

Dance Notes - Figures

CDC - Autumn 2022 - Ballroom and Latin - Beginners

Waltz

Left Foot Closed Change

This can be straight or with a slight turn to the left.

Step	Timing	Leader	Follower
1	1	LF forward; HT	RF back; TH
2	2	RF side; T	LF side; T
3	3	LF closes; TH	RF closes; TH

Right Foot Closed Change

This can be straight or with a slight turn to the right.

Step	Timing	Leader	Follower
1	1	RF forward; HT	LF back; TH
2	2	LF side; T	RF side; T
3	3	RF closes; TH	LF closes; TH

Natural Turn

Step	Timing	Leader	Follower
1	1	RF forward; Diag Wall; HT; start turn right	LF back; backing Diag Wall; TH; start turn right
2	2	LF side; T	RF side; T
3	3	RF closes; TH	LF closes; TH
4	1	LF back; TH	RF forward; HT
5	2	RF side; T	LF side; T
6	3	LF closes; Diag Centre; TH	RF closes; backing Diag Centre; TH

Reverse Turn

Step	Timing	Leader	Follower
1	1	LF forward; Diag Centre; HT; start turn left	RF back; backing Diag Centre; TH; start turn left
2	2	RF side; T	LF side; T
3	3	LF closes; TH	RF closes; TH
4	1	RF back; TH	LF forward; HT
5	2	LF side; T	RF side; T
6	3	RF closes; Diag Wall; TH	LF closes; 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.