

To: dance@ctkr.com (Chris & Terri Cantrell)
From: Chris & Terri Cantrell <dance@ctkr.com>
Subject: last open night - Learn to Dance Class - summary & upcoming

This Friday is the last open night for new dancers for the "Learn to Dance Class". Those with waltz and/or rumba experience can jump in anytime if they wish.

Learn to Dance Classes

Accelerated Beginners Class
Waltz & Rumba
Cost \$10/couple (\$5/single)

Fridays - 6 February - 27 April
7 - 9 pm (1st hour waltz & 2nd hour rumba)

This Week - 9 February

Review material covered last week in both the waltz & rumba and maybe add a few more figures & techniques to each.

Last Week - 2 February

We had a great bunch for the first open week. Some were all smiles and some were all concentration with a few grins thrown in for good measure 😊 We want to thank Patrick & Eileen Krause for all their help.

Waltz material covered:

- rhythm timing - 123 or QQQ
- Line of Dance (LOD), Reverse Line of Dance (RLOD), Center of Hall (COH), & Wall (Wall)
- left open position (LOP)
- open position (OP) - right open position
- walking on the one beat (like walking down the wedding aisle): 1-- 1--
- walking forward & backward with waltz timing
- walking forward & backward with waltz rhythmic tilting movement (rise & fall)
- backward movement comes from the hip
- foot technique
- body poise
- Gentle hand hold versus death grips
- Step size in relationship to whether you are on the outside or the inside of the circle in the couple

Waltz Figures:

- **Forward Walks**
- **Backward Walks**
- **Solo Turns** (2 measures - 6 steps)

Rumba material covered:

- rhythm timing - QQS (1234) Q=1 beat S=2 beats
- butterfly position (bfly)
- arm & hand tension (firm frame) to convey your intentions to your partner
- foot technique
- foot technique to activate the hips
- settle the hip
- body poise
- changing weight
- recover action

Rumba Figures:

- **Forward Basic:** fwd on your left foot (L), recover back onto your R (right foot), side L to face partner (sd L fce ptr)
- **Back Basic:** bk on your right foot (R), recover back onto your L, sd R fce ptr
- **Full Basic:** put the two above together
- **New Yorker:** swivel & step through, recover, sd to fce ptr
- **Hand to Hand:** swivel & step behind, recover, sd to fce ptr
- **Crab Walks:** step through, side, through; side, through, side; (6 steps - 2 measures)

Please call if you have any questions or visit our website: <http://www.ctkr.com/>

Cheers, Chris & Terri 😊 (303-469-9140 home, <http://www.ctkr.com/>, dance@ctkr.com)