

<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>Dance progresses in large counter clockwise circle</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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</li> <li>• Leader’s left upper arm is roughly straight out to the side from his body.</li> <li>• 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.</li> <li>• Follower’s right arm generally mirrors the Leader’s left arm.</li> <li>• Leader’s left hand is at 90 degrees from his arm, palm to the Follower, thumb up, spread from his fingers.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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</li> <li>• The Follower and Leader use their muscles to support the weight of their arms.</li> <li>• 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.</li> <li>• The goal of the social frame is to allow the Leader’s leads to steer the Follower.</li> </ul>
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	<ul style="list-style-type: none"> <li>• Weight is on the Leader’s right foot, Follower’s left foot</li> <li>• Waltz count is 1,2,3,4,5,6</li> <li>• For THIS dance, the 4-6 counts often return the couple to a closed social dance position (making this dance easier to learn)</li> <li>• We modified the dance to use twinkles instead of hovers to reuse steps our students typically know and to modify leader’s hand leads for whisk for later reuse and clarity on lead</li> </ul>
<p>First 6 counts: Waltz box clockwise</p> <p>Man facing LoD Woman facing against LoD</p>	<p>Man’s footwork</p> <ol style="list-style-type: none"> <li>1. Left foot steps forward in the direction of the LoD (style: longer step, body dipping down) weight ends on left</li> <li>2. Right foot moves forward to alongside the left foot without landing, then steps to the right side to land slightly more than shoulder width (style: raise body by moving onto toes) – weight ends on right</li> <li>3. Left foot steps next to right (style: on toes) – weight on left</li> <li>4. Right foot steps back against the LoD (style: longer step, body dipping down) weight on ends on right</li> <li>5. Left foot moves back to alongside the right without landing, then steps to the left slightly more than shoulder width (style: raise body by moving onto toes) – weight on left</li> <li>6. Right foot steps next to the left (style: on toes) – weight on right</li> </ol> <p>Woman’s footwork</p> <ol style="list-style-type: none"> <li>1. Right foot steps backwards in the direction of the LoD (style: longer step, body dipping down) weight ends on right</li> <li>2. Left foot moves backwards alongside the right foot without landing, then steps to the left side to land slightly more than shoulder width (style: raise body by moving onto toes) – weight ends on left</li> <li>3. Right foot steps next to left (style: on toes) – weight on right</li> <li>4. Left foot steps forward against the LoD (style: longer step, body dipping down) weight on ends on right</li> <li>5. Right foot moves forward to alongside the left without landing, then steps to the right slightly more than</li> </ol>

	<p>shoulder width (style: raise body by moving onto toes) – weight on right</p> <p>6. Left foot steps next to the right (style: on toes) – weight on left</p>
<p>Second 6 counts: Exchange places with underarm right turn for woman</p> <p>Man exchanges places on 1-3</p> <p>Man dances half of a box step backwards to allow woman to return to closed position on 4-6</p>	<p>Man’s lead and footwork (this is a continuous smooth motion)</p> <ol style="list-style-type: none"> <li>1. Man lifts his left hand gently holding woman’s right hand to higher than her head height and moves it to man’s left generating a space for the woman to turn in. Man’s left foot moves diagonally forward to the right to get outside the woman’s left foot as she steps forward before landing somewhere around 45 degrees to the left from straight ahead. (style: longer step, body dipping down) weight ends on left toes (Essentially the man has dodged around the woman by moving his body out of the way, but lands his foot further along LoD than where the woman is at the end of count 1 with the foot turned a bit to where the woman was standing at the start of count 1)</li> <li>2. Man swings his right leg forward and around past his left foot, pivoting the man on his left toes to face against LOD. The right foot lands shoulder width or less (style: raise body by moving onto toes) – weight ends on right</li> <li>3. Left foot steps next to right (style: on toes) – weight on left (You may find that there is no need to move left foot laterally, depending on the spacing to the right foot. Even if you don’t move the left foot, change weight to the left foot) Man is now facing against LoD</li> <li>4. Right foot (small) steps backwards further along LoD (style: longer step, body dipping down) weight on ends on right. Position arms in closed social position to encourage woman to “land” in social position</li> <li>5. Left foot moves backwards to alongside of right without landing, then steps to man’s left slightly wider than shoulder width (style: raise body by moving onto toes) – weight on left</li> <li>6. Right foot steps alongside man’s left foot (style: on toes) – weight on right. At this point, woman should have returned to closed social position facing LoD, Man facing against LoD</li> </ol> <p>Woman’s arm and footwork (this is a continuous smooth motion)</p> <ol style="list-style-type: none"> <li>1. Since the Man is getting out of the way with his foot work, the Woman can essentially step forward (this is against</li> </ol>



