opposite way.

Step	1
Feet Positions	<u>LF</u> to side
Amount of turn	Body turn to <u>R</u> on preceding step (and 1)
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Body commences to turn to <u>L</u> .
Count	3
Step	3
Feet Positions	Close <u>LF</u> to <u>RF</u> in <u>L</u> Side-by-Side Position
Amount of turn	Body returns to original position
Count	4. 1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	5
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	6
Feet Positions	<u>RF</u> closes to <u>LF</u>
Amount of turn	Nil
Count	4. 1

End in Closed Facing (or Lady at right angles to Man on his R side, normal hold, or R Side-by-Side) Position.

Footwork.

Ball Flat throughout.

Leads

Lead Lady to make a Spiral type turn to her R on count 1 of preceding step by turning body to R on count 4 with strong R sway, having raised L arm and released hold with R hand. Lead Lady with L hand to dance 6 walks forward circling from Man's R side behind his back to his L side and to end in Closed Facing Position.

LADY

The Rope Spinning action commences on the last step of the preceding figure, Lady turning sharply to her R on LF for a complete turn under Man's raised L arm to finish on his R side facing the opposite way, with RF crossed loosely in front of LF without weight.

Step	1-3
-------------	------------

\$9. ROPE SPINNING

#r09

+r:090

Feet Positions	3 Walks Forward, <u>R.L.R.</u> , circling to <u>R</u> behind Man's back to end in <u>L</u> Side-by-Side Position.
Amount of turn	Approx. 1 complete turn to <u>R</u> on the last step of the preceding figure and complete turn to <u>R</u> over steps 1-6
Count	2, 3, 4. 1
Step	4-6
Feet Positions	3 Walks Forward, <u>L.R.L.</u> , circling to <u>R</u> to end facing partner
Amount of turn	
Count	2, 3, 4. 1

End in Closed Facing (or at right angles to Man on his R side, normal hold, or R Side-by-Side Position).

Footwork.

Ball Flat LF and toe of RF on preceding step.

1-6 Ball Flat.

Notes

(a) When ended at right angles to Man on his R side Lady will turn a further 1/4 to R at end of step 6. (LF ends side and slightly back.)

(b) When ended in R Side-by-Side Position, Lady will turn a further 1/2 to R at end of step 6. (LF ends back.)

\$ # + 10. THREE THREES**MAN**Commence in Open Facing Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	3
Feet Positions	Close <u>LF</u> to <u>RF</u>
Amount of turn	Nil
Count	4. 1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	5
Feet Positions	Replace weight <u>LF</u>
Amount of turn	Nil
Count	3
Step	6
Feet Positions	Close <u>RF</u> to <u>LF</u>
Amount of turn	Nil
Count	4. 1
Step	7
Feet Positions	<u>LF</u> diagonally forward, part weight
Amount of turn	Nil
Count	2
Step	8
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	9
Feet Positions	Close <u>LF</u> to <u>RF</u>
Amount of turn	Nil
Count	4. 1
Step	10
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	11

\$10. THREE THREES

#r10

+r:100

Feet Positions Replace weight to LF
Amount of turn Nil
Count 3

Step 12
Feet Positions Almost close RF to LF
Amount of turn Nil
Count 4. 1

End in Closed Facing Position.

Footwork.

1-7 Ball Flat. 8. Flat. 9-12 Ball Flat.

Leads

Lead Lady forward on step 2. Turn her to R on 3 releasing with L hand on 6, placing hands on Lady's shoulders at the end of her turn. Turn her to L on 6 releasing with both hands, placing hands on Lady's shoulders at the end of her turn. Lead Lady diagonally back on 7, to replace on 8, and to turn R on 9; releasing with both hands.

LADY

Commence in Open Facing Position, weight on LF, LF back

Step 1
Feet Positions RF back
Amount of turn Nil
Count 2

Step 2
Feet Positions LF forward (small step)
Amount of turn Nil
Count 3

Step 3
Feet Positions RF forward turning to R on RF and closing LF to RF without weight
Amount of turn 1/2 to R.
Count 4. 1

Step 4
Feet Positions Replace weight to LF
Amount of turn Nil
Count 2

Step 5
Feet Positions Replace weight to RF
Amount of turn Nil
Count 3

Step 6
Feet Positions Replace weight to LF turning to L with feet closed
Amount of turn A complete turn to L.
Count 4. 1

Step 7
Feet Positions RF diagonally back, part weight
Amount of turn Nil
Count 2

Step 8
Feet Positions Replace weight to LF
Amount of turn Nil

Count	3
Step	9
Feet Positions	<u>RF</u> forward
Amount of turn	Commence to turn <u>R</u> .
Count	4. 1
Step	10
Feet Positions	<u>LF</u> forward
Amount of turn	Continue to turn <u>R</u> .
Count	2
Step	11
Feet Positions	<u>RF</u> forward
Amount of turn	Continue to turn <u>R</u> .
Count	3
Step	12
Feet Positions	<u>LF</u> forward
Amount of turn	Continue to turn to complete 1 1/2 turns to <u>R</u> over steps 9-12
Count	4. 1

End in Closed Facing Position.

Footwork.

1 & 2 Ball Flat. 3 Ball Flat RF with pressure on toe of LF 4 & 5 Ball Flat. 6 Ball Flat LF with pressure on toe of RF 7 Ball Flat. 8 Flat 9-12 Ball Flat.

Notes

1. Lady will close RF to LF on step 1 when Man has not stepped forward on the preceding step.
2. On step 11 RF may remain in place.

\$ # + 11. ADVANCED HIP TWISTS

MAN

Commence in Closed Facing Position (or lady at right angles on man's R side), RF forward, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Slight Body turn to <u>R</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn body very slightly to <u>L</u> .
Count	3
Step	3
Feet Positions	<u>LF</u> behind <u>RF</u> toe to heel with toe turned out
Amount of turn	Continue to turn <u>L</u> .
Count	4. 1
Step	4
Feet Positions	<u>RF</u> back
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> over steps 3 & 4
Count	2
Step	5
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	6
Feet Positions	<u>RF</u> to side and slightly forward
Amount of turn	Nil
Count	4. 1

End in Fan (or Open or Close Facing) Position.

Footwork.

Ball Flat throughout:

Leads

Lead Lady to turn to her R: on 1 by turning body to R., to her L on 2 and 3 and to her R on 4 by pressure with base of R hand and to her L on 5 by releasing with R hand and retaining L hand braced in normal hold position.

Notes

Amount of turn over steps 3-6 when ended in :

- (a) Fan Position as chart.
- (b) Open Facing Position 3/8 to L.
- (c) Close Facing Position 1/2 to L.

LADY

Commence in Closed Facing Position (or lady at right angles on man's R side), feet apart, weight on LF

Step	1
-------------	----------

\$11. ADVANCED HIP TWISTS

#r11

+r:110

Feet Positions	<u>RF</u> back
Amount of turn	Up to 1/2 turn to <u>R</u> on <u>LF</u>
Count	2
Step	2
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Commence to turn <u>L</u> .
Count	3
Step	3
Feet Positions	<u>RF</u> forward outside partner on <u>R</u> side
Amount of turn	Continue to turn to complete 5/8 to <u>L</u> over steps 2 & 3
Count	4. 1
Step	4
Feet Positions	<u>LF</u> forward
Amount of turn	1/2 turn to <u>R</u> .
Count	2
Step	5
Feet Positions	<u>RF</u> back and slightly to side
Amount of turn	Turn to <u>L</u> to complete 3/4 over steps 5 & 6
Count	3
Step	6
Feet Positions	<u>LF</u> back
Amount of turn	
Count	4. 1

End in Fan (or Open or Close Facing) Position.

Footwork.

Ball Flat throughout.

Note

A strong twist of the hips is felt on steps 3 and 4 which should be taken with pressure through the ball of the foot and a slight delay in the lowering of the heel. The supporting foot should swivel in the direction of the twist. On step 4 shoulders should be held as square to the Man as possible. Step 5 should be taken forward and ended back and slightly to side:

+ + \$ # # SAMBA. HISTORIC REVIEW

This dance is of Brazilian origin. It enjoyed popularity in its simplified variant - two even lobes - but skilled dancers prefer its typical rhythm - uneven and interrupted.

+h:080
\$SAMBA. HISTORIC REVIEW

#s_hist

+ + \$ \$ # # SAMBA. CHOREOGRAPHY

WHISKS TO R AND L

Whisk to Right

PRECEDE

Whisk to L

Shadow Bota Fogos

FOLLOW

Whisk to L

Samba Walks in PP (Man turn 1/4 to L Lady 1/4 to R to PP on Whisk)

Whisk to Left

PRECEDE

Whisk to R

Samba Walks in PP - RLR - (Man turn 1/4 to R Lady 1/4 to L on Whisk to face partner)

Rolling Off the Arm

FOLLOW

Whisk to R

SAMBA WALKS IN PP

PRECEDE

To step 1 (LF Walk)

Whisk to R

RF Samba Walks in PP

Rolling Off the Arm

To step 4 (RF Walk)

LF Samba Walks in PP

Shadow Bota Fogos

FOLLOW

From step 6 (RF Walk)

Whisk to L

LF Samba Walks in PP

Rolling Off the Arm

From step 3 (LF Walk)

RF Samba Walks in PP

Side Samba Walk

SIDE SAMBA WALK

PRECEDE

LF Samba Walks in PP

FOLLOW

(a) When no turn is made follow with

LF Samba Walks in PP

(b) When 1/8 turn is made (Man to R - Lady to L) follow with

Shadow Bota Fogos

SHADOW BOTA FOGOS

PRECEDE

Side Samba Walk

FOLLOW

(a) When ended in Closed Facing Position

Whisk to R

(b) When ended in PP

⁺var:080

^{\$\$}SAMBA. CHOREOGRAPHY

[#]s_var

RF Samba Walks in PP

(c) When ended in Right Side-by-Side Position

Rolling Off the Arm

TRAVELLING VOLTA

PRECEDE

RF Samba Walks in PP

FOLLOW

RF Samba Walks in PP

Shadow Bota Fogos

CIRCULAR VOLTA

PRECEDE

Bota Fogos

FOLLOW

Bota Fogos

ROLLING OFF THE ARM

Suggested Amalgamation

After Shadow Bota Fogos ended in R Side-by-Side Position dance a Samba Walk - R.L.R. (Lady L.R.L.) or 3 Samba Walks and follow with the Rolling off the Arm ended in R Side-by-Side Position. Continue with 2 Samba Walks, L.R.L. R.L.R. (Lady R.L.R. L.R.L.) into the Rolling off the Arm ended in Closed Facing Position. Follow with a Whisk L.R.L. (Lady R.L.R.)

