Waltz, in-place

1. **box-step** { in 6 steps, as shown in the diagrams }

2. **inside turn** { 123 [regular box], 456 [she does inside turn past his right side] }

3. **cuddle** (variation of inside turn) { 123, cuddle ; backward, uncuddle for return to box }

4. **side-cross** { 123, r-side cross ; l-side cross, inside turn for "exit" back to box } [r & l is with respect to leader]

5. **open breaks** { 123, r-waists ; l-waists, inside }

6. **quarter-rotations** to the L and R {as shown in diagrams: f R R R R f L L L L }
   - (end of first lesson) - - - - - - - - - - - - - - - - - -

7. **cuddle wheel** { 123, cuddle ; wheel [her-backward], uncuddle }

8. **cuddle-wheel → side-cross** { 123, cuddle ; wheel, uncuddle ; l-side cross, r-side cross ; l-side cross, inside }

9. **sweetheart in-line** { 123, sweetheart ; backward, 180° ; backward, unwrap }

10. **side-cross with he-reversed** { 123, r-side cross ; l-rev, r-rev ; l-rev, inside turn } { 123, r-rev ; l-rev, inside }

11. **zig-zag** { 123, adjust frame ; zig to r-side, zag to l-side ; zig to r-side, exit [*with inside or outside spin, or box] }

12. **he-turn sweetheart** { he-turn→sweetheart, she-turns ; he-turns, she-turns [change hands back to normal] }

side-cross options: cross, he-reversed, spins, dishrags, turns, waists
other possibilities: outside turns, outside → she-orbits, hammerlock wheel → cuddle wheel, sweetheart spiral turns,
                 rock-steps, he-cuddle (regular, wheel, duck, in-line), ...

Waltz, moving

In contrast to the in-place waltz, "moving in line of dance" and "transitions" now become important.

1. **forward-movement**

2. **W** { /-forward, 2/8 R-rotation ; \-backward, 2/8 L-rotation }
   W in **outside-positions**

3. **forward-rotations** { /-forward, 3/8 R-rotn ; 3/8 R-rotn, \-forward ; 3/8 L-rotn, 3/8 L-rotn } do as homework

4. **moving cuddle → walk-arounds**
   { \-backward, cuddle ; both forward, he-walks/spins ⇒ ; she walks/spins ⇒, he 1/2-walk to \-backward }
   - - - - - - - - - - - - - - - - (end of first lesson) -

5. **side-cross swing** { L-rotn, r-side swing ; face-together, inside turn } { options: with spins or separation }

6. **continuous quarter-rotations** { 2/8 L-rotn , 2/8 L-rotn ; 2/8 R-rotn , 2/8 R-rotn }

7. **zig-zag** { 123 [either /-forward or \-backward], adjust frame; r-side zig, l-side zag ; r-side zig, exit [to /-f or \-b }

8. **sweetheart with alternating turns** { \-b, into sweetheart ; both forward, she-turns ; he-turns, she to /-f }

9. **forward-movement** with diagonals (moving-box is "halfway between Γ-box and straight-ahead")
   with "mini-swings" { approximately [but not literally] 1/16 L-rotn, 1/16 R-rotn }

other possibilities: triple-rotations (/-f,R;R,R;\-b,L;L,L), conversation (with turns), rotations in outside-position,
                 outside-turn (on 123), whip, grapevine?

FoxTrot

1. **box-step rhythm** (S−QQ,S−QQ); same 6 steps as in waltz box, but now done in 8 counts instead of 6 counts.
   All patterns of in-place waltz (QQQ,QQQ) can also be done with in-place foxtrot/rumba (S−QQ,S−QQ).
   Also, do **moving forward rotations** (as in moving waltz) but re-think the "starting point" for 6-measure cycle:
   in addition to { /-f, R ; R, \-f ; L, L }, think of another option as { L, L ; /-f, R ; R, \-f }

2. **two-step rhythm** (S−S−QQ); this is a different pattern, with 4 steps instead of 6 steps.
   forward movement with diagonals (box + forward → diagonal)

3. **hesitation**: in-line or with L-rotation at end
   reverse hesitation: in-line or with R-rotation at end