<p>Third 6 counts: Waltz box clockwise Man facing against LoD Woman Facing LOD</p>	<p>(see Clockwise waltz box steps in First 6 counts, do the same just facing the other direction)</p>

<p>Fourth 6 counts: Exchange places with underarm right turn for woman and return to closed social position</p>	<p>(See Second 6 counts, same steps just starting facing other way.)  At end, man is facing LoD while woman is facing against LoD.  Couple is in closed social position at the end</p>
<p>Fifth 6 counts: Outside Walk in LoD direction to start a natural spin  Man walks 1-3 on outside of woman's body  Man starts the natural spin on 4-6</p>	<p>Man's leads and footwork</p> <ol style="list-style-type: none"> <li>1. Essentially the couple maintain arms in closed social position, but there will be a slight, natural adjustment as woman will be moving straight back (in LoD direction), but the man steps to his left to get outside the woman's right foot. Instead of stepping straight forward in LOD, the man's left foot walks forward but wider to the left to get both of his feet traveling outside of the woman's right foot.</li> <li>2. Walk forward on the right foot with a slightly bigger step to get man's body almost aligned with the woman's body (right shoulder to right shoulder). Rather than the arms making a space between the couple, the arms are now extending over their partner's chests to the side to maintain their hand positions while their bodies are almost should to shoulder.</li> <li>3. Walk forward on left foot.</li> <li>4. Man rotates his upper body forward to the right as he quarter turns and steps his right foot behind the woman, blocking her LoD direction motion. By re-establishing normal arm social position frame, when the man turns to the right, the woman will be forced to turn right. Weight</li> </ol>



	<ol style="list-style-type: none"> <li>5. Woman swings her right leg back, turning her body roughly another quarter turn as she pivots on her left foot's ball. Weight to right foot ball. She should be nearly facing LoD.</li> <li>6. Woman's left foot steps next to her right foot (in theory). (In practice, it is more important that woman is facing LoD aligned with partner than having feet next to each other. You must be positioned correctly to do the next step which is critical for the natural spin.) You should be in social position with woman facing LoD</li> </ol> <p>Follower, let the leader close the distance until you are almost shoulder to shoulder. Don't take a bigger step backwards when he takes a bigger step forward as he tries to close the gap. Your social frame space gap has moved to the woman's right rather than being in front of her.</p> <p>The spin is one continuous smooth motion. To keep the spin going, the couple needs to be aligned with woman facing LoD and man facing against LoD at the end of this set of counts.</p>
<p>Sixth 6 counts: End natural spin and return to closed social position</p> <p>Man finishes natural spin on 1-3</p> <p>Return to closed position via half waltz box backwards</p>	<p>Man's leads and footwork (Man facing against LoD)</p> <ol style="list-style-type: none"> <li>1. This step is critical: Man's left foot steps wide to his left side ( creating a space for the woman to step through) Maintain social frame through out these steps. Weight on left foot ball so it can pivot.</li> <li>2. Man quarter turns his body by swinging his right leg back and to the side to parallel his left foot (that is pivoting during the turn). Note that man's right foot is further along LoD than his left foot, man is facing inside LoD circle. Weight goes to the ball of right foot. By maintaining social frame, the man is forcing the woman's body to also rotate</li> <li>3. Man swings his left foot forward and in the direction of the LoD, quarter turning his body (and through social frame, the woman's body) so man faces LoD (and woman is facing against LoD). The left foot will end up parallel to his right foot so the spin rotates the man's body forward a bit to face LoD completely.</li> <li>4. Return man to closed social position by dancing a backwards half waltz box while facing the LoD. Right foot goes backwards (against LoD).</li> <li>5. Left foot moves backwards towards right foot, but then steps out to left side to land.</li> </ol>