^s[#]⁺ NORMAL HOLD

Stand facing partner about six inches apart with the head erect and the body naturally upright. The Man should place his right hand on the Lady's left shoulder blade, the Lady resting her left arm lightly on his, following the curve of his arm to the shoulder. The Man's left hand should be raised in a gentle curve to the level of the eyes. The Lady should place the fingers of her right hand between his thumb and first finger and both hands should be lightly clasped.

^s NORMAL HOLD

[#]s00

⁺s:000

$\$ \# \# ^{+} 1$. WHISK TO RIGHT AND LEFT

MAN

Commence in Closed Facing Position, facing wall, weight on LF using Alternative Basic Bounce

Step	1
Feet Positions	<u>RF</u> to side
Suggested Alignment	Facing Wall
Amount of turn	Nil
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>LF</u> behind <u>RF</u> toe to heel, toe slightly turned out
Suggested Alignment	Facing Wall
Amount of turn	Nil
Count	a
Step	3
Feet Positions	Replace weight on <u>RF</u>
Suggested Alignment	Facing Wall
Amount of turn	Nil
Count	2 or <u>S</u>
Step	4
Feet Positions	<u>LF</u> to side
Suggested Alignment	Facing Wall
Amount of turn	Nil
Count	1 or <u>S</u>
Step	5
Feet Positions	<u>RF</u> behind <u>LF</u> toe to heel, toe slightly turned out
Suggested Alignment	Facing Wall
Amount of turn	Nil
Count	a
Step	6
Feet Positions	Replace weight on <u>LF</u>
Suggested Alignment	Facing Wall
Amount of turn	Nil
Count	2 or <u>S</u>

Steps 1-6 or 1-3 may be repeated.
End in Closed Facing Position.

LADY

Lady commences Backing Wall, weight on RF and dances a Whisk to L (Man's steps 4, 5, 6) and Whisk to R (Man's steps 1, 2, 3).

Footwork

1. BF 2. T (LF) R heel slightly off floor 3. BF 4. BF 5. T (RF) L heel slightly off floor 6. BF

$\$ 1$. WISK TO RIGHT AND LEFT

$\#$ s01

$^{+}$ s:010

§ # + 2. SAMBA WALKS IN PROMENADE POSITION

MAN

Commence in Promenade Position, with feet pointing to LOD weight on RF Use very slight Alternative Basic Bounce

Step	1
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>RF</u> back, small step, part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	a
Step	3
Feet Positions	Draw <u>LF</u> slightly towards <u>RF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	2 or <u>S</u>
Step	4
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	1 or <u>S</u>
Step	5
Feet Positions	<u>LF</u> back, small step, part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	a
Step	6
Feet Positions	Draw <u>RF</u> slightly towards <u>LF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	2 or <u>S</u>

Steps 1-6 or 1-3 may be repeated.
End in Promenade Position.

LADY

Lady dances a Walk commencing on RF when Man dances a Walk commencing on LF and vice versa.

Footwork

1. BF 2. B. 3. F. (Pressure on ball of foot.) 4. BF 5. B. 6. F. (Pressure on ball of foot.)

§2. SAMBA WALKS IN PROMENADE POSITION

#s02

+s:020

\$ # + 3. SIDE SAMBA WALK

MAN

Commence in Promenade Position with feet pointing to LOD weight on LF. Use very slight Alternative Basic Bounce

Step	1
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>LF</u> to side with part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	a
Step	3
Feet Positions	Draw <u>RF</u> slightly towards <u>LF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	2 or <u>S</u>

End in Promenade Position or according to following figure.

Footwork

1. BF 2. B. 3. F. (Pressure on ball of foot.)

Lead

Lead Lady to side on step 2 by slight pressure through the arms.

Note

Make 1/8 turn to R when following with Shadow Bota Fogos. The Turn will be made between steps 2 and 3.

LADY

Commence in Promenade Position with feet pointing to LOD weight on RF. Use very slight Alternative Basic Bounce

Step	1
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>RF</u> to side with part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil
Count	a
Step	3
Feet Positions	Draw <u>LF</u> slightly towards <u>RF</u>
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Nil

\$3. SIDE SAMBA WALK

#s03

+s:030

Count **2 or S**

End in Promenade Position or according to following figure.

Footwork

1. BE 2. B. 3. F. (Pressure on ball of foot.)

Note

Make 1/8 turn to L when following with Shadow Bota Fogos. The Turn will be made between steps 2 and 3.

\$ # + 4. SHADOW BOTA FOGOS

MAN

Commence in Promenade Position, Lady slightly in advance, having released hold with right hand.
Facing DW weight on RF using Alternative Basic Bounce

Step	1
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Commence to turn <u>L</u> .
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>RF</u> to side with part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Continue turning <u>L</u> .
Count	a
Step	3
Feet Positions	Replace weight to <u>LF</u>
Suggested Alignment	Facing <u>DC</u>
Amount of turn	Continue turning to complete 1/4 to <u>L</u> over steps 1-3
Count	2 or <u>S</u>
Step	4
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>DC</u>
Amount of turn	Commence to turn <u>R</u> .
Count	1 or <u>S</u>
Step	5
Feet Positions	<u>LF</u> to side with part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Continue turning <u>R</u> .
Count	a
Step	6
Feet Positions	Replace weight to <u>RF</u>
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Continue turning to complete 1/4 to <u>R</u> over steps 4-6
Count	2 or <u>S</u>
Step	7-9
Feet Positions	A Samba Walk in place, <u>L</u> . <u>R</u> . <u>L</u> .
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Nil
Count	1 a 2 or <u>S</u> a <u>S</u>

End in Closed Facing (or R Side-by-Side or Promenade Position)

Footwork

1. BF 2. B. 3. BF 4. BF 5. B. 6. BF 7. BF 8. B. 9. F. (Pressure on ball of foot.)

Leads

Lead Lady with L hand to turn to her R under Man's raised L arm on 1, to her L on 4 and to her R on 7.

\$4. SHADOW BOTA FOGOS

#s04

+s:040

Note

Amount of Turn on steps 7-9 when ended in:

- (a) Closed Facing Position-as Chart.
 (b) Promenade Position-1/8 to L.

LADY

Commence in Promenade Position slightly in advance of Man who has released hold with R hand.
 Facing DC weight on LF using Alternative Basic Bounce

Step	1
Feet Positions	<u>RF</u> forward
Suggested Alignment	Facing <u>DC</u>
Amount of turn	Commence to turn <u>R</u> .
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>LF</u> to side with part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Continue turning <u>R</u> .
Count	a
Step	3
Feet Positions	Replace weight to <u>RF</u>
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Continue turning to complete 1/4 to <u>R</u> .
Count	2 or <u>S</u>
Step	4
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing <u>DW</u>
Amount of turn	Commence to turn <u>L</u> .
Count	1 or <u>S</u>
Step	5
Feet Positions	<u>RF</u> to side with part weight
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	Continue turning <u>L</u> .
Count	a
Step	6
Feet Positions	Replace weight to <u>LF</u>
Suggested Alignment	Facing <u>DC</u>
Amount of turn	Continue turning to complete 1/4 to <u>L</u> .
Count	2 or <u>S</u>
Step	7-9
Feet Positions	1-3 of Volta Spot Turn, <u>R.L.R.</u>
Suggested Alignment	End backing <u>DW</u>
Amount of turn	3/4 turn to <u>R</u> over steps 7-9
Count	1 a 2 or <u>S</u> a <u>S</u>

End in Closed Facing (or R Side-by-Side or Promenade) Position

Footwork

1. BF 2. B. 3. BF 4. BF 5. B. 6. BF 7. BF 8. B. 9. BF (Pressure on ball of foot.)

Note

Amount of Turn on steps 7-9 when ended in:

- (a) Closed Facing Position - as Chart.
 (b) Promenade Position - 1 1/8 to R.

\$ # + 5. VOLTA MOVEMENTS

VOLTA TURNING TO LEFT

Commencing position and alignment according to amalgamation used. Weight on RF using Alternative Basic Bounce.

Step	1
Feet Positions	<u>LF</u> in front of <u>RF</u> heel to toe (<u>L</u> toe turned out)
Amount of turn	Up to 2 complete turns to <u>L</u> over steps 1-8
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>RF</u> to side and slightly back, toe turned out
Amount of turn	
Count	a
Step	3
Feet Positions	Draw <u>LF</u> in front of <u>RF</u> heel to toe (<u>L</u> toe turned out)
Amount of turn	
Count	2 or <u>S</u>
Step	4-7
Feet Positions	Repeat steps 2 and 3 twice
Amount of turn	
Count	a 1 a 2 or a <u>S</u> a <u>S</u>
Step	8
Feet Positions	Repeat step 2
Amount of turn	
Count	a

Finishing position according to amalgamation used.

VOLTA TURNING TO RIGHT

Commencing position and alignment according to amalgamation used. Weight on LF using Alternative Basic Bounce.

Step	1
Feet Positions	<u>RF</u> in front of <u>LF</u> heel to toe (<u>R</u> . toe turned out)
Amount of turn	Up to 2 complete turns to <u>R</u> over steps 1-8
Count	1 or <u>S</u>
Step	2
Feet Positions	<u>LF</u> to side and slightly back, toe turned out
Amount of turn	
Count	a
Step	3
Feet Positions	Draw <u>RF</u> in front of <u>LF</u> heel to toe (<u>R</u> . toe turned out)
Amount of turn	
Count	2 or <u>S</u>
Step	4-7
Feet Positions	Repeat steps 2 and 3 twice
Amount of turn	

\$5. VOLTA MOVEMENTS

#s05

+s:050

Count	a 1 a 2 or a <u>S</u> a <u>S</u>
Step	8
Feet Positions	Repeat step 2
Amount of turn	
Count	a

Finishing position according to amalgamation used.

