

## **Intermediate Social Dance New Variations:**

### **Waltz**

#### **Zig Zag/Spiral Step in Reverse:**

Begin as in normal zig zag, ½ box with strong twist (hinge) lead. Man starts zig zag with R ft fwd, diag, lady starts back L diag-both with long steps. Face the corners with head up for correct positioning, don't over cross. When man's L ft is free, use ½ box to exit step temporarily, both do ½ turn Right to change positions. Man faces CW, lady CCW, man leading lady to use R ft diag fwd, while he steps back on L ft diag back. Also can use full box with man stepping bk diag on L ft and lady stepping fwd on R diag. Either method is accepted. To get out of variation, use ½ box, ½ turning Right waltz, or the man can lead a L UAT.

#### **Front to Front, Back to Back with UAT:**

Starting with a ½ box and 3 step outside UAT for lady, lower and swing the joined hands fwd-which means the couple will face back to back, using triplet step, swing joined hands back and couple will face front to front, man can offer free hand up to be pressed by lady to push to go into next back to back. Another version is to have the man do a UAT after the lady's UAT, the lady does her 3 steps in place, which allows for the joined hands to swing back for a front to front start. Continue swinging arm to change facing and backing positions. To transition out of step, use either a UAT for the lady or simply return to closed position and a bull box.

#### **Twinkle Step:**

This is a 3 ct step which gives easy access to Promenade Position.

Moving to man's left side, lady's right, rock fwd on outside starting ft, rock bk, draw first ft to instep. Can both use a touch or both change wt.

This is used as a common transition step for flip flop, etc.

#### **Flip Flop:**

Start with ½ box,. Man walks a straight line, short pushes from one hand to the other on lady's back. Lady's hand is on his shoulder, and changes to other shoulder with every 3<sup>rd</sup> step. Lady does ½ turn crossing in front of man side to side starting with her L ft crossing in front-step side with R, face partner and stepping L. Transition out with ½ box or twinkle.

#### **Butterfly:**

Same start, similar to flip flop, but umbrella-open hand is lifted rather than hand on her back. She is offered a flat lifted hand, which she takes with her opposite flat hand, dives stepping fwd on diag, under also alternating hands. He follows behind with waltz walk.

#### **Develope Lunge:**

From a twinkle step with touch ending, or a ft draw, man leads lady by opening his arm position, freezes feet, or does a sway, allowing the lady to step R and lift her L (inside) leg in a bent knee and lifted straight, lifted up or down position. Take all 2 cts, don't rush, ending by transferring wt, return to ½ box.

### **Viennese Waltz:**

#### **Basic:**

Man steps fwd L on long step, takes 2 short steps-R ft, turning to L ½ and cross L ft over R ft to make total of 3 cts. Man steps long R ft bk, steps L making ½ turn to L, final step is with his R ft, closing tg touching L.

Lady's step is reverse order. Both dancers need to turn at least 180 degrees-do not expect your partner to turn you.

#### **Rotary Waltz: Used in Viennese Waltz:**

Use 4 inside rotary waltz steps: Many starts facing out of center-Promenade position, uses L ft to turn ½ to R for 2 complete R turns. Use 3 waltz walks moving in straight line, to change direction. Lady will start backing up on R ft but feel the R turn almost immediately. By alternating turning ft in or out, you will help your couple to turn.

### **Cha Cha:**

#### **Double Cross Over**

Same as 5<sup>th</sup> position break, but hold hand out in "alligator hold" long enough for lady to stay in rock. This step must be done in patterns of 4's. One rock and a UAT can be used for 1 of the 4 patterns, usually the end.

#### **Butterfly:**

Single Cross over step (5<sup>th</sup> position Break), Man puts free hand up to press against lady's hand which meets his as cha cha facing each other. Man brings joined hands fwd, so both reach back-outside with raised free hands on diag, as rock bk, fwd, end cha cha facing. You will only do this step in one direction.

#### **Sweetheart Cuddle:**

**Usual Sweetheart:** Lady Rocks only Bk, starting rock R bk step L, turn ½ L on cha cha, rock Back step standing beside ptr, ½ turn R on cha cha. The man leads all sweethearts changing the handhold to an inside, lifting on ct 2, after she turns, her hands-both are being held by the man, cross in front of her-right over left. The man performs the basic basic step.

### **Side or Macho Sweetheart:**

The difference is the man can do all fwd, rocks, leading the lady across him without a turn. The lady travels in front of the man, only rocking back, while the man rocks only fwd.

### **Shoulder Touch Sweetheart:**

Lady's step is identical to the Usual Sweetheart, but rather than having both her arms crossed in front, it will be one handed, with the man's R hand touching her far shoulder when she turns to stand on his right side. He can choose to rock fwd then bkwd, or just fwd both times.

### **To get out of sweethearts:**

Single Neck Wrap, Double Neck Wrap, Free Spin, UAT, Sun set, Lady's twirl-let go catch hands, Hair Brush-over both heads, slide down arms, etc.

### **Cross Body Lead:**

Man does a basic but on 3<sup>rd</sup> step opens ft ½ to L, prevent women from turning-so you are at right angles. Man does a "J: step, bk R hook, 1/4 turn to L, close R to l. Lady does ½ turn on 2<sup>nd</sup> measure-stepping fwd L, ½ turn on R, step bk on L. Both people have changed places.

