

# Dance Notes - Figures

## CDC - Autumn 2022 - Ballroom and Latin - Beginners

### Quickstep

#### Quarter Turn

Step	Timing	Leader	Follower
1	S	RF forward; facing Diag Wall; HT; start turn right	LF back; backing Diag Wall; TH; start turn right
2	Q	LF side; T	RF side; T
3	Q	RF closes; T	LF closes; T
4	S	LF side; backing Diag Centre; TH	RF forward; facing Diag Centre; TH

#### Progressive Chasse

Step	Timing	Leader	Follower
1	S	RF back; backing Diag Centre; TH; start turn left	LF forward; Diag Centre; HT; start turn left
2	Q	LF side; T	RF side; T
3	Q	RF closes; T	LF closes; T
4	S	LF side; Diag Wall; TH	RF side; backing Diag Wall; TH

#### Forward Lockstep

Turn your shoulders towards your partner so that you're not dancing in their armpit.

Step	Timing	Leader	Follower
1	S	RF forward; Diag Wall; OP; HT	LF back; backing Diag Wall; TH
2	Q	LF forward; T	RF back; T
3	Q	RF crosses behind; T	LF crosses in front; T
4	S	LF forward; Diag Wall; T	RF back; backing Diag Wall; TH

#### 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

These notes are draft, please contact me if you have questions or spot any errors.