Footwork

1. BF 2, 4, 6, 8. B. 3, 5, 7. BF (Pressure on ball of foot.)

Beat Value

3/4 beat on steps 1, 3, 5 and 7. 1/4 beat on steps 2, 4, 6 and 8. When only 7 steps are used step 7 is 1 beat.

TRAVELLING VOLTAS

Step	1
Feet Positions	<u>RF</u> crossed in front of <u>LF</u>
Foot Work	<u>B</u> flat
Count	1
Step	2
Feet Positions	<u>LF</u> to side and slightly back, <u>T</u> turned out
Foot Work	<u>T</u>
Count	a
Step	3
Feet Positions	<u>RF</u> crossed in front of <u>LF</u>
Foot Work	<u>B</u> flat
Count	2
Step	4
Feet Positions	<u>LF</u> to side and slightly back, <u>T</u> turned out
Foot Work	<u>T</u>
Count	a
Step	5
Feet Positions	<u>RF</u> crossed in front of <u>LF</u>
Foot Work	<u>B</u> flat
Count	1
Step	6
Feet Positions	<u>LF</u> to side and slightly back, <u>T</u> turned out
Foot Work	<u>T</u>
Count	a
Step	7
Feet Positions	<u>RF</u> crossed in front of <u>LF</u>
Foot Work	<u>B</u> flat
Count	2

CIRCULAR VOLTA

The Volta turning to left or right making up to 1 complete turn over steps 1-8. The front foot scribes the circumference of a small circle.

\$ # + 6. ROLLING OFF THE ARM

MAN

Commence in R Side-by-Side Position, weight on RF facing LOD in “Double” hold, Man's R arm behind Lady's back at waist level, Lady's arms crossed in front of body. Use Alternative Basic Bounce.

Step 1-3
Feet Positions Whisk to L (L.R.L.)
Suggested Alignment Facing LOD
Amount of turn Nil
Count 1 a 2 or S a S

Step 4-6
Feet Positions Whisk to R (R.L.R.)
Suggested Alignment Facing LOD
Amount of turn Nil
Count 1 a 2 or S a S

End in R Side-by-Side (or Closed Facing or R Shadow) Position

Footwork

1. BF 2. Toe of RF, L heel slightly off floor. 3. BF 4. BF 5. Toe of LF, R heel slightly off floor. 6. BF

Lead

Release hold with L hand on step 1 and with R hand lead lady to turn to R over steps 1-3 and to her L over steps 4-6. When ending in Closed Facing or R Shadow Position release hold with R hand at the end of step 5 and regain the desired hold at the end of step 6.

Note

When ended in :

(a) Closed Facing Position to follow with a Whisk, the Man will turn 1/4 to R (Lady 1 1/4 to L.) over steps 4-6.

(b) Closed Facing Position to follow with a Reverse Turn, the Man makes no turn but will lead Lady to make 1 1/2 turns to L over steps 4-6 to end in front of him.

LADY

Commence in R Side-by-Side Position, weight on LF facing LOD. Lady's arms crossed in front of body. No bounce.

Step 1
Feet Positions RF forward
Suggested Alignment Facing Wall
Amount of turn 1/4 turn to R
Count 1 or S

Step 2
Feet Positions LF to side
Suggested Alignment Backing LOD
Amount of turn 1/4 turn to R
Count a

Step 3
Feet Positions RF to side (L knee veers inwards)
Suggested Alignment Facing LOD
Amount of turn 1/2 turn to R
Count 2 or S

\$6. ROLLING OFF THE ARM

#s06

+s:060

Step	1
Feet Positions	<u>LF</u> forward
Suggested Alignment	Facing Centre
Amount of turn	1/4 turn to <u>L</u> .
Count	1 or <u>S</u>
Step	5
Feet Positions	<u>RF</u> to side
Suggested Alignment	Backing <u>LOD</u>
Amount of turn	1/4 turn to <u>L</u>
Count	a
Step	6
Feet Positions	<u>LF</u> to side (<u>R</u> . knee veers inwards)
Suggested Alignment	Facing <u>LOD</u>
Amount of turn	1/2 turn to <u>L</u>
Count	2 or <u>S</u>

End in R Side-by-Side (or Closed Facing or R Shadow) Position.

Footwork

1. BF 2. BF 3. BF (inside edge of B. LF)
4. BF 5. BF 6. BF (inside edge of B. RF)

\$ # + 7. PROMENADE TO COUNTER PROMENADE RUNS

MAN

Step	1
Feet Positions	<u>RF</u> to side
Suggested Alignment	Facing Wall
Amount of turn	Commence to turn <u>L</u>
Count	1
Step	2
Feet Positions	<u>LF</u> to side in <u>PP</u>
Suggested Alignment	
Amount of turn	Continue to turn to <u>L</u> .
Count	2
Step	3
Feet Positions	<u>RF</u> fwd and across in <u>PP</u>
Suggested Alignment	
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> .
Count	3
Step	4
Feet Positions	<u>LF</u> back and slightly to side
Suggested Alignment	
Amount of turn	Commence to turn <u>R</u>
Count	1
Step	5
Feet Positions	<u>RF</u> to side in <u>CPP</u>
Suggested Alignment	
Amount of turn	Continue to turn to <u>R</u> .
Count	2
Step	6
Feet Positions	<u>LF</u> fwd and across in <u>CPP</u>
Suggested Alignment	
Amount of turn	Continue to turn to complete 3/4 to <u>R</u> .
Count	3
Step	7
Feet Positions	<u>RF</u> fwd
Suggested Alignment	
Amount of turn	Commence to turn <u>R</u>
Count	1
Step	8
Feet Positions	<u>LF</u> to side in <u>PP</u>
Suggested Alignment	
Amount of turn	Continue to turn to <u>R</u> .
Count	2
Step	9
Feet Positions	<u>RF</u> fwd and across in <u>PP</u>
Suggested Alignment	
Amount of turn	Continue to turn to complete 1/4 to <u>R</u> .

\$7. PROMENADE TO COUNTER PROMENADE RUNS

#s07

+s:070

Count 3

LADY

Step 1
Feet Positions LF to side
Suggested Alignment Backing Wall
Amount of turn Commence to turn R
Count 1

Step 2
Feet Positions RF to side in PP
Suggested Alignment
Amount of turn Continue to turn to R.
Count 2

Step 3
Feet Positions LF fwd and across in PP
Suggested Alignment
Amount of turn Continue to turn to complete 1/8 to R.
Count 3

Step 4
Feet Positions RF fwd
Suggested Alignment
Amount of turn Commence to turn R
Count 1

Step 5
Feet Positions LF to side in CPP
Suggested Alignment
Amount of turn Continue to turn to R.
Count 2

Step 6
Feet Positions RF fwd and across in CPP
Suggested Alignment
Amount of turn Continue to turn to complete 1/4 to R.
Count 3

Step 7
Feet Positions LF back and slightly to side
Suggested Alignment
Amount of turn Commence to turn R
Count 1

Step 8
Feet Positions RF to side in PP
Suggested Alignment
Amount of turn Continue to turn to R.
Count 2

Step 9
Feet Positions LF fwd and across in PP
Suggested Alignment
Amount of turn Continue to turn to complete 3/4 to R.
Count 3

^s#⁺ 8. CRUZADOS LOCKS IN SHADOW POSITION**MAN & LADY**

Step	1
Feet Positions	<u>LF</u> fwd
Suggested Alignment	
Amount of turn	
Count	<u>Q</u>
Step	2
Feet Positions	<u>RF</u> crossed behind <u>LF</u>
Suggested Alignment	
Amount of turn	
Count	<u>Q</u>
Step	3
Feet Positions	<u>LF</u> fwd
Suggested Alignment	
Amount of turn	
Count	<u>S</u>
Step	4
Feet Positions	<u>RF</u> fwd
Suggested Alignment	
Amount of turn	
Count	<u>Q</u>
Step	5
Feet Positions	<u>LF</u> crossed behind <u>RF</u>
Suggested Alignment	
Amount of turn	
Count	<u>Q</u>
Step	6
Feet Positions	<u>RF</u> fwd
Suggested Alignment	
Amount of turn	
Count	<u>S</u>

Steps 7-9: Repeat steps 1-3

^s8. CRUZADOS LOCKS IN SHADOW POSITION

[#]s08

⁺s:080

+ + \$ \$ # # CHA CHA CHA. HISTORIC REVIEW

The Cha Cha Cha is a fairly recent dance that is a combination of the Rumba and the Mambo. It gained rapid popularity because of its simplicity. As a competition dance it appeared later than other Latin-American dances. Since its introduction it has been subjected to various modifications enabling dancers to perform it in several ways. It can be danced in pairs or at a distance.

⁺h:090

\$CHA CHA CHA. HISTORIC REVIEW

#c_hist

+ + \$ # # CHA CHA CHA. **CHOREOGRAPHY**

BASIC MOVEMENT

PRECEDE

Basic Movement

Alemana

Three Cha Cha Chas Fwd

1-10 Hand to Hand

Spot Turn to L

New York

Cross Basic

Into Step 6

Three Cha Cha Chas Back

Hand to Hand

Spot Turn to R

1-5 New York

FOLLOW

Basic Movement

Fan

New York

Cross Basic

From Step 5

6-10 Alemana

FAN

PRECEDE

Basic Movement

Alemana

Three Cha Cha Chas Fwd

1-10 Hand to Hand

Spot Turn to L

New York

Cross Basic

Into Step 6

Three Cha Cha Chas Back

Hand to Hand

1-5 Cross Basic

FOLLOW

From Fan Position

Alemana

ALEMANA

PRECEDE

Fan

Advanced Hip Twist

FOLLOW

Basic Movement

Shoulder to Shoulder

THREE CHA CHA CHAS

PRECEDE

From Fan Position

Fan

Advanced Hip Twist

From Open Facing Position

+ var:090

\$ CHA CHA CHA. CHOREOGRAPHY

c_var

Advanced Hip Twists ended in Open Facing Position

Steps 6-10 from Closed Facing Position

1-5 Basic Movement

Hand to Hand

1-5 Cross Basic

FOLLOW

Basic Movement

Fan

Hand to Hand

New York

Cross Basic

Advanced Hip Twist

HAND TO HAND

PRECEDE

Alemana

Spot Turn to L

FOLLOW

Spot Turn to L

6-10 Basic Movement or Fan

6-10 Alemana

From Step 10

Basic Movement

Spot Turn to R

Fan

SPOT TURNS

Spot Turn to Left

PRECEDE

Hand to Hand

Spot Turn to R

1-5 New York

Shoulder to Shoulder

FOLLOW

Basic Movement

Fan

Spot Turn to R

Cross Basic

Spot Turn to Right

PRECEDE

1-10 Hand to Hand

Spot Turn to L

New York

FOLLOW

6-10 Basic Movement

Spot Turn to L

NEW YORK

PRECEDE

Basic Movement

Alemana

FOLLOW

Basic Movement

Fan

Spot Turn to R

From Step 5

Spot Turn to L

SHOULDER TO SHOULDER

PRECEDE

Basic Movement

FOLLOW

Spot Turn to L

ADVANCED HIP TWIST

PRECEDE

Alemana

FOLLOW

From Fan Position

Alemana

From Open Facing Position

Alemana

CROSS BASIC

PRECEDE

Basic Movement

Spot Turn to L (Lady to R)