<p>Man's Twinkle left</p>	<p>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.</p> <ol style="list-style-type: none"> <li>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.</li> <li>6. Step right foot next to left foot (and you are in social position)</li> </ol>
<p>Woman's twinkle to man's right</p>	<p>Woman's arms and footwork</p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>3. Step right foot next to left foot (and you are in social position)</li> </ol>
<p>Woman's twinkle to man's left</p>	<ol style="list-style-type: none"> <li>4. Man's social frame movement will indicate how far to rotate to move backwards across LoD circle. Woman's left foot steps backward at an angle to match man's right foot movement. Shift weight to left foot ball.</li> <li>5. 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.</li> <li>6. Step left foot next to right foot (and you are in social position)</li> </ol> <p>The actual dance uses "hovers". We have put in "twinkles". This lets you move forward if the rotation is less than 90 degrees 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</p>

	<p>steps "3" and "6" become more of a swivel rather than an actual foot lift and step.</p>
<p>Eighth 6 counts: Whisk right Return to closed social position</p> <p>Man crosses LoD to open position (we adjust the hand position to give a more obvious lead to the whisk)</p> <p>Man returns to LoD circle line and to closed position</p>	<p>Man's leads and footwork</p> <ol style="list-style-type: none"> <li>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)</li> <li>2. Lower joined man left / woman right hand to waist height 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 at waist height and he is not applying pressure with right hand to woman's back. Man is facing LoD while woman's back is still facing out from the LoD circle). Joined hands are between bodies.</li> <li>3. Keep social frame relaxed with joined hands at waist height to allow both man and woman to end up facing the center of the LoD circle. Swing left leg to side and then back to rotate the body to the left. The left foot moves well past the right foot to land on its toes as the right foot rotates to point towards the center of the LoD circle. Allow the left arm to extend as you step back. Joined hands are pointing 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.</li> <li>4. Man's right foot moves slightly towards the LoD circle before returning to the floor with weight on ball of right foot. Man is starting to raise joined hands to normal closed position to indicate that the whisk is over.</li> <li>5. Man's left foot moves past the right foot and then swings wide to the right a quarter turn to rotate the man's body to face LoD. Man is rotating on ball of right foot. Man is re-establishing social dance frame with left hand at follower's nose height, right hand tightening on woman's shoulder blade. Weight transfers to left foot.</li> <li>6. Man's right foot steps next to the left foot to bring man into social closed position. Weight transfers to right foot.</li> </ol>





<p>Whisk to man's right (woman)</p>	<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"> <li>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.</li> <li>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.</li> </ol>
<p>Whisk to man's left (woman)</p>	<p>Woman's arm and footwork</p> <ol style="list-style-type: none"> <li>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)</li> <li>2. As man lowers joined hands, this tell the woman you are heading into a whisk, not a twinkle. 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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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</li> </ol>

	<p>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>Eighth 6 counts</p> <p>Whisk to right then close to social position</p> <p>Whisk to man's right (man) from whisk left starting position</p> <p>Return to closed position (man)</p> <p>Whisk to man's right (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"> <li>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.</li> <li>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.</li> <li>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</li> <li>4. Reconnect man's right hand to woman's left shoulder as you start to raise left hand joined to woman's right. 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 toes.</li> <li>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.</li> <li>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.</li> </ol> <p>Woman's arms and footwork</p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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</li> </ol>

<p>Return to closed position (Woman)</p>	<p>left foot to land on toes. Let right arm extend as leg moves back. Left foot rotates and lifts a bit off the floor.</p> <ol style="list-style-type: none"><li>4. Man's lifting of joined hands and his right hand reaching to reconnect to woman's back tells woman that the whisk is over and returning to closed position. Step forward a little on left foot with weight going onto toes so foot can rotate.</li><li>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.</li><li>6. Step left foot next to right. Reestablish social frame (pressure in joined hands, woman's left arm on man's right).</li></ol>
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<p>Sweep setup for woman</p>	<p>with the woman's back on her right side, while the man's right hand drops the connection to the woman's back.</p> <p>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 left hand is flaired to the side.</p> <p>Woman's arm and footwork</p> <ol style="list-style-type: none"> <li>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)</li> <li>2. As man releases joined hands, 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.</li> <li>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.</li> </ol>
<p>Sweep to inside of LoD circle (woman)</p>	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> </ol>



<p>Return to closed position (Woman)</p>	<ol style="list-style-type: none"><li>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.</li><li>4. As man unflairs his left arm and starts to bring in 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.</li><li>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.)</li><li>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).</li></ol> <p>Note that only one pair for sweeps is included to maintain the same beat pattern as the twinkles use in the White City Waltz</p>
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