

Slow Dance Flair Moves

(no overall pattern like circle dances)

1. Closed position
2. Walk forward and back in closed position
3. Walk side by side
4. Outside under arm turn in closed position
5. "I'm so pretty" Outside Underarm and return
6. Optional Spin after I'm so pretty
7. Double sway (check move)
8. In and out move as turn circles with inside turn return to closed
9. Cuddle move
10. Lawnmower with free spin exit from cuddle position
11. Twinkles from closed position
12. Sweeps from closed position
13. Lawnmower with sweetheart exit from cuddle position
14. Twinkles from sweetheart with return to closed position

Dance 4 Fun tips:

- (1) Remember, we are dancing for fun at weddings and community events. A major part of the audience's reaction to your dancing is whether you are having a good time with your partner and whether there is a "connection" between you. Look at your partner, smile, laugh, engage in some compliments, and keep dancing even if you screw something up.
- (2) Don't worry too much about trying to move feet in a particular rhythm. Slow dances are done to music without particularly strong beats or to beats that are too slow. Any song less than say 80 beats per minute would force you to dance in what would appear to be slow motion, if you were trying to match foot movements to song beats. A good, current example is the way many bands play the waltz "Tennessee Whiskey". The bands are playing this song too slow to make a waltz step look "good". Songs with beats of 85 per minute and above to say 140 beats per minutes are good candidates for dancing with the beat. Above 140 beats per minutes, it is difficult to keep up with the musical beats.
- (3) While professional dancers and accomplished amateur dancers just "lead" a move, we are dancing for fun. It is ok to give a verbal clue about what you are going to do next. Remember, you are talking and smiling with your partner. Slip in "ok, next we are going to do the 'I'm so pretty move'" "verbal clue. Nobody will know.

Slow Dance Flair Moves

1. Closed Position

- a) Stand feet shoulder width
- b) Face each other, offset so woman is looking between man's right ear and shoulder. If you swing right foot, it should move between partner's legs
- c) Man's left hand is held palm towards woman with thumb up at her nose height, arm to left side, with elbow bent roughly at 90 degrees. Woman drapes her right hand over the offered "towel bar". Neither partner grabs the other's hand
- d) Man's right hand fingers are on woman's left lat with his palm against her side. Woman's left hand rests either on man's upper bicep or shoulder.
- e) The partners give resistance to each other so that they can feel shifts in pressure. – No limp arms, use a rigid frame. If man walks forward, woman should feel the pressure of his movement, maintain frame and move backwards, not let her hand move at the elbow or arm move at shoulder
- f) (Dance for Fun tip – Holding frame can be tiring. If you are doing nothing special, it is ok to relax frame some while swaying. But when man wants to initiate something different, he needs to establish frame and make sure the woman recognizes and responds. This is the key to successful casual dancing – signaling your partner to "pay attention" before a new movement.

2. Walk forward and back in closed position

3. Walk Side by side

- a) Lead (tell women ahead) push and release man's left hand to start pivot side by side, man's right stays on woman's back
- b) Step inside feet forward
- c) Step outside feet forward
- d) (repeat to move across floor as desired)
- e) Step inside feet forward
- f) Man pivots in front of woman stepping wide to get into closed position

4. Outside under arm turn in closed position

- a) Man lifts left hand but keeps it in front of his shoulder as right hand pulls in slightly to encourage woman to turn over her right shoulder (outside turn)
- b) As woman turns, man's left hand moves over her head to align with his nose to indicate that this turn is "in place" (not the "I'm so pretty turn")
- c) As woman completes turn, lower man's left hand to return to closed position.

5. "I'm so pretty" Outside Underarm and return
 - a) Outside "I'm so pretty" turn with separation
 - i. Man lifts his left hand but moves it to his left side as right hand pulls in slightly to encourage woman to turn over her right shoulder (outside turn)
 - ii. Woman steps outside of closed frame position to start a turn
 - iii. As woman completes turn man rocks back on left foot to generate separation as man's left /woman right hand remain connected, woman gracefully extend her left hand away from her body ("look at me, I'm so pretty"). Couple is separated in space on the dance floor.
 - b) Inside turn remaining separated but moving on the dance floor
 - i. Man steps forward so he can lift his left hand up in front and to the left of the woman's head to indicate she should step diagonally forward to turn over her left shoulder
 - ii. Man moves to his left as woman completes turn to re-extend their arms as the man's left and woman right hand stay connected, yet separated in space on the dance floor similar to the space at the end of the "I'm so pretty" move.
 - iii. Woman can extend her left hand again in the I'm so pretty move (having the hand up and away from her body will help the return phase)
 - c) Return to closed position
 - i. Man steps towards woman with his right hand separated from his hip. This gives the woman a "landing zone" for the woman to return to closed position
 - ii. Woman steps to man with her left arm up at man's shoulder height
 - iii. Couple closes together with man's right hand moving up to the woman's lat and the woman's left hand settling down in closed position as the couple align feet so man's right foot is between woman's feet.