Cross Basic

FOLLOW

Basic Movement

Fan

Cross Basic

From Step 5

6-10 Alemana or Fan

From Step 7

8-10 of Fan

^s_#⁺ NORMAL HOLD

Stand facing partner about six inches apart with the head erect and the body naturally upright. The Man should place his right hand on the Lady's left shoulder blade, the Lady resting her left arm lightly on his, following the curve of his arm to the shoulder. The Man's left hand should be raised in a gentle curve to the level of the eyes; the Lady should place the fingers of her right hand between his thumb and first finger and both hands should be lightly clasped. The various other holds are referred to in the charts.

^sNORMAL HOLD

_#c00

⁺c:000

§ # # + 1. BASIC MOVEMENT

MAN

Commence in Closed Facing Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Commence to turn to <u>L</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>LF</u> to side and slightly back to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> over steps 1-5 (Up to a 1/4 may be made)
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> back
Amount of turn	Continue to turn to <u>L</u> .
Count	2
Step	7
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R</u> .
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> over steps 6-10 (Up to a 1/4 may be made)
Count	4 & 1

End in Closed Facing Position.

LADY

Commence in Closed Facing Position, feet apart, weight on LF

Step	1
Feet Positions	<u>RF</u> back
Amount of turn	Commence to turn to <u>L</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>LF</u> .
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R</u> .
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> over steps 1-5 (Up to a 1/4 may be made)
Count	4 & 1

§1. BASIC MOVEMENT

#c01

+c:010

Step	6
Feet Positions	<u>LF</u> forward
Amount of turn	Continue to turn to <u>L</u> .
Count	2
Step	7
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Continue to turn to <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>LF</u> to side and slightly back to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> over steps 6-10 (Up to a 1/4 may be made)
Count	4 & 1

End in Closed Facing Position.

\$ # + 2. FAN**MAN**

Commence in Closed Facing Position, feet apart, weight on RF

Step 1-5
Feet Positions 1-5 Basic Movement
Amount of turn 1/8 to L over 1-5
Count 2 3 4 & 1

Step 6
Feet Positions RF back
Amount of turn Nil
Count 2

Step 7
Feet Positions Replace weight to LF
Amount of turn Nil
Count 3

Step 8-10
Feet Positions RF to side to Chasse R.L.R.
Amount of turn Nil (see note)
Count 4 & 1

End in Fan (or Open Facing) Position.

Footwork

Ball Flat throughout.

Leads

Lead Lady forward on 6 by slight pressure with R hand and to step back on 7 & 8 by releasing with R hand and using slight pressure with L Hand.

Note

Up to 1/4 turn to L may be made over steps 1-5, in which case 1/8 turn to L over steps 6-10 is desirable. The last Chasse would be to side and slightly forward.

LADY

Commence in Closed Facing Position, feet apart, weight on LF

Step 1-5
Feet Positions 1-5 Basic Movement R.L.R.L.R.
Amount of turn 1/8 to L over 1-5
Count 2 3 4 & 1

Step 6
Feet Positions LF forward
Amount of turn Commence to turn L.
Count 2

Step 7
Feet Positions RF back and slightly to side
Amount of turn Continue to turn L.
Count 3

\$2. FAN

#c02

+c:020

Step	8-10
Feet Positions	<u>L</u> F back to Chasse (<u>L</u> , <u>R</u> , <u>L</u> .)
Amount of turn	Continue to turn <u>L</u> to complete 4 over steps 6-10 (see note 1)
Count	4 & 1

End in Fan (or Open Facing) Position.

Footwork

Ball Flat throughout.

Notes

1. Up to 1/4 turn to L may be made over steps 1-5, in which 3/8 to L over steps 6-10 would be desirable.
2. It is important for the Lady to brace R arm slightly as Man gives pressure with L hand on 7

\$ # + 3. ALEMANA**MAN**

Commence in Fan (or Open Facing) Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u> .
Amount of turn	Nil
Count	3
Step	3-5
Feet Positions	<u>LF</u> almost closes to <u>RF</u> to Chasse <u>L.R.L.</u>
Amount of turn	Nil
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	7
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	8-10
Feet Positions	<u>RF</u> almost closes to <u>LF</u> to Chasse <u>R.L.R.</u>
Amount of turn	Nil
Count	4 & 1

End in Closed Facing (or Lady at right angles to man on his R side, normal hold, or R Side-by-Side) Position.

Leads

Allow Lady to close RF to LF on 1 and lead her to step forward on 2. Continue to lead her forward and to commence to turn her R on 3-5 and to continue to turn R under the raised arms on steps 6-9. Regain normal hold on 10. To end with Lady at R angles to Man lower L arm to just above waist level on 10, and to end in R Side-by-Side Position move L arm down and rightwards on 10.

LADY

Commence in Fan (or Open Facing) Position, LF back, weight on RF

Step	1
Feet Positions	<u>RF</u> closes to <u>LF</u>
Amount of turn	Nil
Count	2
Step	2
Feet Positions	<u>LF</u> forward
Amount of turn	Nil
Count	3

\$3. ALEMANA

#c03

+c:030

Step	3-5
Feet Positions	<u>RF</u> forward. to Chasse <u>R.L.R.</u>
Amount of turn	Commence to turn to <u>R.</u>
Count	4 & 1
Step	6
Feet Positions	<u>LF</u> forward
Amount of turn	Continue to turn <u>R.</u>
Count	2
Step	7
Feet Positions	<u>RF</u> forward
Amount of turn	Continue to turn <u>R.</u>
Count	3
Step	8-10
Feet Positions	<u>LF</u> forward to Chasse <u>L.R.L.</u>
Amount of turn	Continue to turn to <u>R.</u> , to complete 1 1/4 turns over step 3-10
Count	4 & 1

End in Closed Facing (or at right angles to man on his R side, normal hold, or R Side-by-Side) Position.

Amount of Turn when ended in :

(a) Closed Facing Position - as chart.

(b) At right angles to man on his R Side - 1-1/2 turns to R (LF ends side and slightly back).

(c) R Side-by-Side position - 1 3/4 turns to R (LF ends back)

Footwork

Ball Flat throughout.

^s[#]⁺ 4. THREE CHA CHA CHAS

Three Cha Cha Chas may be danced progressively in one direction counted “4&1, 2&3, 4&1” as follows:

FORWARD

(1) *In Closed Facing Position* - after 1-7 of Basic Movement. (No turn or gradually curving up to 3/8 to L over the 9 steps. RLR, LRL, RLR), (Lady LRL, RLR, LRL). Follow with Basic Movement.

(2) *In L Side-by-Side Position* - after step 7 of Alemana. 1/8 to L, 1/8 to R and 1/8 to L alternately on each chasse RLR, LRL, RLR. (Lady 1/8 to R, 1/8 to L and 1/8 to R LRL, RLR, LRL). Follow with a Spot Turn to R (Lady to L)

BACKWARD

In Closed Facing Position - after L of Basic Movement. (No turn or gradually curving up to 3/8 to R or L). L.R.L., R.L.R., L.R.L.; (Lady R.L.R., L.R.L., R.L.R.) Follow with 6-10 of Basic Movement when making no turn, 6-1 of Fan when curving to L.

Note

Double hold may be used, Forward or Back; in Closed or Open Facing Position.

^s4. THREE CHA CHA CHAS

[#]c04

⁺c:040

\$ # + 5. HAND TO HAND**MAN**

Commence in Closed Facing Position in Double Hold, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> back in <u>R</u> Side-by-Side position
Amount of turn	1/4 to <u>L</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn <u>R</u> .
Count	3
Step	3-5
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn <u>R</u> ., to complete 1/4 over steps 2-5
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> back in <u>L</u> Side-by-Side Position
Amount of turn	1/4 to <u>R</u> .
Count	2
Step	7
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Commence to turn <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R</u> .
Amount of turn	Continue to turn <u>L</u> ., to complete 1/4 over steps 7-10
Count	4 & 1
Step	11-15
Feet Positions	Repeat steps 1-5
Amount of turn	As steps 1-5
Count	2 3 4 & 1

End in Closed Facing Position.

Footwork

Ball Flat throughout.

Leads

Take Double Hold at end of preceding step. Lead Lady to turn by holding arms steady as turn is made. Release with L hand on steps 1 and 11, regain Double Hold on 5 and 10, release with R hand on step 6.

LADY

Commence in Closed Facing Position in Double Hold, feet apart, weight on LF

Step	1
Feet Positions	<u>RF</u> back an <u>R</u> Side-by-Side position
Amount of turn	1/4 to <u>R</u> .
Count	2

\$5. HAND TO HAND

#c05

+c:050

Step	2
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Commence to turn <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R.</u>
Amount of turn	Continue to turn <u>L</u> , to complete 1/4 over steps 2-5
Count	4 & 1
Step	6
Feet Positions	<u>LF</u> back an <u>L</u> Side-by-Side Position
Amount of turn	1/4 to <u>L</u> .
Count	2
Step	7
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn <u>R</u> .
Count	3
Step	8-10
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L.</u>
Amount of turn	Continue to turn to <u>R</u> ., to complete 1/4 turn over steps 7 and 10
Count	4 & 1
Step	11-15
Feet Positions	Repeat steps 1-5
Amount of turn	As steps 1-5
Count	2 3 4 & 1

End in Closed Facing Position.

