

February 2012

Cha Cha

Man's steps described. Lady's normal opposite. Commence in facing position, handshake hold.

Bar	Description	Comments	Count
1	Fwd basic	Preparing for Turkish towel, raise joined hands	2,3,4&1
2	Turkish towel	Lady dances alemana turn and continues behind man's back as man turns ¼ left	2,3,4&1
3	<i>continued</i>	Man check back LF, lady fwd RF on man's L side, replace, chasse to side	2,3,4&1
4	<i>continued</i>	Man check back RF, lady fwd LF on man's R side, replace, chasse to side taking joined hands over man's head during chasse	2,3,4&1
5	<i>exit to tandem</i>	Man check back LF, replace, chasse to L behind lady releasing hold. Lady fwd R,L chasse to R in front of man (option to make full turn to R on 2,3)	2,3,4&1
6	Slow rock	RF diagonally fwd – check, replace, rock to R & L	2,3,4,1
7	Time steps <i>Guapacha timing</i>	RF back, replace, chasse to R	(2)&3,4&1
8	Time steps <i>Guapacha timing</i>	LF back, replace, chasse to L	(2)&3,4&1
9	Spot turn	Man turns L, lady R, to face partner, taking double hold	2,3,4&1
10	Split Cuban break	LF fwd and across, replace, LF to side RF fwd and across, replace, RF to side	2&3,4&1
11	Zig-zag	Moving to man's R, step through, side, behind, side	2,3,4,1
12	Flick twist	Flick LF fwd and across, twist on RF to point LF to floor, chasse LRL	2,3,4&1
13	Inward turn (Aida)	RF fwd and across, LF to side turning to R and releasing RH hold, lock back RLR	2,3,4&1
14	Side close chasse	Turning to face partner, LF to side, close RF to LF, chasse to L	2,3,4&1
15	Cross drop flick	RF fwd and across flexing knee, flick LF to side, cross LF behind, close RF to LF, side LF.	2,3,4&1
16	Spot turn		2,3,4&1

These notes are merely an aide-memoire for those attending the workshop, not a complete description of the figures taught.

Seacroft - March 2012

Waltz

Commence facing diagonal to centre. Lady dances normal opposite.

Bar	Description	Comments	Count
1	Open telemark	Slightly overturned	123
2	Wing & swivel	Swivel on man's RF, lady's LF, at the end of the bar to back DW	123
3	Back lock	Lady OP throughout	12&3
4	Closed Impetus turn, overturned	Turning R, LF back in CBMP PO, close RF to LF heel turn, continuing to turn on ball of RF, LF back backing DC	123
5	Double back lock	RF back, LF cross in front of RF, RF back, LF cross in front of RF.	1&23
6	Left whisk	RF back, LF to side, RF cross behind LF, facing DW	123
7	untwist	Man untwists on ball of RF and heel of LF. Lady runs around man R,L,R,L	12&3
8	Hover to PP	LF back, RF to side, LF to side in PP along LOD Lady RF fwd turning R, LF to side, RF to side in PP	123
9	Zig-zag in PP	RF fwd and across in CBMP and PP, LF to side, RF behind LF, LF to side in PP along LOD	1&23
10	Slow lock	RF fwd and across in PP, LF fwd, RF crosses behind LF, facing LOD Lady LF fwd in PP turning L, RF to side continuing to turn, LF crosses in front of RF	123
11	Chasse to right	Turning R, LF fwd, RF to side, close LF to RF, RF diag back	12&3
12	Back curved feather	LF back in CBMP, RF back, LF back in CBMP PO, curving to almost back DW ALOD Lady RF fwd, LF fwd, RF fwd OP in CBMP	123
13	Curved feather	RF fwd OP in CBMP, LF fwd, RF fwd OP in CBMP, curving to almost DW ALOD	123
14	Natural hesitation	LF back PO down LOD, RF to side (heel pull), LF closes to RF w/w facing DC	123
May be repeated or continue with any suitable reverse figure			

These notes are merely an aide-memoire for those attending the workshop, not a complete description of the figures taught.

February 2012

Argentine Stroll (choreographed by Ross & Sue Kramer)

Man's steps described. Lady's normal opposite.

Commence facing/backing LOD in Argentine embrace.

Bar	Description	Comments	Count
1	Walks	LF fwd, RF fwd	S,S
2	Lock	LF fwd, cross RF behind LF, LF fwd	Q,Q,S
3	Change step	RF to side, close LF to RF, RF fwd R side leading	Q,Q,S
4	Contra check	LF fwd (contra check), replace back to RF raising L hand Lady RF back then take head weight back, replace fwd to LF	S,S
5	Under arm turn to lunge line	Turning L to face C, LF to side leading lady to turn under L arm, cross RF in front, LF to side lunge action with sway to R leaving RF in place Lady turns R under joined hands end facing partner, sway to L	Q,Q,S
6	Close, side	Recover sway and close RF to LF, LF to side, small step	S,S
7	Argentine line to Ronde	Holding position, twist to L allowing lady to hook her L leg over man's R knee. Still holding position twist to R to face W, flexing knees. Lady turning R, LF fwd/side over man's R leg and ronde RF	S S
8	Lady's zig-zag & swivel	RF to side with weight on both feet taking double hold, hold position leading lady to swivel. Lady cross RF behind, LF to side, RF fwd and across then swivel to R closing LF to RF w/w	S,S Q,Q,S&
9	Slow zig-zag	Man hold position then transfer weight to LF. Lady LF fwd and across, RF to side, small steps	S,S
10		Cross RF behind LF, LF to side Lady cross LF behind RF, RF to side	S,S
11	Outside check	RF fwd and across, LF fwd, RF fwd check. Lady LF fwd and across, RF to side turning L, LF back hooking RF behind man's R knee	Q,Q,S
12	Side break lunge	LF back, close RF to LF, LF to side (lunge), end in side by side position RH-LH hold Lady RF fwd, turning R close LF to RF, lunge RF to side	Q,Q,S
13	Side closes	Releasing hold, RF to side, close LF to RF, RF to side small step, close LF to RF w/w taking hold. Lady LF to side, close RF to LF, LF to side raising L arm, turning to face partner close RF to LF w/w	Q,Q,Q,Q
14	Walk & lunge	LF fwd, RF fwd side leading into lunge R	S,S
15	Natural pivot	LF back, RF fwd pivoting to R	S,S
16		LF back, RF fwd pivoting to R	S,S

These notes are merely an aide-memoire for those attending the workshop, not a complete description of the figures taught.