

<p>Start: Couples face each other in social dance frame position</p> <p>man facing Line of Dance (LoD), follower facing against LoD</p> <p>These are very similar moves that can be used in a waltz pattern whenever you are in a closed position and you are about to make the “count 1” step</p> <p>For example, see our write-up for the White City Waltz sequence dance. Look at the seventh 6-counts and the alternatives discussed in that dance.</p> <p>Note that we use Twinkles combined with a Whisk in that dance.</p>	<ul style="list-style-type: none"> • Partners face each other, slightly offset so that Leader is looking over Follower’s right shoulder. If feet are spread slightly, this keeps you from stepping on the other partner’s feet. • For competition waltz, left and right feet of each partner are very close together – for us, maintain a little space to reduce chance of stepping on partner’s foot as we move • Leader’s left upper arm is roughly straight out to the side from his body. • Leader’s left upper arm is bent at elbow up and slanted forward to create a gap as it bridges half the space between the partners. • Follower’s right arm generally mirrors the Leader’s left arm. • Leader’s left hand is at 90 degrees from his arm, palm to the Follower, thumb up, spread from his fingers. • Follower’s right hand fingers hook into the spread between Leaders thumb and fingers, while Followers thumb is outside of the Leader’s thumb. The hands connect but do not grasp each other. • Leader’s right arm extends forward from his body with his fingers bent 90 degrees from his palm. Leader bends his elbow out to the side such that his fingers come in contact with the Follower’s left shoulder blade and his palm presses against the side of the Follower’s body. • Follower’s left arm lies on top of the Leader’s right arm. The follower places their right hand where it naturally meets the Leaders body – shorter arms might contact the upper biceps, longer will press against the Leader’s shoulder • The Follower and Leader use their muscles to support the weight of their arms. • Both partners supply pressure against their partner’s body. Both partners hold their arms rigid, not allowing them to collapse back onto their bodies when the other partner supplies pressure. • The goal of the social frame is to allow the Leader’s leads to steer the Follower.
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	<ul style="list-style-type: none"> • Weight is on the Leader’s right foot, Follower’s left foot • Waltz count is 1,2,3,4,5,6 • We have modified the start of each of these moves (twinkles, whisks, and sweeps) to start the same , but use very distinctive leads to clearly communicate which step is coming up.
<p>Progression along Line of Dance (LoD)</p>	<ul style="list-style-type: none"> • For description’s sake, it is assumed that there is a Line of Dance that is progressing in the direction that the man is moving. In a “normal” dance, the LoD would be a big circle on which the man is moving counter-clockwise. The “center” is to the man’s left; the outside is to the man’s right. • The direction “inside the LoD circle” is to the man’s left. • The direction “outside the LoD circle” is to the man’s right • Either twinkles or sweeps can be used to progress further along the LoD. Using a full quarter turn (90 degrees) means that you will not progress along the LoD. Using less of a turn means that you will progress further along the LoD. Almost No progression is a good way to wait for the dance floor to clear in front of you or if called for by a set pattern (like the White City Waltz), but requires more effort / attention to not step on partners foot. Try turning about 45 degrees to make some progress along the floor. • Whisks do not progress along LoD.
<p>Leads – man’s hand position</p>	<ul style="list-style-type: none"> • If a man wants to do twinkles, his left hand will remain at the woman’s nose height and his right hand on the woman’s back • If the man wants to do a whisk, his left hand will move down to their waist height. His right hand will alternately connect with her back or flair to the side. • If the man wants to do a sweep, then he totally drops a hand connection to the woman’s hand, and maintains connection to her back. The man’s hands alternate between connecting at back as long as sweeps continue • The whisks and sweeps end when the man lifts his left hand to the woman’s nose height. This “stop” signal starts on count 4 and is clearly in place by count 5. • The twinkle ends when the man does not indicate a body rotation for count 1