Footwork

Ball Flat throughout.

^s_{\$} # + 6. SPOT TURNS

These are two forward walks and a Chasse circling to the L or R and ended to side. They are danced solo by Man and Lady. They can also be danced as a solo turn in which one foot may remain on a spot around which the circle is made as follows: LF forward making 1/4 turn to R Count "2". Keeping RF in place turn 1/2 to R and replace weight on the RF Count "3" Chasse L.R.L Continuing to turn 1/4 to R ending with LF to side. Count "4 and 1". The Spot Turn may also be danced in this manner commencing with RF and turning to L.

SPOT TURN TO LEFT

Normally commenced with RF-R.L., R.L.R., 2 3 4 & 1.

SPOT TURN TO RIGHT

Normally commenced with LF-L.R., L.R.L., 2 3 4 & 1.

^s6. SPOT TURNS

#c06

⁺c:060

\$ # + 7. NEW YORK**MAN**

Commence in Closed Facing Position, feet apart, weight on RF

Step	1
Feet Positions	<u>LF</u> fwd. in <u>L</u> Side-by-Side Position
Amount of turn	1/4 to <u>R</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn to <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn, to complete 1/4 to <u>L</u> over steps 2-5
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> fwd. in <u>R</u> Side-by-Side Position
Amount of turn	1/4 to <u>L</u> .
Count	2
Step	7
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Commence to turn <u>R</u> .
Count	3
Step	8-11
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R</u> .
Amount of turn	Continue to turn, to complete 1/4 to <u>R</u> over steps 7-10
Count	4 & 1

End in Closed Facing Position.

Steps 1-10 or 1-5 may be repeated.

Footwork

Ball Flat throughout.

Leads

Release hold with R hand on the preceding Chasse. Lead Lady to L Side-by-Side Position with inside hands joined on step 1. Release hold with L hand and take Lady's L hand in R hand while turning to Closed Facing Position over steps 3-5. Lead Lady to R Side-by-Side Position with inside hands joined on step 6. Release hold with R hand and take Lady's R hand in L while turning to Closed Facing Position over steps 8-10:

LADY

Commence in Closed Facing Position, feet apart, weight on LF

Step	1
Feet Positions	<u>RF</u> fwd. in <u>L</u> Side-by-Side Position
Amount of turn	1/4 to <u>L</u> .
Count	2

\$7. SPOT TURNS

#c07

+c:070

Step	2
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Commence to turn to <u>R</u>
Count	3
Step	3-5
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R.</u>
Amount of turn	Continue to turn, to complete 1/4 to <u>R</u> over steps 2-5
Count	4 & 1
Step	6
Feet Positions	<u>LF</u> fwd, in <u>R</u> Side-by-Side Position
Amount of turn	1/4 to <u>R</u> .
Count	2
Step	7
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn to <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L.</u>
Amount of turn	Continue to turn, to complete 1/4 to <u>L</u> over steps 7-10
Count	4 & 1

End in Closed Facing Position.
Steps 1-10 or 1-5 may be repeated.

Footwork

Ball Flat throughout.

^s_{\$} # ⁺ 8. SHOULDER TO SHOULDER**MAN**

Commence in Open Facing Position, with or without hold, RF forward, weight on RF

Step	1
Feet Positions	<u>LF</u> fwd. outside partner on <u>L</u> side
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	3-5
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L</u> to end with <u>LF</u> to side and slightly forward
Amount of turn	1/4 turn to <u>L</u> over steps 3-5
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> fwd. outside partner
Amount of turn	Nil
Count	2
Step	7
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	8-10
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R.</u> to end with <u>RF</u> to side and slightly forward
Amount of turn	1/4 to <u>R</u> over steps 8-10
Count	4 & 1
Step	11
Feet Positions	<u>LF</u> fwd. outside partner on <u>L</u> side
Amount of turn	Nil
Count	2
Step	12
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Nil
Count	3
Step	13-15
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L</u> to end in <u>PP</u>
Amount of turn	1/4 to <u>L</u> over steps 13-15
Count	4 & 1

End in Promenade Position.

Footwork

Ball Flat throughout.

LADY**^s8. SHOLDER TO SHOULDER**

c08

+ c:080

Commence in Open Facing Position, with or without hold, LF back, weight on LF

Step	1
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	2
Feet Positions	Replace weight to <u>LF</u> outside partner on <u>L</u> side
Amount of turn	Nil
Count	3
Step	3-5
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R.</u> to end with <u>RF</u> to side and slightly back
Amount of turn	1/4 to <u>L</u> over steps 3-5
Count	4 & 1
Step	6
Feet Positions	<u>LF</u> back
Amount of turn	Nil
Count	2
Step	7
Feet Positions	Replace weight to <u>RF</u> outside partner
Amount of turn	Nil
Count	3
Step	8-10
Feet Positions	<u>LF</u> to side to Chasse <u>L.R.L.</u> to end with <u>LF</u> to side and slightly back
Amount of turn	1/4 to <u>R</u> over steps 8-10
Count	4 & 1
Step	11
Feet Positions	<u>RF</u> back
Amount of turn	Nil
Count	2
Step	12
Feet Positions	Replace weight to <u>LF</u> outside partner on <u>L</u> side
Amount of turn	Nil
Count	3
Step	13-15
Feet Positions	<u>RF</u> to side to Chasse <u>R.L.R.</u> to end in <u>PP</u>
Amount of turn	Nil
Count	4 & 1

End in Promenade Position.

Footwork

Ball Flat throughout.

\$ # + 9. ADVANCED HIP TWISTS**MAN**

Commence in Closed Facing Position (or lady at right angles on man's R side), RF forward, weight on RF

Step	1
Feet Positions	<u>LF</u> fwd.
Amount of turn	Slight body turn to <u>R</u> .
Count	2
Step	2
Feet Positions	Replace weight to <u>RF</u>
Amount of turn	Commence to turn body very slightly to <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>LF</u> behind <u>RF</u> toe to heel, toe turned out to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn to <u>L</u> .
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> back
Amount of turn	Continue to turn to complete 1/8 to <u>L</u> over steps 3-6
Count	2
Step	7
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Nil
Count	3
Step	8-10
Feet Positions	<u>RF</u> to side and slightly forward to Chasse <u>R.L.R</u> .
Amount of turn	Nil
Count	4 & 1

End in Fan (or Open or Close Facing) Position.

Footwork

Ball Flat throughout.

Leads

Lead Lady to turn to her R on 1 by turning body to R., to her L on 2 to 5 and to her R on 6 by pressure with base of R hand, then to her L on 7 by releasing with R hand and retaining L hand braced in normal hold position.

Note

Amount of turn over Steps 3-10 when ended in:

- (a) Fan Position - as chart.
- (b) Open Facing Position - 3/8 to L.
- (c) Close Facing Position - 1/2 to L.

LADY

Commence in Closed Facing Position (or lady at right angles on man's R side), feet apart, weight on LF

Step	1
-------------	----------

\$9. ADVANCED HIP TWISTS

#c09

+c:090

Feet Positions	<u>RF</u> back
Amount of turn	Up to 1/2 turn to <u>R</u> on <u>LF</u>
Count	2
Step	2
Feet Positions	Replace weight to <u>LF</u>
Amount of turn	Commence to turn <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>RF</u> fwd. outside partner on <u>R</u> side to Chasse <u>R.L.R.</u>
Amount of turn	Continue to turn to complete 5/8 to <u>L</u> over steps 2-5
Count	4 & 1
Step	6
Feet Positions	<u>LF</u> fwd.
Amount of turn	1/2 turn to <u>R</u> .
Count	2
Step	7
Feet Positions	<u>RF</u> back and slightly to side
Amount of turn	Turn to <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>LF</u> back to Chasse <u>L.R.L.</u>
Amount of turn	Continue to turn <u>L</u> to complete 3/4 over steps 7-10
Count	4 & 1

End Fan (or Open or Close Facing) Position.

Footwork

Ball Flat throughout.

^s# #⁺ 10. CROSS BASIC**MAN**

Commence in Closed Facing Position. Feet apart, RF forward, weight on RF

Step	1
Feet Positions	<u>LF</u> crosses in front of <u>RF</u>
Amount of turn	Commence to turn <u>L</u> .
Count	2
Step	2
Feet Positions	<u>RF</u> back
Amount of turn	Continue to turn <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>LF</u> to side and slightly fwd. to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn to complete 1/4 to <u>L</u> over steps 1-5
Count	4 & 1
Step	6
Feet Positions	<u>RF</u> crosses behind <u>LF</u>
Amount of turn	Continue to turn <u>L</u> .
Count	2
Step	7
Feet Positions	<u>LF</u> fwd.
Amount of turn	Continue to turn <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>RF</u> to side and slightly back to Chasse <u>R.L.R</u> .
Amount of turn	Continue to turn to complete 1/4 to left over steps 6-10
Count	4 & 1

End in Closed Facing Position.

Footwork

Ball Flat throughout.

LADY

Commence in Closed Facing Position. Feet apart, RF forward, weight on LF

Step	1
Feet Positions	<u>RF</u> crosses in front of <u>LF</u>
Amount of turn	Commence to turn <u>L</u> .
Count	2
Step	2
Feet Positions	<u>LF</u> fwd
Amount of turn	Continue to turn <u>L</u> .
Count	3
Step	3-5
Feet Positions	<u>RF</u> to side and slightly back to Chasse <u>R.L.R</u> .
Amount of turn	Continue to turn to complete 1/4 to <u>L</u> over steps 1-5

^s10. CROSS BASIC

c10

⁺c:100

Count	4 & 1
Step	6
Feet Positions	<u>LF</u> crosses behind <u>RF</u>
Amount of turn	Continue to turn <u>L</u> .
Count	2
Step	7
Feet Positions	<u>RF</u> back.
Amount of turn	Continue to turn <u>L</u> .
Count	3
Step	8-10
Feet Positions	<u>LF</u> to side and slightly forward to Chasse <u>L.R.L</u> .
Amount of turn	Continue to turn to complete 1/4 to left over steps 6-10
Count	4 & 1

End in Closed Facing Position.

Footwork

Ball Flat throughout.

