

## DANCE SUMMARY: BEGINNERS CLASS

Here are the basics of what we covered in class this year, 2007. Use this to practice whenever you can. Feel free to email us ([ljenjanhoover@cs.com](mailto:ljenjanhoover@cs.com)) with questions, or just to stay in touch. Keep on dancin'!!

### FOXTROT: Use a proper hold to look good!!

Basic: Man: Fwd left; fwd right; side left; together right. Lady: Back right; back left; side right; side left. (mirror image of man). Remember there are many ways to count this: eg; 1,2,3,4; slow, slow, quick, quick. Just remember it's 4 beats.

A. Quarter-turn: Fwd left; rock back rt. (turning); side left; together rt. The lead (men) is finger pressure in the ladies back on the 2 count. (4 q-turns = 360)

B. Promenade: On count 4, the man turns the lady so they both face fwd; take 2 steps fwd and turn back to closed position on count 3. Repeat 2-3 times, return to basic.

C. Zig-zag: (to move around floor & give you a stylish look) Man faces diagonally in direction of dance. Man; Fwd left; fwd rt; side, together, facing wall. Back lft (diagonally); back rt; side together; facing wall again. Repeat around dance floor.

Swing step: Used to mark time or pause. Side left, side rt, side lft, side together.

## 2. SWING (Triple-time)

Basic: Again, there are different ways to count this!! It's always an 8 count. Man: (Lady mirrors) L,R,L; R,L,R; rock, step. 1,2,3, 4,5,6, rock, step. Or my preference, 1&2, 3&4, rock, step. Take small steps, staying on balls of your feet. On the "rock" step, the man's left toe is about parallel w/right heel, or slightly behind it. (this is called 5th position.)

PRACTICE THIS STEP TO FASTER & FASTER MUSIC!!!! Also practice turning.

A. Underarm turn & return: Man leads by raising his lft arm near end of 1&2 count. Lady goes under man's arm toward his LEFT on the 3&4 count. They both do a rock, step, then the lady comes back under on the 1&2 count toward the man's RIGHT. You then finish with 3&4, rock, step. When we count it, it goes: 1&2, push'er thru, rock, step, bring'er back, 3&4, rock, step.

B. Over your heads: Man pulls lft arm back, pushes rt arm fwd after rock step; on 1&2, hands go over both your heads, on 3&4 man's rt arm slides down Lady's rt arm. Catch hands and do a rock step.

C. Belt Loops: Man holds Lady's rt. Arm out to side parallel to floor; walks thru it while turning to his left; man releases her hand and she catches it when he completes the turn; rock, step.

D. Peek-a-boo!! Like an underarm turn, but don't release hands. "Peek" on rock, step.

E. She-go, he-go: Lady goes right, under man's left arm, on 1&2; man goes under to left on 3&4. Then do rock, step, together.

F. Cuddle: After rock, step, Man raises left arm, brings lady under to his RIGHT on 1&2. DO NOT RELEASE HANDS! Lady's left hip is now touching Man's rt hip. Arms crossed in front. On 3&4 you step backwards; rock, step, backwards; Unwind fwd on next basic.

## 3. WALTZ: (box-step sequence) &frac34; time Count: 1,2,3; 1,2,3

A. Basic: Man: Fwd left; side rt; together left; back right; side left; together rt. Practice this basic step, then do it more while turning. Then add 6-Count underarm turn. (Lady goes to Man's left); Then balance right; balance left; balance rt; Then add 3-count underarm turn, followed by a balance right, and back to basic. Rise up on toes on 2,3.