<p>Twinkles first 6 counts</p> <p>Twinkle setup and move to the right of LoD (man)</p> <p>Critical lead – man’s left hand remains at woman’s nose height throughout twinkles</p> <p>Twinkle to left of LoD</p>	<p>Man’s leads and footwork</p> <ol style="list-style-type: none"> 1. Rotate body almost a quarter turn to the right (social frame forces woman to turn her back to the right) just before man makes a big step with the left foot between the couple’s bodies to the right. (The further the rotation to 90 degrees, the more the twinkle will just move across the LoD circle; the less the rotation, the more the twinkle will travel along the LoD circle.) Shift weight to the ball of left foot so it can rotate. 2. Move the right foot past the left foot, but swing it to turn man’s body to left to face the LoD, thus turning man’s body to face LoD (and turn woman to face against LoD), rotating on man’s left foot ball. 3. Step left foot next to right foot. 4. Rotate body almost a quarter turn to the left (social frame forces woman to turn her back to the left) just before man makes a big step with the right foot between the couple’s bodies to the left. (The degree of rotation should match the twinkle right’s rotation, unless traffic suddenly forces a different amount.) Shift weight to the ball of right foot so it can rotate. 5. Move the left foot past the right foot, but swing it to turn man’s body to right to face the LoD, thus turning man’s body to face LoD (and turn woman to face against LoD), rotating on man’s right foot ball. 6. Step right foot next to left foot (and you are in social position)
<p>Woman’s twinkle setup and move to right of LoD</p> <p>Woman’s twinkle to left of LoD</p>	<p>Woman’s arms and footwork</p> <ol style="list-style-type: none"> 1. Man’s social frame movement will indicate how far to rotate to move backwards across LoD circle. Woman’s right foot steps backward at an angle to match man’s left foot movement. Shift weight to right foot ball. 2. As woman moves left foot back, the man’s social frame will rotate her body so she faces against LoD. Woman is rotating on right foot ball in response to social frame pressure while her left foot is moving. Land with weight on left foot. 3. Step right foot next to left foot (and you are in social position) 4. Man’s social frame movement will indicate how far to rotate to move backwards across LoD circle. Man’s frame

	<p>will turn the woman’s left side further along LoD. Woman’s left foot steps backward at an angle to match man’s right foot movement. Shift weight to left foot ball.</p> <ol style="list-style-type: none"> As woman moves right foot back, the man’s social frame will rotate her body so she faces against LoD. Woman is rotating on left foot ball in response to social frame pressure while her right foot is moving. Land with weight on right foot. Step left foot next to right foot (and you are in social position) <p>Twinkles let you move forward if the rotation is less than 90 degrees to allow you to either close the space between you and the couple in front or create more space for the couple following you. It is actually easier to not make a full 90 degree rotation because it creates more space for the man to step between the couples bodies. Finally these moves are smooth and fluid - you might find that steps “3” and “6” become more of a swivel rather than an actual foot lift and step.</p> <p>The “twinkle” moves across the LoD with the foot furthest along LoD for both the man and woman (contrast to sweeps during which the “inside legs next to partner” are moving across the LoD).</p>
<p>Second 6 counts: Another pair of twinkles first to right of LoD (man)</p> <p>Man twinkle left of LoD</p>	<p>Man’s leads and footwork</p> <ol style="list-style-type: none"> Rotate body almost a quarter turn to the right (social frame forces woman to turn her right side further along LoD) just before man makes a big step with the left foot between the couple’s bodies to the right. (The further the rotation to 90 degrees, the more the twinkle will just move across the LoD circle; the less the rotation, the more the twinkle will travel along the LoD circle.) Shift weight to the ball of left foot so it can rotate. Move the right foot past the left foot, but swing it to turn man’s body to left to face the LoD, thus turning man’s body to face LoD (and turn woman to face against LoD), rotating on man’s left foot ball. Step left foot next to right foot. Rotate body almost a quarter turn to the left (social frame forces woman to turn her left side further along LoD) just before man makes a big step with the right foot between the couple’s bodies to the left. (The degree of rotation should match the twinkle right’s rotation, unless traffic