+ + \$ # JIVE. HISTORIC REVIEW

The Jive was brought to England from the United States during the Second World War. It significantly changed the image of dancing, making it more exciting and carefree. The dance was considered obscene and consequently banned in ballrooms.

As a competition dance it went through several stages and acquired different names such as the Lindy, West Coast Swing, American Swing and Rock and Roll.

The most distinctive feature of the dance is that the man leads the lady in dancing the turning and spinning figures. Rock and Roll bares some resemblance to the Jive but it is less energetic. The dance does not require much space and can be danced in small, crowded rooms.

+ \$ # JIVE. CHOREOGRAPHY**FALLAWAY ROCK****PRECEDE**Fallaway RockWhip**FOLLOW**Fallaway Rock

The Whip may be danced after steps 1-5 with Man turning approximately 3/8 to R, over steps 2-5.
 (Lady no turn ending with RF forward between Man's feet.)

Flicks into Break**CHANGE OF PLACES LEFT TO RIGHT****PRECEDE**American SpinStop and Go**FOLLOW**Change of Places Left to RightAmerican SpinStop and GoToe Heel Swivels**AMERICAN SPIN****PRECEDE**Change of Places Left to RightAmerican SpinStop and Go**FOLLOW**Change of Places Left to RightAmerican SpinStop and Go**THE WHIP****PRECEDE**1-5 Fallaway Rock**FOLLOW**Fallaway RockFlicks into Break**STOP AND GO****PRECEDE**Change of Places Left to RightAmerican SpinStop and Go**FOLLOW**Change of Places Left to RightAmerican SpinStop and Go**CHICKEN WALKS****PRECEDE**Fallaway Rock**FOLLOW**Change of Places Left to Right⁺var:100

\$JIVE. CHOREOGRAPHY

#_var

TOE HEEL SWIVELS**PRECEDE**

Change of Places Left to Right

FOLLOW

3-8 Fallaway Rock

3-20 Flicks into Break

FLICK INTO BREAK**PRECEDE**

Fallaway Rock

Whip

Into steps 3-20

Toe Heel Swivels (using double hold throughout)

FOLLOW

3-8 Fallaway Rock

\$ \$ # ++ NORMAL HOLD

Stand facing partner about six inches apart. The man should place his R hand on the lady's back under her L shoulder blade, holding her R hand in his L hand with the arms gently curved and the hands just above waist level.

The lady will rest her L arm lightly on the man's R arm, following the curve of his arm to the shoulder.

\$ NORMAL HOLD

j00

+ j:000

\$ # + 1. FALLAWAY ROCK**MAN**Commence in Closed Facing Position, weight on RF

Step	1	
Feet Positions and Lead		<u>LF</u> back in Fallaway turning lady to <u>R</u>
Amount of turn	1/8 to <u>L</u> on 1	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>RF</u> in <u>PP</u> , commencing to turn Lady to <u>L</u> .
Amount of turn	Commencing to turn <u>R</u> .	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		<u>LF</u> to side to chasse <u>L.R.L.</u> , continuing to turn lady to <u>L</u> .
Amount of turn	Continuing to turn <u>R</u> , completing 1/8 over steps 2-5	
Count	3a4	
Rhythm	QaQ	
Step	6-8	
Feet Positions and Lead		<u>RF</u> to side to chasse, <u>R.L.R.</u>
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	

End in Closed Facing Position.

LADYCommence in Closed Facing Position, weight on LF

Step	1	
Feet Positions and Lead		<u>RF</u> back in Fallaway
Amount of turn	1/4 to <u>R</u> .	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>LF</u> in <u>PP</u>
Amount of turn	Commencing to turn <u>L</u> .	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		<u>RF</u> to side to chasse <u>R.L.R.</u>
Amount of turn	Continuing to turn completing 1/4 to <u>L</u> over steps 2-5	
Count	3a4	
Rhythm	QaQ	
Step	6-8	
Feet Positions and Lead		<u>LF</u> to side to chasse <u>L.R.L.</u>
Amount of turn	Nil	

\$1. FALLAWAY ROCK

#j01

+j:010

Count **3a4**
Rhythm **QaQ**

End in Closed Facing Position.

\$ # + 2. CHANGE OF PLACES LEFT TO RIGHT

MAN

Commence in Open Facing Position, weight on RF

Step	1	
Feet Positions and Lead		<u>LF</u> back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>RF</u> .
Amount of turn	Commencing to turn <u>R</u> on 2, 1/4 to <u>R</u> over steps 2-5	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		Almost close <u>LF</u> to <u>RF</u> to chasse <u>L.R.L.</u> , turning to <u>R</u> and leading lady to turn to her <u>L</u> under the raised arms
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	
Step	6-8	
Feet Positions and Lead		<u>RF</u> forward to chasse <u>R.L.R.</u> leading lady to complete her turn to <u>L</u> and lowering the joined hands at end of lady's turn
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	

End in Open Facing Position:

LADY

Commence in Open Facing Position, weight on LF

Step	1	
Feet Positions and Lead		<u>RF</u> back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>LF</u>
Amount of turn	Commencing to turn to <u>L</u> on 2	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		Chasse <u>R.L.R.</u> turning to <u>L</u> under the raised arms
Amount of turn	Continuing to turn <u>L</u> .	
Count	3a4	
Rhythm	QaQ	
Step	6-8	
Feet Positions and Lead		Continuing to turn <u>L</u> , <u>LF</u> back to chasse <u>L.R.L.</u>

\$2. CHANGE OF PLACES LEFT TO RIGHT

#:j02

+:j:020

Amount of turn	Completing 3/4 over step 2-6
Count	3a4
Rhythm	QaQ

End in Open Facing Position.

§ # # + 3. AMERICAN SPIN

MAN

Commence in Open Facing Position, with “Handshake” hold, weight on RF

Step	1	
Feet Positions and Lead		<u>LF</u> back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>RF</u> .
Amount of turn	Nil	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		Almost close <u>LF</u> to <u>RF</u> to chasse in place, <u>L.R.L</u> leading lady forward and bracing <u>R</u> arm. On step 5 lead lady to turn to her <u>R</u> releasing hold with <u>R</u> hand
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	
Step	6-8	
Feet Positions and Lead		Chasse in place, <u>R.L.R</u> catching lady's <u>R</u> hand in <u>R</u> or <u>L</u> hand at the end of her turn.
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	

End in Open Facing Position.

LADY

Commence in Open Facing Position, with “Handshake” hold, weight on LF

Step	1	
Feet Positions and Lead		<u>RF</u> back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>LF</u>
Amount of turn	Nil	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		<u>RF</u> forward to chasse <u>R.L.R</u> . leaning slightly against man's arm. At the end of step 5 turn to <u>R</u> , on <u>RF</u>
Amount of turn	Approx. 1/2 to <u>R</u> on step 5	
Count	3a4	
Rhythm	QaQ	
Step	6-8	

§3. AMERICAN SPIN

#j03

+j:030

Feet Positions and Lead Chasse L, R, L continuing to turn to R to end LF back
Amount of turn Continuing to turn R completing a full turn over steps 5-8
Count 3a4
Rhythm QaQ

End in Open Facing Position.

\$ # + 4. THE WHIP**MAN**Commence in Open Facing Position, weight on LF

Step	1	
Feet Positions and Lead		<u>RF</u> crosses behind <u>LF</u> , toe turned out
Amount of turn	1/4 to <u>R</u>	over the preceding step and 1
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		<u>LF</u> to side
Amount of turn	1/4 to <u>R</u>	between 1-2
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		<u>RF</u> to side, very small step, to chasse <u>R.L.R.</u> ending in Fallaway Position
Amount of turn	Continuing to turn <u>R</u>	Completing 1/8 over steps 3-5
Count	3a4	
Rhythm	QaQ	

End in Fallaway Position.

LADYCommence in Closed Facing Position, weight on RF

Step	1	
Feet Positions and Lead		<u>LF</u> forward towards partner's <u>R</u> side
Amount of turn	1/4 to <u>R</u>	over the preceding step and 1
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		<u>RF</u> forward between partner's feet, small step
Amount of turn	1/4- to <u>R</u>	between 1-2
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		<u>LF</u> to side to chasse <u>L.R.L</u> ending in Fallaway Position
Amount of turn	Continuing to turn <u>R</u>	Completing 3/8 over steps 3-5
Count	3a4	
Rhythm	QaQ	

End in Fallaway Position.

\$4. THE WHIP

#j04

+j:040

\$ # + 5. STOP AND GO**MAN**Commence in Open Facing Position, weight on RF

Step	1	
Feet Positions and Lead		<u>LF</u> back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>RF</u> .
Amount of turn	Nil	
Count	2	
Rhythm	<u>Q</u>	
Step	3-5	
Feet Positions and Lead		<u>LF</u> forward to chasse <u>L.R.L.</u> , turning lady to her <u>L</u> under the raised arms to end in <u>R</u> Side-by-Side position, having checked lady's turn on step 5 by placing <u>R</u> hand on her back. Lower the joined arms
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	
Step	6	
Feet Positions and Lead		<u>RF</u> forward, leading lady to step back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	7	
Feet Positions and Lead		Replace weight back. to <u>LF</u> , leading lady forward and commencing to turn her to <u>R</u> .
Amount of turn	Nil	
Count	2	
Rhythm	<u>Q</u>	
Step	8-10	
Feet Positions and Lead		<u>RF</u> back (small step) to chasse <u>R.L.R.</u> , turning lady to her <u>R</u> under the raised arms. Lower joined hands at end of lady's turn
Amount of turn	Nil	
Count	3a4	
Rhythm	QaQ	

End in Open Facing Position.

LADYCommence in Open Facing Position, weight on LF

Step	1	
Feet Positions and Lead		<u>RF</u> back
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	

\$5. STOP AND GO

#j05

+j:050

Step 2
Feet Positions and Lead Replace weight forward to LF
Amount of turn Nil
Count 2
Rhythm Q

Step 3-5
Feet Positions and Lead Chasse RLR, turning to L under the raised arms to end in R Side-by-Side Position
Amount of turn Continuing to turn L, completing 1/2 turn over steps 2-5
Count 3a4
Rhythm QaQ

Step 6
Feet Positions and Lead LF back
Amount of turn Nil
Count 1
Rhythm Q

Step 7
Feet Positions and Lead Replace weight forward to RF
Amount of turn Commencing to turn R.
Count 2
Rhythm Q

Step 8-10
Feet Positions and Lead Continue to turn to R under the raised arms, and chasse LRL, to end LF back
Amount of turn Continuing to turn R, completing 1/2 turn over steps 7-10
Count 3a4
Rhythm QaQ

End in Open Facing Position.