4. **W** (same orientations as in waltz-W) (in waltz, rotate on 456 (<u>RLR</u>); in foxtrot, rotate on 234-steps (L-<u>R</u>−<u>LR</u>)
   W in outside positions (frame and orientation is similar to that in waltz)

5. **conversation**: basic ; she does outside turn on S−S− ; both turn (she turns, he spins) on S−S−

6. **transitions**:
   • two-step forward (S-S-QQ) followed by half box-step (S-QQ) and forward rotations { <u>R ; R, \-f ; L, L ; /-f</u> }
   • two-step forward (S-S-QQ) followed by full box-step (S-QQ,S-QQ) and forward rotations { <u>L, L ; /-f, R ; R, \-f</u> }
   • two-step "hesitation with L-rotn" (S-S-QQ) followed by box-step forward rotations { <u>L, L ; /-f, R ; R, \-f</u> }

   • At end of box-step pattern (L-RL,R-LR), do **hesitation** (S-S-QQ) and continue in two-step rhythm.
   • Advanced option: "push forward" into S-S-QQ.

7. **4-count**: for slow-tempo songs (or fast tempo!), do two-step in 4 counts (QQQQ) instead of 6 counts (S-S-QQ).

8. **grapevine** { after QQ-rotation of W in outside position, continue QQ-rotations; exit into /-f, \-b, or conversation }

other possibilities: cuddle and sweetheart, conversation → walk-arounds, country-western tricks (moving swing,...);
                zig-zag?, pivots

?. **box-step forward-diagonal**: combine box (Γ) with forward (|) to get diagonal-forward. { as in pictures }

# #

— From here on, everything is very rough and incomplete. —

Jitterbug (East Coast Swing)

1. rhythm is the same as in two-step foxtrot: S-S-QQ
2. - - - fancy moves and slick tricks - - -
3.
4.
5. For slow-tempo songs, do <u>4-COUNT</u> (QQQQ, as in two-step foxtrot) or <u>TRIPLE-TIME SWING</u> (replace each
   Slow with a Triple-Step: instead of "Slow, Slow, rock step", do "1-and-2, 3-and-4, rock step").
   Have students practice *triple-step swing rhythm* and *cha cha rhythm* before they begin learning cha-cha steps.

Cha Cha

1. **basic** forward-and-back 8-count pattern: 1 2 3-and-4, 5 6 7-and-8
2. **side-crosses**: similar to waltz, except for change of "starting point" and "exit direction" (when an exit is done, as is typical, at the end of a 2-measure pattern)
   variations of side-cross: spins, turns, dishrags, he-reverses
3. **cuddle**: similar to the "one-hand cuddle" in jitterbug
4. **sweetheart**: in-line is similar to waltz/rumba and jitterbug ; alternating turns; side-to-side
5. **rotations** (left & right): similar to foxtrot hesitation-with-rotation
6. **alternating swing-turns** (she on 2, he on 6)

   These patterns are similar to already-learned patterns, with minor adjustments. Make a sheet with timing of leads: cuddle on 234 (not 456 as in waltz), r-side cross on 1 (not 5), inside swing-turns (her on 2, him on 6), and so on.

7. starting the 8-count step pattern on the musical 2-count: either begin with "**1 2 3 4-and-1**", or just start on "2"
8. **chase** (a new pattern)

other possibilities: she-drift patterns, bath-towel sweetheart, ...

Tango

1. **basic**
2. **hesitation**, **reversed hesitation** (corte)
3. **outside turn** (her on 1)
4. **conversation**, **reversed conversation**
5. **conversation** ➔ **fan**
6. **conversation with turn**(s)
7. **W**

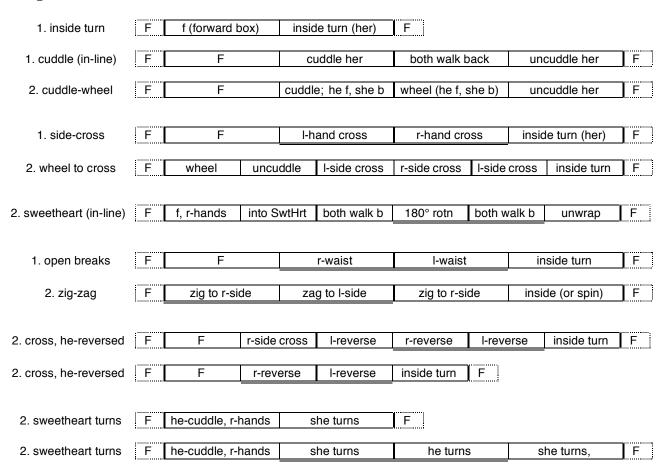other possibilities: natural curved turns, ...