### **Half Moon:**

Start with Cross Body Lead: Man turns to face same direction as lady, right beside her. He changes hands so R hands are joined and held shoulder ht. His L arm is held out straight, just behind her shoulder. He guides her for a fwd rock on R, bk on L, cha cha facing partners, (so she made ¼ turn to R). She takes large steps, he small as she crosses her L ft over her R and turns on R ft ½ L stepping side with L. (Rock fwd step to face, cha cha cha; cross, turn, ½ open.) His steps are much smaller and mirror hers. To get out, use UAT or simply go back to basic.

**Vine:** Can do any even ct vine, cross in front or bk, can rock and change direction. Vines are done weaving ft sideways.

### **Cha Cha Flick-Lunge Combination:**

Start with 1 Butterfly above, he takes both her hands at waist height for remaining 1 step. Open hands to do a outside ft back lock step (Man R, L, R, Lady L, R, L), turn to face using inside ft to do deep lunge back. (Man L, Lady R) step fwd, can do a cha cha, or a sway facing, or go into a vine to man's R lady's left.

### **Swing:**

### **Dishrag:**

Both hands held, Man turns under his L arm to L, Lady turns under R arm to R. Partners must be very close back to back to have a successful turn. If it doesn't work due to ht difference or other, simply drop following arms-keep raised leading joined arm only.

### **Peek a Boo:**

Start facing in a R hand hold. Can use Pretzel, UAT, Back Pass or simply take R hands. Man offers L flat hand above R hands, Lady matches L hand, her fingers will be in opposite direction. Space between hands is window. Rock step- 2 tripples (or can be done with rock step 1 tripple step) in both cases, Lady turns  $\frac{1}{2}$  to L the  $\frac{1}{2}$  to R. Man must take larger steps and move further, making  $\frac{1}{2}$  turn to R then L. Partners change sides to face each other on each measure.

To transition out: Use Hair Brush, Neck wraps, use UATs to turn lady then man, sunset, drop hands and catch under, etc.

### **He Goes, She Goes:**

From R hands held, he repositions to joined hands up, bringing these hands fwd (slight turning to L of lady) so he can tap his free hand on her L shoulder. By pressing the joined hands bkwd, she can now tap his shoulder with her free L hand. This step is done with all triple steps, no rock steps until you are out. Nice transition: Push lady's right hand to and inside free spin-be prepared to follow her and catch with rock step.

### **Around the World:**

Hands are joined in wide side hold, man moves to his L side, lady crosses R over L steps in place with L, re-crosses R over R moving L for 1<sup>st</sup> triple. On 2<sup>nd</sup> triple, he steps fwd with R turning to his R, then rock step-moving the couple into a  $\frac{1}{2}$ - $\frac{3}{4}$  right turn. For 2nd triple, she crosses her L ft over R, steps in place with R, re-crosses L over R turning to her R. Both Rock Back. The couple feels like they are "running" into the other's arm, changing angles and rocking back while turning.

### **Fox Trot:**

#### **New 6 ct steps**

#### **Swing Step:**

Step side with lead ft, touch with opposite ft, reverse rept-step touch-, step to original side and close with wt. For Man it would be step L to L side, touch R next to L, step R to R side, touch L next to R, step L to L side step tg closing R ft to L ft. Lady does opposite. Do 2 or more of this step, then return to basic.

### **Country style $\frac{1}{2}$ turns:**

In Parallel closed position so that man steps beside lady's ft, man takes basic 2 long steps (L, R) turns  $\frac{1}{2}$  to L on 2 short Q, Q steps. He is facing reverse direction (CW) and steps 2 long steps bkwd, (L,R) turning  $\frac{1}{2}$  to R on L, R Q, Q. Lady steps 2 long steps bkwd (R, L) turns  $\frac{1}{2}$  to R on 2 short Q, Q, then steps fwd on R, L (facing CCW) and turns  $\frac{1}{2}$  to L on short (R, L) Q, Q.

**New 4 ct. steps:**

**Flip Flop:**

Use twinkle or  $\frac{1}{2}$  box, man steps fwd, lady crosses with L ft in front of man, step R, step L in place, reverses. She is going fwd and bkwd on the diag, crossing in front of man who is using a 3 ct basic to move only fwd.

Transition out with  $\frac{1}{2}$  box or twinkle step.

**Turning Flip Flop:**

Same as above to start and end. Lady does a cross and turn, then man does a cross and turn-trading places. Whomever is not turning does a waltz walk. This step can be done turning to R or to L but to change and do both directions, do at least 3 turns in one direction and waltz walks between to change. Lead with L ft as crossing ft if turning to L, use R as crossing starting ft if turning R.

**Rumba style 7 steps with  $\frac{1}{2}$  turn:**

Stepping in rhythm, S, Q, Q, man takes 7 steps fwd, lady 7 bk in straight line. On Q, Q turn  $\frac{1}{2}$  to man's R with R ft crossing over L with L stepping bk, continue man facing CW stepping bkwd 7 steps and turning to R on Q, Q crossing over. Lady does reverse.