^s# #⁺ 6. CHICKEN WALKS**MAN**Commence in Open Facing Position, weight on RF

Step	1-4	
Feet Positions and Lead		4 small steps back leading lady forward, <u>L</u> <u>R</u> <u>L</u> <u>R</u> .
Amount of turn	Nil	
Count	1.2.3.4.	
Rhythm	QQQQ	

LADYCommence in Open Facing Position, weight on LF

Step	1	
Feet Positions and Lead		Turning to <u>R</u> on <u>LF</u> , <u>RF</u> forward
Amount of turn	1/8 to <u>R</u>	
Count	1	
Rhythm	<u>Q</u>	

Step	2	
Feet Positions and Lead		Turning to <u>L</u> on <u>RF</u> , <u>LF</u> forward
Amount of turn	1/4 to <u>L</u>	
Count	2	
Rhythm	<u>Q</u>	

Step	3	
Feet Positions and Lead		Turning to <u>R</u> on <u>LF</u> , <u>RF</u> forward
Amount of turn	1/4 to <u>R</u>	
Count	3	
Rhythm	<u>Q</u>	

Step	4	
Feet Positions and Lead		Turning to <u>L</u> on <u>RF</u> , <u>LF</u> forward towards partner
Amount of turn	1/8 to <u>L</u>	
Count	4	
Rhythm	<u>Q</u>	

End in Closed Facing Position, R hand in Man's L hand.**Notes**

1. **Footwork.** Steps 1-3 are heel, flat. Step 4 ball, flat. (Steps 1-3 may be ball, flat).
2. As the Lady dances the first 3 steps of the Chicken Walks she must feel tension in her R arm, leaning slightly back with hips held slightly back.
3. Six Chicken Walks may be danced counted "SSQQQQ".

^s6. CHICKEN WALKS

j06

⁺j:060

\$ # + 7. TOE HEEL SWIVELS**MAN**Commence in Open Facing Position with Double Hold, weight on RF

Step 1
Feet Positions and Lead Turn slightly to R on RF and place LF close to RF on toe, without weight, in Counter PP, turning lady to L.
Amount of turn 1/8 to R
Count 1
Rhythm Q

Step 2
Feet Positions and Lead Turn slightly to L on RF and place LF diagonally forward on heel, without weight, in PP, turning lady to R.
Amount of turn 1/4 to L
Count 2
Rhythm Q

Step 3
Feet Positions and Lead Turn slightly to R on RF then LF forward and across in Counter PP, small step, turning lady to L.
Amount of turn 1/4 to R
Count 3
Rhythm Q

Step 4
Feet Positions and Lead Turn slightly to L on LF and place RF close to LF on toe, without weight, in PP, turning lady to R.
Amount of turn 1/4 to L
Count 4
Rhythm Q

Step 5
Feet Positions and Lead Turn slightly to R on LF and place RF diagonally forward on heel, without weight, in Counter PP, turning lady to L.
Amount of turn 1/4 to R
Count 5
Rhythm Q

Step 6
Feet Positions and Lead Turn slightly to L on LF then RF forward and across in PP, small step, turning lady to R.
Amount of turn 1/4 to L
Count 6
Rhythm Q

Steps 1 and 2 or 1-6 may be repeated. End in Promenade Position

LADYCommence in Open Facing Position with Double Hold, weight on RF

Step 1
Feet Positions and Lead Turn slightly to L on LF and place RF close to LF on toe, without weight in Counter PP
Amount of turn 1/8 to L

\$7. TOE HEEL SWIVELS

#j07

+j:070

Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Turn slightly to <u>R</u> on <u>LF</u> and place <u>RF</u> diagonally forward on heel,
		without weight, in <u>PP</u>
Amount of turn	1/4 to <u>R</u>	
Count	2	
Rhythm	<u>Q</u>	
Step	3	
Feet Positions and Lead		Turn slightly to <u>L</u> on <u>LF</u> then <u>RF</u> forward and across in Counter
		<u>PP</u> , small step
Amount of turn	1/4 to <u>L</u>	
Count	3	
Rhythm	<u>Q</u>	
Step	4	
Feet Positions and Lead		Turn slightly to <u>R</u> on <u>RF</u> and place <u>LF</u> close to <u>RF</u> on toe, without
		weight, in <u>PP</u>
Amount of turn	1/4 to <u>R</u>	
Count	4	
Rhythm	<u>Q</u>	
Step	5	
Feet Positions and Lead		Turn slightly to <u>L</u> on <u>RF</u> and place <u>LF</u> diagonally forward on heel,
		without weight, in Counter <u>PP</u>
Amount of turn	1/4 to <u>L</u>	
Count	5	
Rhythm	<u>Q</u>	
Step	6	
Feet Positions and Lead		Turn slightly to <u>R</u> on <u>RF</u> then <u>LF</u> forward and across in <u>PP</u> ; small
		step
Amount of turn	1/4 to <u>R</u>	
Count	6	
Rhythm	<u>Q</u>	

Steps 1 and 2 or 1-6 may be repeated. End in Promenade Position

^s§ # # + 8. **FLICKS INTO BREAK**

MAN

Commence in Closed Facing Position, weight on RF

Step	1	
Feet Positions and Lead		<u>LF</u> back in Fallaway turning lady to <u>R</u>
Amount of turn	1/8 to <u>L</u> on 1	
Count	1	
Rhythm	<u>Q</u>	
Step	2	
Feet Positions and Lead		Replace weight forward to <u>RF</u> in <u>PP</u> , commencing to turn Lady to <u>L</u> .
Amount of turn	Commencing to turn <u>R</u> .	
Count	2	
Rhythm	<u>Q</u>	
Step	3	
Feet Positions and Lead		Point <u>LF</u> to side in <u>PP</u> without weight, inclining body to <u>L</u> .
Amount of turn	Nil	
Count	3	
Rhythm	<u>Q</u>	
Step	4	
Feet Positions and Lead		<u>LF</u> to side in <u>PP</u> small step, straightening body
Amount of turn	Nil	
Count	4	
Rhythm	<u>Q</u>	
Step	5	
Feet Positions and Lead		Point <u>RF</u> forward and across in <u>PP</u> and <u>CBMP</u> , without weight, inclining body to <u>R</u> .
Amount of turn	Nil	
Count	5	
Rhythm	<u>Q</u>	
Step	6	
Feet Positions and Lead		<u>RF</u> forward in <u>PP</u> and <u>CBMP</u> , small step, straightening body
Amount of turn	Nil	
Count	6	
Rhythm	<u>Q</u>	
Step	7-8	
Feet Positions and Lead		Repeat steps 3 and 4. (Point and step <u>LF</u>)
Amount of turn	Nil	
Count	7.8	
Rhythm	<u>QQ</u>	
Step	9	
Feet Positions and Lead		Flick <u>RF</u> forward and across in <u>PP</u> , off the floor
Amount of turn	Slight body turn to <u>L</u> .	
Count	1	
Rhythm	<u>Q</u>	
Step	10	

^s§ 8. **FLICKS INTO BREAK**

#:j08

+:j:080

Feet Positions and Lead		Turn to <u>R</u> to face partner and close <u>RF</u> near to <u>LF</u> , turning lady to <u>L</u> .
Amount of turn	1/4- to <u>R</u> (<u>RF</u>)	
Count	2	
Rhythm	<u>Q</u>	
Step	11	
Feet Positions and Lead		Flick <u>LF</u> forward and across in Counter <u>PP</u> , off the floor
Amount of turn	Slight body turn to <u>R</u> .	
Count	3	
Rhythm	<u>Q</u>	
Step	12	
Feet Positions and Lead		Turn to <u>L</u> to face partner and close <u>LF</u> near to <u>RF</u> , turning lady to <u>R</u> .
Amount of turn	1/4 to <u>L</u> (<u>LF</u>)	
Count	4	
Rhythm	<u>Q</u>	
Step	13-16	
Feet Positions and Lead		Repeat steps 9-12 (Flick and step <u>RF</u> , flick and step <u>LF</u>)
Amount of turn	As steps 9-12	
Count	5.6.7.8	
Rhythm	QQQQ	
Step	17	
Feet Positions and Lead		<u>RF</u> forward and across in <u>PP</u> and <u>CBMP</u>
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	18	
Feet Positions and Lead		Hold this position
Amount of turn	Nil	
Count	2.3	
Rhythm	QQ	
Step	19	
Feet Positions and Lead		Take part weight back to <u>LF</u>
Amount of turn	Nil	
Count	a	
Rhythm	a	
Step	20	
Feet Positions and Lead		Replace weight forward to <u>RF</u> in <u>PP</u>
Amount of turn	Nil	
Count	4	
Rhythm	<u>Q</u>	

End in Promenade Position

LADY

Commence in Closed Facing Position, weight on LF

Step	1	
Feet Positions and Lead		<u>RF</u> back in Fallaway
Amount of turn	1/4 to <u>R</u> .	
Count	1	
Rhythm	<u>Q</u>	
Step	2	