diagrams
pattern-pictures
for many of these, there will be two pictures: one for LEADS, one for FOLLOWS
box-step
ROTATION-drills: { f R R R R f L L L L } { f R R f L L } { f R R L L f }
W, forward-rotation
zig-zag
walk(s)
side-swing(s)
[whip]
basic two-step

overview-diagrams
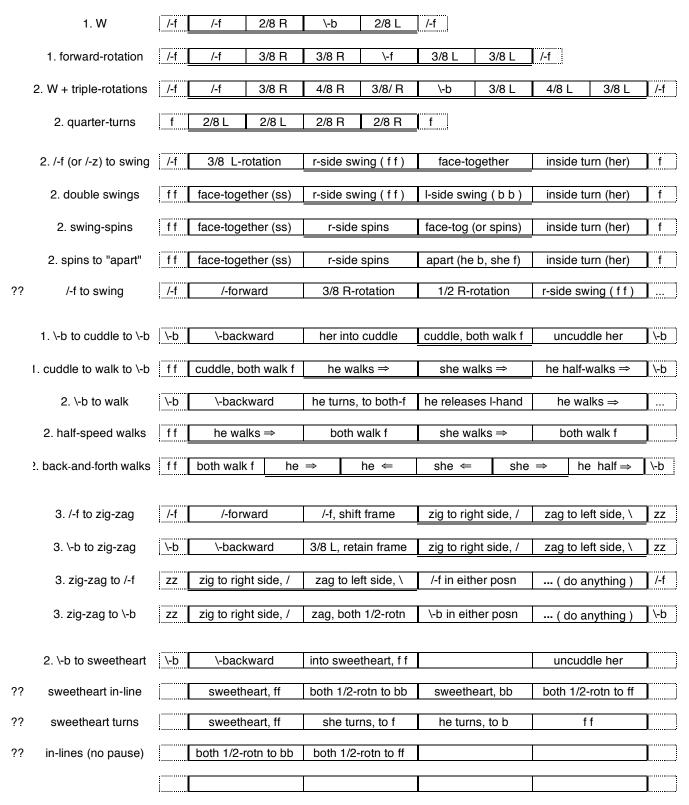waltz, rumba (spot-waltz), foxtrot, swing, cha cha, tango

in-place Waltz

1. inside turn	F	f (forward box)	inside turn (her)	F

1. cuddle (in-line)	F	F	cuddle her	both walk back	uncuddle her	F
2. cuddle-wheel	F	F	cuddle; he f, she b	wheel (he f, she b)	uncuddle her	F

1. side-cross	F	F	l-hand cross	r-hand cross	inside turn (her)	F
2. wheel to cross	F	wheel	uncuddle	l-side cross	r-side cross	l-side cross	inside turn	F

2. sweetheart (in-line)	F	f, r-hands	into SwtHrt	both walk b	180° rotn	both walk b	unwrap	F

1. open breaks	F	F	r-waist	l-waist	inside turn	F
2. zig-zag	F	zig to r-side	zag to l-side	zig to r-side	inside (or spin)	F

2. cross, he-reversed	F	F	r-side cross	l-reverse	r-reverse	l-reverse	inside turn	F
2. cross, he-reversed	F	F	r-reverse	l-reverse	inside turn	F

2. sweetheart turns	F	he-cuddle, r-hands	she turns	F
2. sweetheart turns	F	he-cuddle, r-hands	she turns	he turns	she turns,	F

symbols

F   Forward half (first half) of box-step pattern.

/-f   Both face diagonally, / , to LOD (↑). Leader walks forward, follower walks backward, both move ↗ .

\-b   Both face diagonally, \ , to LOD. Leader walks backward, follower walks forward, both move \ .