<p>Twinkle to end in closed position (man)</p>	<p>rotation to 90 degrees, the more the twinkle will just move across the LoD circle; the less the rotation, the more the twinkle will travel along the LoD circle.) Shift weight to the ball of left foot so it can rotate.</p> <ol style="list-style-type: none"> 2. Move the right foot past the left foot, but swing it to turn man's body to left to face the LoD, thus turning man's body to face LoD (and turn woman to face against LoD), rotating on man's left foot ball. Maintain social frame with left hand at woman's nose height. 3. Step left foot next to right foot. You should be in closed social frame position facing the LoD. 4. Rotate body almost a quarter turn to the left (social frame forces woman to turn her left side further along LoD) just before man makes a big step with the right foot between the couple's bodies to the left. (The degree of rotation should match the twinkle right's rotation, unless traffic suddenly forces a different amount.) Shift weight to the ball of right foot so it can rotate. 5. Move the left foot past the right foot, but swing it to turn man's body to right to face the LoD, thus turning man's body to face LoD (and turn woman to face against LoD), rotating on man's right foot ball. 6. Step right foot next to left foot (and you are in social position)
<p>Twinkle to the right of LoD (woman)</p>	<p>Woman's movement and footwork</p> <ol style="list-style-type: none"> 1. Social frame forces woman to turn her back to the right as she takes a step backwards towards the outside of the LoD circle with her right foot. Shift weight to the right foot. (Just like the twinkle start) 2. Since man is maintaining his left hand at nose height, twinkles will continue. With social frame maintained, when the man rotates to face LoD, woman will be rotated to face against LoD during this count. Woman starts stepping backwards on left foot past the right foot, but the social frame will make her and her left foot turn to face against LoD, further to the outside of the LoD circle. 3. Step right foot next to the left foot. Both man and woman are now facing each other, with woman facing away from LoD, in closed social frame, man's left hand at her nose height.

<p>Twinkle to end in closed position (woman)</p>	<ol style="list-style-type: none">4. Social frame is still maintained. As woman's left foot starts to move and the man turns, social frame will turn her so the left foot moves across the LoD circle towards the inside of the LoD.5. Social frame is maintained. As the man turns to face LoD, woman will face against LoD at the end of this count. Woman's right foot will step further to the inside of the LoD than her left foot.6. Step left foot next to right and re-establish social frame. Weight transfers to left foot. You are now in closed social position, woman facing against LoD, man facing the LoD. <p>Note that it is less obvious when the man wishes to stop twinkles since his left hand is always to woman's nose height and each twinkle ends in a social dance position. Consider using a whisk to end the twinkles – See our White City Waltz writeup that combine one pair of twinkles with a whisk to end the twinkle.</p>
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	<p>on toes of right foot. Your left arm will be across your body to woman who is on your right.</p> <ol style="list-style-type: none"> 5. Move left leg past the right foot, and then quarter turn it to face LoD (towards the woman). Maintain single hand hold at waist height, right hand free. Joined hands are now between the bodies. 6. Letting your arm extend as you move your legs, your hand will stay in roughly the same spot. Swing right leg back and then towards the center of the LoD circle to land on toes / ball of right foot. Let the left foot rotate and lift slightly off floor. The swinging right leg forces body to face towards the outside of the LoD. Your hand is stretched before you.
<p>Setup and Whisk to right of LoD (woman)</p>	<p>Woman's arm and footwork</p> <ol style="list-style-type: none"> 1. Social frame forces woman to turn her back to the right as she takes a step backwards towards the outside of the LoD circle with her right foot. Shift weight to the right foot. (Just like the twinkle start) 2. As man lowers joined hands, this tell the woman you are heading into a whisk, not a twinkle. As he moves the joined hands into woman's space the social frame encourages the woman's back to still be to the outside of the LoD circle, woman steps backwards on left foot past the right foot, moving further to the outside of the LoD circle. 3. Step right foot well past the left foot, continuing backwards to land on right foot toes, still with back to outside of LoD. Slightly raise the left foot as the right foot takes the weight. Social frame is still relaxed, let your arms extend so the joined hands stay in the same spot in space. Both man and woman are now facing the center of the LoD circle, in a mirrored position of each other.
<p>Whisk to left of LoD (woman)</p>	<ol style="list-style-type: none"> 4. Hands joined at waist height tells woman the whisk will continue, rather than closing to social position. Step left foot towards the center of LoD circle. Weight on toes of left foot. Your right arm will be across your body to man who is on your left. 5. Move right leg past the left foot, and then quarter turn it to face against LoD (towards the man). Maintain single hand hold at waist height, left hand free. Joined hands are between the bodies.

