

## **This Week - 16 February**

We will start work on the following figures.

**Waltz:** Waltz Away & Together, Balances left & right, In & Out Runs, Lace Across & Back, Thru Face Close, twirl vine 3, canter

**Rumba:** Thru Face Close, Crab Walk (review), fence line, spot turn, cross body, cucharacha, wheel, side rocks

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## **Last Week - 9 February**

You practiced and it REALLY SHOWED!!! WOW! We want to thank Patrick & Eileen Krause for all their help.

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### **Waltz material covered:**

- Direction of movement: Right Face (RF), Left Face (LF)
- Forward Waltz: fwd, fwd, cls
- Backward Waltz: bk, bk, cls
- Inside & Outside of circle: adjust step size so you don't lose your partner
- Prevent dizziness: hold your head up, don't look at your feet, spotting
- BREATH!

### **Reviewed:**

- rhythm timing - 123 or QQQ
- Direction of Dance: LOD, RLOD, COH, & Wall
- Positions: LOP, OP, Half Open, Bfly
- walking fwd & bk on the one beat/measure & all 3 beats/measure

- Waltz rhythmic tilting movement (rise & fall)
- backward movement comes from the hip, not from the knee
- foot technique
- body poise
- Gentle hand hold versus death grips

### **Waltz Figures:**

- **Forward Waltz**
- **Backward Waltz**
- **Circle Away & Together:** use passing steps
- **Apart, Point**

- **Apart, Point, Together, Touch**

### **Review:**

- Solo Turn 6 (2 measures - 6 steps, close on 3 & 6)
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### **Rumba material covered:**

- Tone in arms & upper body so your partner can feel what you are doing, start of lead & follow
- Alternate hand holds in butterfly

### **Reviewed:**

- rhythm timing - QQS (1234) Q=1 beat S=2 beats
- foot technique to activate the hips
- settle the hip

- body poise
- changing weight
- recover action

### **Rumba Figures:**

#### **- Sliding Door:**

Man: sd L, rec R, XLIF of R (behind W towards Wall)  
sd R, rec L, XRIF of L (behind W towards COH)

Woman: sd R, rec L, XRIF of L (W crosses on LOD side of M towards COH)  
sd L, rec R, XLIF of R (W crosses on LOD side of M twds Wall)

- **Rumba Walks:** in OP towards LOD
- **Circle Away & Together**
- **Acknowledge:** ending Apart Point

### **Reviewed:**

- **Forward Basic:** fwd L, rec onto your R, sd L fce ptr
- **Back Basic:** bk R, rec 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
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Please call if you have any questions or visit our website: <http://www.ctkr.com/>

Cheers, Chris & Terri :) 303-469-9140 home