Feet Positions and Lead		Replace weight forward to <u>LF</u> in <u>PP</u>
Amount of turn	Commencing to turn <u>L</u> .	
Count	2	
Rhythm	<u>Q</u>	
Step	3	
Feet Positions and Lead		Point <u>RF</u> to side in <u>PP</u> without weight, inclining body to <u>R</u> .
Amount of turn	Nil	
Count	3	
Rhythm	<u>Q</u>	
Step	4	
Feet Positions and Lead		<u>RF</u> to side in <u>PP</u> , small step, straightening body
Amount of turn	Nil	
Count	4	
Rhythm	<u>Q</u>	
Step	5	
Feet Positions and Lead		Point <u>LF</u> forward and across in <u>PP</u> and <u>CBMP</u> , without weight, inclining body to <u>L</u> .
Amount of turn	Nil	
Count	5	
Rhythm	<u>Q</u>	
Step	6	
Feet Positions and Lead		<u>LF</u> forward in <u>PP</u> and <u>CBMP</u> , small step, straightening body
Amount of turn	Nil	
Count	6	
Rhythm	<u>Q</u>	
Step	7-8	
Feet Positions and Lead		Repeat steps 3 and 4. (Point and step <u>RF</u>)
Amount of turn	Nil	
Count	7.8	
Rhythm	<u>QQ</u>	
Step	9	
Feet Positions and Lead		Flick <u>LF</u> forward and across in <u>PP</u> , off the floor
Amount of turn	Slight body turn to <u>R</u> .	
Count	1	
Rhythm	<u>Q</u>	
Step	10	
Feet Positions and Lead		Turn to <u>L</u> to face partner and close <u>LF</u> near to <u>RF</u>
Amount of turn	1/4- to <u>L</u> (<u>LF</u>)	
Count	2	
Rhythm	<u>Q</u>	
Step	11	
Feet Positions and Lead		Flick <u>RF</u> forward and across in Counter <u>PP</u> , off the floor
Amount of turn	Slight body turn to <u>L</u> .	
Count	3	
Rhythm	<u>Q</u>	
Step	12	
Feet Positions and Lead		Turn to <u>R</u> to face partner and close <u>RF</u> near to <u>LF</u>
Amount of turn	1/4 to <u>R</u> (<u>RF</u>)	
Count	4	
Rhythm	<u>Q</u>	
Step	13-16	

Feet Positions and Lead		Repeat steps 9-12 (Flick and step <u>LF</u> , flick and step <u>RF</u>)
Amount of turn	As steps 9-12	
Count	5.6.7.8	
Rhythm	QQQQ	
Step	17	
Feet Positions and Lead		<u>LF</u> forward and across in <u>PP</u> and <u>CBMP</u>
Amount of turn	Nil	
Count	1	
Rhythm	<u>Q</u>	
Step	18	
Feet Positions and Lead		Hold this position
Amount of turn	Nil	
Count	2.3	
Rhythm	QQ	
Step	19	
Feet Positions and Lead		Take part weight back to <u>RF</u>
Amount of turn	Nil	
Count	a	
Rhythm	a	
Step	20	
Feet Positions and Lead		Replace weight forward to <u>LF</u> in <u>PP</u>
Amount of turn	Nil	
Count	4	
Rhythm	<u>Q</u>	

End in Promenade Position

\$ # GLOSSARY

B Ball
 BF Ball. Flat
 CBM Contra Body Movement
 CBMP Contra Body Movement Position
 CPP Counter Promenade Position
 DC Diagonally to Centre
 DW Diagonally to Wall
 e/o end of
 F Flat
 H Heel
 HF Heel. Flat
 IE Inside Edge
 L Left
 LF Left Foot
 LOD Line of Dance
 NFR No Foot Rise
 OP Outside Partner
 PP Promenade Position
 Q Quick
 R Right
 RF Right Foot
 S Slow
 St Straight
 T Toe
 WF Whole Foot

\$GLOSSARY

#G

++ \$ # HELP

LET'S DANCE is a Multimedia Manual containing information about ten popular dances. Dancers of any age and skill will enjoy learning how to perform these dances, which also form part of the program of ballroom dancing competitions and championships. The dances are divided into two main groups:

Standard dancing:

waltz;
quickstep;
foxtrot;
tango;
Viennese waltz.

Latin-American dancing:

samba;
rumba;
cha-cha-cha;
paso doble;
jive.

The Multimedia Manual contains a wide variety of information about each dance:

- the dance performed by experts (live sound and video);
- a demo of the main dance movements (live video demonstrating the movements of the dancers' feet which are synchronised with the accompanying dance rhythm);
- a demo of a possible variation (live sound and video);
- text information comprising historical facts about the dance, a full description of the main movements step by step for each partner, and a list of movements that can be linked to achieve a desired variation.

Each text topic can be printed out or copied onto the system clipboard for use in another application.

⁺help:000

^{\$}Help

[#]Help

#2 ⁺³ MAIN WINDOW

When you start up the program you will see the Main Room in the form of the main window. At the top of the main window is a title bar containing the name of the product and the «Minimise» and «Close» buttons.

If you position the cursor over the title bar and click and hold down the left mouse button you can then drag the whole window to any position on the screen. In the top left part of the window you will see the "History", "Help", "Tools" and "Exit" buttons, simply click on the button you require to activate the corresponding function.

Use the arrow in the centre of the window to repeat the introduction.

The three couples dancing in the Main Room represent the three other rooms available. By clicking on one of these couples you can go either to the Variation Room, the Figure Room or the Master Room.

² help01

³ help:010

#⁺⁴ MASTER ROOM

Like the Main Room, the Master Room window also has a title bar containing the name of the window and the «Minimise» and «Close» buttons.

If you position the cursor over the title bar and click and hold down the left mouse button you can then drag the whole window to any position on the screen. At the bottom of the window you will see a panel containing the "Help", "Text" and "Tools" buttons, simply click on the button you require to activate the corresponding function.

There are two buttons at the top of the window: "CLASSIC" on the left and "LATIN" on the right. When you click on one of these buttons a group of five dancing couples will be displayed on the dance floor. Each couple represents a different dance. Position the cursor over a couple and the name of the dance they represent will be displayed. Click on a couple and a video of that particular dance will be performed by professional dancers on the screen in the centre of the room. Use the arrow in the centre of the left part of the window to return to the Main Room at any time.

[#]help02

⁴ help:020

+ VARIATIONS ROOM

Like the Main Room, the Variation Room window also has a title bar containing the name of the window and the «Minimise» and «Close» buttons.

If you position the cursor over the title bar and click and hold down the left mouse button you can then drag the whole window to any position on the screen. At the bottom of the window you will see a panel containing the "Help", "Text" and "Tools" buttons, simply click on the button you require to activate the corresponding function.

There are two buttons at the top of the window: "CLASSIC" on the left and "LATIN" on the right. When you click on one of these buttons a group of five dancing couples will be displayed on the dance floor. Each couple represents a different dance. Position the cursor over a couple and the name of the dance they represent will be displayed. Click on a couple and a video of a variation of that particular dance will be performed by professional dancers on the screen in the centre of the room. Use the arrow in the centre of the left part of the window to return to the Main Room at any time.

#help03

+help:030

+ FIGURES ROOM

Like the Main Room, the Figure Room window also has a title bar containing the name of the window and the «Minimise» and «Close» buttons.

If you position the cursor over the title bar and click and hold down the left mouse button you can then drag the whole window to any position on the screen. At the bottom of the window you will see a panel containing the "Help", "Text" and "Tools" buttons, simply click on the button you require to activate the corresponding function.

There are two buttons at the top of the window: "CLASSIC" on the left and "LATIN" on the right. When you click on one of these buttons a group of five dancing couples will be displayed on the dance floor. Each couple represents a different dance. Position the cursor over a couple and the name of the dance they represent will be displayed. Click on a couple and a list of the main figures (pas) of that particular dance will be displayed.

You can select the name of a figure by moving the cursor down the list. When you click on the name of a figure, a video will demonstrate the figure performed by professional dancers. Below the video you will also be shown the synchronised movements of the dancers' feet. To display the list of figures once more, simply click on the picture of a couple on the dance floor. Use the arrow in the centre of the left part of the window to return to the Main Room at any time.

#help04

+help:040

++ CONTROLLING THE DEMO SCREEN

The special demo screen is available in all the rooms to view video clips of professional dancers performing either the main dances, the variations or the figures. The control buttons are positioned below the demo screen. The first one is PLAY which is used to start the video. The second one is PAUSE which you can use to pause the video at any time during the playback. The next two buttons are FORWARD and BACK which are used to step through the video frame by frame either forwards or backwards. The button on the far right of the panel allows you to expand the video screen to its maximum size of 640 x 480. To return to the normal screen size simply click anywhere on the screen.

#help05

+help:050

+ TEXT INFORMATION WINDOW

Text information windows appear if you click on the "Help", "Text" or "History" buttons. At the top of the window is a title bar containing the name of the window and the «Maximise» and «Close» buttons.

If you position the cursor over the title bar and click and hold down the left mouse button you can then drag the whole window to any position on the screen. Below the title bar is a menu containing the following buttons: "Contents", "Back", ">>", "<<", "Copy" and "Print".

- Click on "Contents" to view a list of topics available in the text information.
- Click on "Back" to move through the topics in reverse direction.
- The ">>" and "<<" buttons allow you to move through a series of linked topics in either direction.
- The "Copy" button allows you to copy a topic onto the system clipboard, from which you can then paste this information into any other application.
- The "Print" button enables you to print out the information on the system printer.

Below this menu is the area in which text information is displayed. A scroll-bar on the right of the window allows you to scroll or page through the information.

++ PROGRAM SETTINGS WINDOW

If you click on the «Tools» button, which is located either on the left of the Main Room window or in a panel at the bottom of the other room windows, the program setup window will be displayed.

At the top of this window is a title bar containing the name of the window and the «Close» button.

If you position the cursor over the title bar and click and hold down the left mouse button you can then drag the whole window to any position on the screen.

On the left you will see three check-boxes which are used to change the following settings:

- Background Music
If this check-box is «on»: music on
If this check-box is «off»: music off
- Auto start for animation
If this check-box is «on»: the selected video clip will automatically start playing on the demonstration screen.
If this check-box is «off»: you will need to click on the «Play» button to start the video.
- Save window sizes and positions
If this check-box is «on»: the positions of the main window and the text information window and the size (normal or maximum) will be saved. When the program is next started-up it will use these saved settings.
If this check-box is «off»: the windows will be positioned in the middle of the screen when the program is next started up.
- The «Default» button sets the check-boxes to the following positions:
Background music - «on»;
Auto start for animation - «on»;
Save window sizes and positions - «off».

In the centre of the window are four buttons which can be used to change the size of each step during a step-by-step playback of the video. The sizes of the steps can take the following values:

"Max" - each step will be 10% of the total video length;
 "Default" - each step will be 5% of the total video length;
 "Middle" - each step will be 2% of the total video length;
 "Min" - each step is one frame.

To the right of the window are the following buttons:

- «OK», closes the setup window saving all the changes made;
- «Cancel», closes the setup window without saving the changes made;
- «Help», displays the Help text window;
- «About», displays information about the product developers.

#help07

+help:070