	<p>6. Swing left leg back and then towards the center of the LoD circle to land on toes / ball of left foot. Let the right foot rotate and lift slightly off floor. The swinging left leg forces body to face towards the outside of the LoD. Let your arm extend as you move backwards so that the hands stay in roughly the same spot. Your position should mirror the man's position</p> <p>Note:</p> <ul style="list-style-type: none"> a) During the setup for the whisk, on count 2, the woman could turn to face the man. However, some people believe this motion causes the woman to look like she is moving more than necessary since on count 1 and 3 she is facing the center of the LoD circle b) To stop the woman from turning to face the man on count 2, when the man moves the joined hands down to waist level between counts 1 and 2, he can also keep the joined hands more in front of the woman (who is facing the center of the LoD circle on count 1) to keep her from turning to face him.
<p>Whisk again</p> <p>Whisk to right of LoD (man)</p> <p>Whisk to left of LoD (man)</p>	<ul style="list-style-type: none"> 1. Starting from a whisk, maintain joined hands (which are extended at start) at waist height to say the whisk continues. Step left foot forward to outside of LoD circle. Let arms contract as step forward. 2. Move right leg forward past the left and then swing it to face LoD (and woman) turning man's body to face LoD. Joined hands are now between bodies. Make connection between man's right hand and woman's back. 3. Swing left leg back to turn man's body a quarter turn to face the center of the LoD circle and extend it to land on toes. Let left arm extend as leg moves back. Right foot rotates and lifts a bit off the floor. Maintain connection between man's right hand and woman's back. 4. Keep left hand joined to woman's right hand at waist height and drop the connection between right hand and woman's back. This will be the lead that the whisk continues, rather than closing to social dance position. Step right foot towards the center of LoD circle. Weight on toes of right foot. Your left arm will be across your body to woman who is on your right.

<p>Whisk to right of LoD (woman)</p> <p>Whisk to the left of LoD (woman)</p>	<ol style="list-style-type: none"> 5. Move left leg past the right foot, and then quarter turn it to face LoD (towards the woman). Maintain single hand hold at waist height, right hand free. Joined hands are now between the bodies. 6. Letting your arm extend as you move your legs, your hand will stay in roughly the same spot. Swing right leg back and then towards the center of the LoD circle to land on toes / ball of right foot. Let the left foot rotate and lift slightly off floor. The swinging right leg forces body to face towards the outside of the LoD. Your hand is stretched before you.. <p>Woman's arms and footwork</p> <ol style="list-style-type: none"> 1. Starting from a whisk, maintain joined hands (which are extended at start) at waist height. Step right foot forward to outside of LoD circle. Let arms contract as step forward. 2. Move left leg forward past the right and then swing it to face against LoD (and face man) turning woman's body to face against LoD. Joined hands are now between bodies. Make connection between man's right hand and woman's back. 3. Swing right leg back to turn woman's body a quarter turn to face the center of the LoD circle and extend it past the left foot to land on toes. Let right arm extend as leg moves back. Left foot rotates and lifts a bit off the floor. 4. Hands joined at waist height tells woman the whisk will continue, rather than closing to social position. Step left foot towards the center of LoD circle. Weight on toes of left foot. Your right arm will be across your body to man who is on your left. 5. Move right leg past the left foot, and then quarter turn it to face against LoD (towards the man). Maintain single hand hold at waist height, left hand free. Joined hands are between the bodies. Let the left hand start to flair. 6. Swing left leg back and then towards the center of the LoD circle to land on toes / ball of left foot. Let the right foot rotate. The swinging left leg forces body to face towards the outside of the LoD. Let your arm extend as you move backwards so that the hands stay in roughly the same spot. Your position should mirror the man's position
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<p>Keep whisking as much as you want</p>	<p>Repeat above – the whisks do not progress along LoD</p>
<p>Ending the whisk</p> <p>Whisk to man’s right then close to social position</p> <p>Return to closed position (man)</p> <p>Whisk to right of LoD (woman) from whisk left starting position</p>	<p>Man’s leads and footwork (note in “whisk left” starting position)</p> <ol style="list-style-type: none"> 1. Maintain joined hands (which are extended at start) at waist height to say the whisk continues. Step left foot forward to outside of LoD circle. Let arms contract as step forward. 2. Move right leg forward past the left and then swing it to face LoD (and woman) turning man’s body to face LoD. Joined hands are now between bodies. Reconnect man’s right hand to woman’s left back. 3. Swing left leg back to turn man’s body a quarter turn to face the center of the LoD circle and extend it to land on toes. Let left arm extend as leg moves back. Right foot rotates and lifts a bit off the floor. Maintain connection with right hand to woman’s back. 4. Raise left hand to woman’s nose height (this hand is holding woman’s right hand). This tells partner that the whisk is ending and return to closed position. Step towards the center of the LoD circle with right foot (generally a smaller step). Shift weight to right foot. 5. Move left foot past the right foot and then turn left foot a quarter turn to turn man’s body quarter of turn to face LoD as rotate on right foot. Arms have reestablished closed social position (left hand raised to woman’s nose height, right hand on her left shoulder blade). You should be facing partner. 6. Move right foot next to left foot and reestablish social frame (pressure in joined hands, correct position on back). You are in closed social position. <p>Woman’s arms and footwork</p> <ol style="list-style-type: none"> 1. Maintain joined hands (which are extended at start) at waist height. Step right foot forward to outside of LoD circle. Let arms contract as step forward. 2. Move left leg forward past the right and then swing it to face against LoD (and man) turning woman’s body to face against LoD. Joined hands are now between bodies. 3. Swing right leg back to turn woman’s body a quarter turn to face the center of the LoD circle and extend it past the left foot to land on toes. Let right arm extend as leg