\-f   Leader faces diagonally, \ , to LOD. Leader walks backward, follower walks forward, both move \ .

f   Leader faces straight in LOD, walking forward. Follower walks backward. Both move in LOD, ↑ .

ff   Leader and follower both face toward LOD, both walk forward, and both move in LOD, ↑ .

bb   Leader and follower both have backs to LOD, both walk backward, and both move in LOD, ↑ .

ss   Leader and follower both face sideways to LOD temporarily, but overall movement is in LOD, ↑ .

zz   Leader (walking forward) and follower (walking backward) zig-zag ↗ and \ ; overall movement is in LOD, ↑ .

moving Waltz

1. W	/-f	/-f	2/8 R	\-b	2/8 L	/-f			
1. forward-rotation	/-f	/-f	3/8 R	3/8 R	\-f	3/8 L	3/8 L	/-f	
2. W + triple-rotations	/-f	/-f	3/8 R	4/8 R	3/8/ R	\-b	3/8 L	4/8 L	3/8 L	/-f
2. quarter-turns	f	2/8 L	2/8 L	2/8 R	2/8 R	f			

2. /-f (or /-z) to swing	/-f	3/8 L-rotation	r-side swing (f f)	face-together	inside turn (her)	f
2. double swings	f f	face-together (ss)	r-side swing (f f)	l-side swing (b b)	inside turn (her)	f
2. swing-spins	f f	face-together (ss)	r-side spins	face-tog (or spins)	inside turn (her)	f
2. spins to "apart"	f f	face-together (ss)	r-side spins	apart (he b, she f)	inside turn (her)	f
?? /-f to swing	/-f	/-forward	3/8 R-rotation	1/2 R-rotation	r-side swing (f f)	...

1. \-b to cuddle to \-b	\-b	\-backward	her into cuddle	cuddle, both walk f	uncuddle her	\-b
1. cuddle to walk to \-b	f f	cuddle, both walk f	he walks ⇒	she walks ⇒	he half-walks ⇒	\-b
2. \-b to walk	\-b	\-backward	he turns, to both-f	he releases l-hand	he walks ⇒	...
2. half-speed walks	f f	he walks ⇒	both walk f	she walks ⇒	both walk f	

2. back-and-forth walks	f f	both walk f	he ⇒	he ⇐	she ⇐	she ⇒	he half ⇒	\-b

3. /-f to zig-zag	/-f	/-forward	/-f, shift frame	zig to right side, /	zag to left side, \	zz
3. \-b to zig-zag	\-b	\-backward	3/8 L, retain frame	zig to right side, /	zag to left side, \	zz
3. zig-zag to /-f	zz	zig to right side, /	zag to left side, \	/-f in either posn	... (do anything)	/-f
3. zig-zag to \-b	zz	zig to right side, /	zag, both 1/2-rotn	\-b in either posn	... (do anything)	\-b

2. \-b to sweetheart	\-b	\-backward	into sweetheart, f f		uncuddle her	
?? sweetheart in-line		sweetheart, ff	both 1/2-rotn to bb	sweetheart, bb	both 1/2-rotn to ff	
?? sweetheart turns		sweetheart, ff	she turns, to f	he turns, to b	f f	
?? in-lines (no pause)		both 1/2-rotn to bb	both 1/2-rotn to ff			

transfer

in-place WALTZ	moving WALTZ	FOXTROT	SWING	CHA CHA	TANGO
· rotations	yes (W & forward)	(W & box-step)	in closed position	in closed position	
—	**· W** (f,r,b,l)	yes	—	—	yes
	· outside position	yes		?	?
· inside turn	yes (transitions)		yes	yes	—
· cuddle	yes	?	yes	yes	—
· cuddle (in-line)					—
· cuddle wheel					—
· sweetheart	yes	(country-western)	yes	yes	—
· Swthrt (in-line)	yes	yes	yes	yes	—
· side-cross	side-swings	alternating conv.	—	yes	—
· waists	walk-arounds	walk-arounds	yes	?	—
· zig-zag	yes	no ?	—	yes	—
	?	**· grapevine**	(3-step swivel)		—
	yes	**· conversation**	?		yes
balance (?)	balance (?}	**· hesitation**	(in closed)	(in closed posn)	yes
yes (h-lock, orbit)	yes (on 123)	**· outside turn**			yes

{ **ignore these** }

(4)

(6)

(8)