6. Optional Spin after I'm so pretty

- a) As couple moves into closed position, man plants his right foot between woman's feet and he gets a firmer grip on woman's back (moving fingers to the center of her back, instead of the lat.) and closes the space between the couple to they are touching. Man is responsible for balance
- b) Man steps forward on his left foot as he indicates to the woman to turn to her right with pressure on her left lat and back. Woman steps back on her right foot
- c) Man shifts weight to right pivoting on right toes, woman steps to side and forward with her left foot
- d) Repeat (b) and (c) until woman or man is dizzy
- e) Man stops spin by not stepping forward and you are in closed position

7. Double sway (check move)

- a) Rather than sway side to side, on occasion, double sway to one side
- b) We generally double sway to the man's left side
 - i. Sway to man's left / woman's right
 - ii. Start to sway back to the right side but stop (check) the sway in center
 - iii. Sway back to the man's left
 - iv. Return to swaying left and right
- c) We emphasize the check move by having the woman emphasize the sway to her right by going further from the center line and raising higher on her toes to further extend her body. It helps if the man follows these extensions.

8. In and out move as turn circles with inside turn return to closed
 - a) Generate two hand separation
 - i. Man leads by pushing back with his left hand and releasing right hand from woman's lat
 - ii. Both step back and let arms generate a two hand hold as woman's left hand slides down man's right arm.
 - iii. Arms are not fully extended but retain a bend in elbows
 - b) Start circling by moving in diagonally
 - i. Man steps diagonally to the left closing distance between couple and lifting arms to the side, retaining hand holds
 - ii. Woman steps diagonally to her left, so couple passes each other
 - c) Face each other as you move out
 - i. Couples step back and face each other (not moving past each other)
 - ii. Arms extend but retain a bend at elbows
 - d) Repeat moving in and out (b) and (c) several times
 - e) Inside turn to return to closed position
 - i. When facing each other with arms extended and hands held, start an inside turn for the woman
 - ii. Man releases his right hand and raises his left hand up and in front of the woman and aligned with his nose
 - iii. Woman steps diagonally forward to start closing the space and turning over her left shoulder as she moves under their connected hands. The woman should move her left hand to her shoulder height
 - iv. As the woman turns her back to the man, the man touches her back with his right hand and lets it drag across her back as she completes the turn. (His right hand will be lower than her left hand if she has her arm raised.)
 - v. As the turn is completed, the man's right hand returns to the woman's lat and the woman lowers her left hand to the man's shoulder to return the couple to closed position.

9. Cuddle move

- a) Generate two hand separation
 - i. Man leads by pushing back with his left hand and releasing right hand from woman's lat
 - ii. Both step back and let arms generate a two hand hold as woman's left hand slides down man's right arm.
 - iii. Arms are not fully extended but retain a bend in elbows. Hands remain connected.
- b) Inside turn to cuddle position
 - i. Man raises his left hand up and in front of the woman and aligned with his nose. Man's right hand is waist high. Retain the connection with both sets of hands
 - ii. Woman steps forward diagonally under the raised arms and turns her body to align next to the man's body.
 - iii. Man lowers his connected left hand. The woman's right arm is across her body just under her breasts. The man's right arm is in front of the woman's body with their connected hands at her waist height
 - iv. Bodies are aligned side by side
- c) Sway and optionally rotate backwards in cuddle position
 - i. You can just sway in this position or rotate backwards.
 - ii. Rotating backwards gives you the opportunity to align the woman with open dance floor to get out of the cuddle position.
- d) Exit the cuddle position with the Lawnmower move
 - i. Man releases his left hand and pulls right hand sideways away from his body. This encourages the woman to turn over her right shoulder as it pulls the woman's left arm to her right.
 - ii. The woman turns all the way around and ends up facing generally the same direction as the man with their arms extended but still connected with his right and her left hand.
 - iii. From this position, there are two moves to continue. See below. Note that it helps if the man gives a verbal clue before the lawnmower move about what he expects to do next – free spin or sweetheart