<p>Return to closed position (Woman)</p>	<p>moves back. Left foot rotates and lifts a bit off the floor.</p> <ol style="list-style-type: none">4. Man's lifting of joined hands tells woman that the whisk is over and returning to closed position. Step forward (towards center of LoD circle) on left foot with weight going onto toes so foot can rotate.5. Move right foot past left foot and then swing it to point against LoD, turning woman's body to face against LoD as she rotates on left toes. Arms have reconnected in social dance position. (Woman's left hand on man's shoulder or bicep)6. Step left foot next to right. Reestablish social frame (pressure in joined hands, woman's left arm on man's right).
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<p>Sweeps</p>	<p>Sweeps allow you to move diagonally forward left and right along LoD, or just across LoD, depending on the angle of your step.</p> <p>Start from closed social position, just like twinkles. Releasing of the joined man left / woman right hand during the setup movement will signal that sweeps are coming (instead of twinkles or whisks)</p> <p>Inside legs (man and woman) are making the big steps during sweeps.</p>
<p>Set up the sweep by moving to right of LoD (man)</p>	<p>Man's leads and footwork</p> <ol style="list-style-type: none"> 1. Rotate body a full quarter turn to the right (social frame forces woman to turn her back to the right) just before man makes a big step with the left foot between the couple's bodies to the right. Shift weight to the ball of left foot so it can rotate. (Just like the twinkle start) 2. At the end of count 1 / beginning of count 2, release joined man left / woman right hand and relax social frame to allow the woman to continue to move with her back to the outside of LoD circle. Move man's right foot well past the left foot, but swing it to turn man's body to left to face the LoD, thus turning man's body to face LoD (relaxed social frame does not rotate woman), rotating on man's left foot ball. End on right foot ball, do not set heel down. (Man's foot work is similar to twinkle, but his left hand is free and he is not applying pressure with right hand to woman's back, just maintaining the connection. Man is facing LoD while woman's back is still facing out from the LoD circle). 3 Move into an open position – man's left, woman's right hands are held away from their bodies, man's right hand making the connection to the woman's back by her shoulder blade. The man and woman will end up facing the center of the LoD circle. "Flair" unattached hand to the side as man swings left leg to side and then back to rotate the body to the left. The left foot lands to the side of the right foot, as the right foot rotates to point towards the center of the LoD circle. The man is facing the center of the LoD circle. As weight transfers to left foot, allow the right to raise slightly from floor.

