

Dance Notes - Figures

CDC - Autumn 2022 - Ballroom and Latin - Beginners

Jive

Fallaway Rock

This is the basic in closed position.

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left	RLR triple to right
6-8	5a6 (QaQ)	RLR triple to right	LRL triple to left

Change of Place Right to Left

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple diag forward (raise left arm and release right)	RLR triple to right (then turn right under right arm)
6-8	5a6 (QaQ)	RLR triple forward, turn slightly left (lower arm after follower has turned)	LRL triple back and left, end open

Change of Place Left to Right

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	2 (Q)	Transfer to RF	Transfer to LF
3-5	3a4 (QaQ)	LRL triple to left	RLR triple to right (turning your back on your partner then turn left under your arm)
6-8	5a6 (QaQ)	RLR triple to right (end in open hold or closed hold)	LRL triple to left

Change of Hands Behind the Back

Step	Timing	Leader	Follower
1	1 (Q)	LF back rock	RF back rock
2	1 (Q)	Transfer to RF, take your partner's right hand in your right	Transfer to LF

Abbreviations

T	Toe	B	Ball of foot	Q	Quick	RF	Right foot
TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
IE	Inside edge (of foot)	BH	Ball heel	CBMP	Contra Body Movement position	LRL	Left, right, left

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3-5	3a4 (QaQ)	LRL triple on the spot whilst turning slightly left, change your partner's right hand to your left hand behind your back	RLR triple forward whilst turning slightly right, facing your partner's back
6-8	5a6 (QaQ)	RLR triple right whilst continuing to turn left	LRL triple left whilst continuing to turn right

Abbreviations

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