

SAINT PETERSBURG 2018

Thursday, 4 of January

13:30-14:45: Ragtime Era Foxtrot: SSSS QQS QQS

VARIATIONS for SSSS

Grapevine (Symmetrical or Asymmetrical): step side, then cross either in front or back, alternating front and back crossings

Anderson Turn: Lead takes one step forward in Promenade position, then crosses RF over LF, anchoring the R toes to the floor. Slowly untwist/unwind as Follow walks around Lead.

Pomander Turn: in R shoulder Yale

Follow's Underarm turn: take all 4 steps to complete the turn; Lead walks along beside as she travels

Promenade Turnout: walk walk pivot pivot in Promenade position

Rocking: shift weight forward onto 1st foot, then back; repeat

VARIATIONS for QQS QQS

Side Sway: Step side-together-side on QQS, LRL; lightly brush RF to L ankle; step RF side-together-side on QQS, RLR. Woman opposite.

Zig and Zag: Facing LOD, back the lady, he stepping diagonally forward while she steps diagonally back, step side-together-step; lead with the shoulder

Yale Zig Zag: Same as above, but in R shoulder Yale for the 2 quick steps on Zig, L shoulder Yale for the 2 quick steps on Zag; rotate to the L shoulder on the Slow count

Turning Two Step: ½ right/CW turn on each QQS; two QQS patterns = 1 full rotation as in Rotary Waltz; ALSO Reverse Turning Two Step

Grapevine: side cross side, cross side cross in QQS timing

Lady's Underarm turn on first QQS, Promenade forward side-by-side on second QQS. ALSO end in Side-by-side position after her turn, progress forward on each step

EXERCISES

Follow's 2 hands on partner's shoulders, Lead's hands behind back: Lead from the torso, Follow kinesthetically

CONCEPTS & DISCUSSION

Talk about the many Foxtrot patterns; this is just one

When improvising, possibly keep one consistent: either SSSS or QQS QQS