<p>Sweep to the left of LoD (man)</p>	<ol style="list-style-type: none"> 4 Keep left hand left hand “flaired” out from the body, while the right hand maintains connection to the woman’s back. Big step (“sweep”) with right foot towards the center of LoD circle. Weight on right foot. If you head straight to the center, your sweep does not progress along LoD. If you step diagonally to the right, you will progress along LoD. 5 Move left leg past the right foot, and then quarter turn it to land facing LoD (towards the woman). As you turn to face each other, the man’s left hand will move to connect with the woman’s back on her right side, while the man’s right hand drops the connection to the woman’s back. 6 “Flair” man’s right hand to the side as he swings his right leg back and then towards the center of the LoD circle to land right foot next to the left foot. Man’s left foot rotates on toes. The swinging right leg forces body to face towards the outside of the LoD. You are in an open position facing outside the LoD – Man’s left hand is on woman’s right back, while his right hand is flaired to the side.
<p>Setup sweep to right of LoD (woman)</p>	<p>Woman’s arm and footwork</p> <ol style="list-style-type: none"> 1. Social frame forces woman to turn her back to the right as she takes a step backwards towards the outside of the LoD circle with her right foot. Shift weight to the right foot. (Just like the twinkle start) 2. As man releases joined hands at the end of count 1 / beginning of count 2, this tell the woman you are heading into a sweep. With social frame relaxed and woman’s back still to the outside of the LoD circle, woman steps backwards on left foot past the right foot, moving further to the outside of the LoD circle. 3. Step right foot next to the left foot, continuing backwards to land on right foot, still with back to outside of LoD. You are in an open position, your right hand is flaired to the side and your left hand is on top of man’s right shoulder. Man’s right hand on your left back. Both man and woman are now facing the center of the LoD circle, in a mirrored position of each other.
<p>Sweep to left of LoD (woman)</p>	<ol style="list-style-type: none"> 4. In your open position, BIG step (sweep) left foot towards the center of LoD circle. Weight on toes of left foot. Right hand is flaired to the side. Feel the pressure of the man’s

	<p>body against woman to determine if man is going to step diagonally to progress the sweep along LoD or step straight to the center of the LoD circle so that the sweep does not progress.</p> <ol style="list-style-type: none"> 5. Move right leg past the left foot, and then quarter turn it to face against LoD (towards the man). As you face the man, release your left hand from his right shoulder top as you connect your right hand to his left shoulder. Man is also switching his connection to your back. 6. Swing left leg back and then towards the center of the LoD circle to land next to the right foot. Right foot rotates to face outside LoD. The swinging left leg forces body to face towards the outside of the LoD. Your left hand flairs to the side. <p>Note: The release of the woman’s hand at the very beginning of count 2 is important to signal to her that the sweeps are coming and she should remain facing the center of the LoD circle.</p>
<p>Sweep to the right of LoD (man)</p> <p>Sweep to the left of LoD (man)</p>	<p>Man’s leads and footwork (not in sweep to the left starting position)</p> <ol style="list-style-type: none"> 1. Maintain open position. Big step left foot forward to outside of LoD circle. Maintain right arm flair and left hand connection to woman. 2. Move right leg forward past the left and then swing it to face LoD (and woman) turning man’s body to face LoD. As you face LoD, release the left hand connection to woman back. Make a right hand connection to the woman’s back. 3. Swing left leg back to turn man’s body a quarter turn to face the center of the LoD circle. The left foot lands to the side of the right foot, as the right foot rotates to point towards the center of the LoD circle. The man is facing the center of the LoD circle. Let left arm extend as leg moves back. Right hand maintains connection to woman’s back. 4. Big step towards the center of the LoD circle with right foot. 5. Move left leg past the right foot, and then quarter turn it to land facing LoD (towards the woman). As you turn to face each other, the man’s left hand will move to connect with the woman’s back on her right side, while the man’s right hand drops the connection to the woman’s back.

<p>Return to closed position (Woman)</p>	<p>bring left arm in to establish connection with man's shoulder top.</p> <ol style="list-style-type: none">3. Swing right leg back to turn woman's body a quarter turn to face the center of the LoD circle and extend it past the left foot to land on toes. Let right arm extend as leg moves back. Left foot rotates as you face center of LoD circle.4. As man unflairs his left arm and starts to bring it to his front, this tells the woman that the sweeps are ending and she should prepare to return to closed position. His right hand is already on her back. Step forward on left foot with weight going onto toes so foot can rotate.5. Move right foot past left foot and then swing it to point against LoD, turning woman's body to face against LoD as she rotates on left toes. Man's left hand should be in closed social position waiting for woman's right hand to join his hand. (Think of his left hand as making a "stop" signal as woman turns to face man – the sweeps are over.)6. Step left foot next to right. Reestablish social frame (pressure in joined hands, woman's left arm on man's right bicep or shoulder).
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