10. Lawnmower with free spin exit to closed position from cuddle position
 - a) Starting position is extended arms, side by side after lawnmower
 - b) Woman free spin
 - i. Man pushes the woman's left hand slight forward, then pulls it backward to give her a little momentum for a spin
 - ii. As he pulls backward, he releases the woman's left hand.
 - iii. Woman does a backwards spin turn around her right shoulder
 - iv. When woman faces the man again, they connect his left hand with her right hand.
 - c) Return to closed position
 - i. Man steps towards woman with his right hand separated from his hip. This gives the woman a "landing zone" for the woman to return to closed position
 - ii. Woman steps to man with her left arm up at man's shoulder height
 - iii. Couple closes together with man's right hand moving up to the woman's lat and the woman's left hand settling down in closed position as the couple align feet so man's right foot is between woman's feet.

11. Twinkles from closed position (this is a waltz move)

a) Twinkle to the right

- i. Make sure you have good frame before starting this move.
- ii. Man leads (helps to give verbal clue before doing) by turning his body to the right and using his left foot to move between the two partners to step outside (to his right) of the woman's left side. (This is a long stride for man's left foot) If the couple is maintaining frame, the woman's body will rotate backwards around her left shoulder as the man moves his body. As the man's left foot moves between their bodies, the woman's right foot naturally moves backward. Note the man and woman are now facing opposite ways.
- iii. The man moves his right foot forward and pivots on his left toe so that the man's right foot lands alongside his left foot, facing "forward" again. This move turns the man's body. By maintaining frame, the woman's left foot will move backward and then rotate to land alongside her right foot that has pivoted so she is "looking" over man's shoulder (Essentially in a closed position, but a foot stride away from their previous position.)
- iv. Shift weight to free legs for twinkle the other way. Man shifts his weight to his left foot. Woman shifts her weight to her right foot.

b) Twinkle to the left (just the opposite of the previous twinkle)

- i. Man rotates his body to the left, swinging his right foot between the partners to step outside the woman's right foot. (This is a long stride for the man's right foot.) The frame encourages the woman to rotate backwards 90 degrees around her right shoulder and to step backwards on her left foot. Man and woman are facing opposite directions.
- ii. Man moves his left foot to land alongside of his right foot that is pivoting on his right toes. Man is rotating to look "forward". Man is now facing forward again when his left foot lands. Following the frame, the woman's right foot steps alongside her left as she rotates to face the man.
- iii. Couple shifts weight in the closed position. Man places weight on right foot, woman places weight on left foot.

c) Repeat twinkles right and left until tired of this move or you run out of space. Always try to do pairs of twinkles.

d) At the end of a pair of twinkles, man leads the next since the couple is in a closed position in frame.

12. Sweeps from closed position that end in closed position
 - a) From closed position, man pushes and releases with left hand against woman's right hand and uses his right hand to encourage woman to rotate body. Man rotates his body so couple is side by side.
 - b) Both step diagonally forward on inside foot
 - c) Turn to face each other, as step to the side on outside foot. Switch man's hand on woman's back
 - d) Pivot to face direction you came from, switching weight to the former inside foot which has become the outside foot.
 - e) Repeat (b), (c), and (d)
 - f) End the sequence when man's right hand is on woman's back when you face each other (c). Rather than man's hand switching on woman's back, lift man's left hand into closed position and slide right hand up to woman's lat. The offered left hand is the signal to the woman to return to closed position.

13. Lawnmower with sweetheart position exit from cuddle position
 - a) Starting position is following lawnmower exit from cuddle
 - b) Man's lead is to pull directly towards his body (neither forward or backwards that would indicate a free spin exit) and then releasing the hand
 - c) Woman does a free turn to return to the man's side (the opposite of what she does for the lawnmower exit)
 - d) As woman comes to his side, the man holds up his hands at shoulder height to allow woman to enter the sweetheart position.
 - e) In sweetheart position, you can do walks forward or twinkles. See below

14. Twinkles from sweetheart with return to closed position
 - a) Twinkle to the right
 - i. This is like the sandwich waltz or white city waltz move
 - ii. Man must get behind woman to make final exit to closed position easier
 - b) Twinkle to the left
 - c) Repeat (a) and (b) pairs
 - d) Return to closed position as you start Twinkle to the left
 - i. Man must be behind woman
 - ii. As you finish Twinkle to the right, man releases right hands telling woman that you want to return to closed position
 - iii. As you start Twinkle to the left, man pulls back (or holds back) on left hand that encourages the woman to pivot to face the man as she steps forward with right foot.
 - iv. As soon as woman starts to pivot, release left hands.
 - v. As woman faces the man, return to the closed position.