

Dance Notes - Figures

CDC - Autumn 2022 - Ballroom and Latin - Workshops

Cha Cha

Alemana

Step	Timing	Leader	Follower
1	2	Start in fan position, LF forward, extend left arm so partner closes	RF closes to LF
2	3	Transfer weight to RF, draw partner towards you	LF fwd
3-5	4 & 1	Compact chasse to Left, left hand up, palm facing partner, fingers pointed up	Forward lock RLR
6	2	RF back	LF fwd turn right under raised arm
7	3	Transfer weight to LF	RF fwd continuing to turn under raised arm
8-10	4 & 1	Chasse to Right, end in Closed Position	Chasse to left, end in Closed Position

Hockey Stick

Step	Timing	Leader	Follower
1	2	LF fwd, lead the follower to close	RF closes to LF
2	3	Transfer weight to RF	LF fwd
3-5	4 & 1	Compact chasse to Left, draw the left arm up, elbow up, forearm parallel to the ground	Forward lock RLR
6	2	RF back	LF fwd under raised arm
7	3	Transfer weight to LF	Turn to left, RF back
8-10	4 & 1	Forward lock RLR, lower arm after the turn	Back lock LRL, end in Open Position

Hip Twist Chasse

Can be danced by either leader or follower (but not at the same time)

Step	Timing	Leader	Follower
1	4	RF cross in front of LF	
2	&	LF closes to RF	
3	1	RF to side	

Aida (from Spiral Cross)

Step	Timing	Leader	Follower
1	2	RF back	LF fwd
2	3	LF back in LSP	RF fwd in line with LF, end RF back in LSP

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.

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3-5	4&1	Back lock RLR; end OFP	Back lock LRL; end OFP
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Aida ending - Rock in Open Fallaway Position

Step	Timing	Leader	Follower
1	2	Transfer to LF	Transfer to RF
2	3	Transfer to RF	Transfer to LF
3	4	LF fwd	RF fwd
4	&	RF closes	LF closes
5	1	LF to side	RF to side

Curl

Step	Timing	Leader	Follower
1	2	LF fwd; BF	RF back
2	3	Transfer to RF; lead follower to spiral by bringing your left arm up and across your face	transfer weight to LF
3-5	4&1	Compact chasse to L	Forward Lock RLR then spiral to left on RF
6	2	RF back	LF fwd
7	3	transfer to LF	RF back & slightly to side
8-10	4&1	chasse to R, end in Fan Position	Backward Lock LRL, end in Fan Position

Abbreviations

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TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
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