

# CDC Medal Routines

Lent Term 2016/17

Taught in Michaelmas Term - Taught in Lent Term

## 6pm –Intermediates Class

<p><b>Waltz</b> Start facing DW, weight on RF.</p> <p>LF Closed Change Open Impetus Turn Chasse in PP Weave to PP Chasse from PP Natural Spin Turn Turning Lock to Left Hesitation Change Reverse Turn</p> <p>[Whisk Wing Chasse to Right Weave Natural Spin Turn 4-6 Reverse Turn 1-3 Reverse Turn Check and Weave Natural Spin Turn]</p>	<p><b>Quickstep</b> Start facing DW, weight on RF.</p> <p>Walk on LF 1-3 Natural, Back Lock &amp; Running Finish Natural Spin Turn V6 Lock or Fishtail Natural Turning Chasse Chasse to Right Double Lockstep (DC) Chasse Reverse Turn</p> <p>[Natural Spin Turn Progressive Chasse Quick Open Reverse Progressive Chasse Forward Lock Step Natural Spin Turn Forward Lock or Fishtail 1-3 Natural Turn, Tipple Chasse Forward Lock Step]</p>	<p><b>Foxtrot</b> Start facing DC, weight on RF</p> <p>Walk Feather Step Reverse Turn Three Step Closed Impetus Turn Feather Finish 1-4 Reverse Wave Weave Change of Direction</p>	<p><b>Tango</b> Start facing DW, weight on R.</p> <p>2 Walks Open Rev Open Finish Progressive Link Back Open Promenade Walk &amp; Lunge LF Rock turning R Chasse to R Whisk Step &amp; Tap in PP Closed Promenade 2 Walks Progressive Side Step 2 Walks Basic Reverse Turn</p>
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<p><b>Cha Cha Cha</b> Start facing wall, weight on LF.</p> <p>Basic to R side with mans foot change Cuban Breaks Solo Follow My leader (with ladys foot change) Open Hip Twist Alemana 2 Shoulder to Shoulder Spot Turn(Lady Back Basic) Progressive CCC back &amp; forward New York with handshake hold Overturned Hip Twist to L New York with handshake hold Open Hip Twist to Fan Hockey Stick Natural Top Opening Out from Natural Top Alemana with mans underarm Spot Turn</p> <p>[Cross Basics with Spiral ending]</p>	<p><b>Jive</b> Start facing wall, weight on RF.</p> <p>Change of Places R to L Windmill Stop and Go (2) American Spin (2) Spanish Arms (2) Rolling off Arm (2) Go for a Walk (2) Whip Throwaway Whip 1-2 Fallaway Rock Chasses in PP (2) Side Closes (Lady Flick Ball changes) Throwaway Change Of Hands Behind Back Hip Bumps</p> <p>Repeat from Windmill</p> <p>[O/T CoP L to R Cont. Turning Chasses 2 x Flick Ball Change CoP (Man underarm) 2 x Jazz Box 2 x Flick Crosses]</p>	<p><b>Rumba</b> Start facing Wall, weight on LF</p> <p>Basic turning ¼ L Side Steps in Hip Hold Circular Walks Side Steps(Ropespinning) New York Fencing Line LF Shoulder To Shoulder [Lady Underarm Turn to L] Aida Rock and Spot Turn Natural Top Natural Opening out Movement Spiral ending in Fan</p>	<p><b>Samba</b> Start facing DW, weight on RF</p> <p>2 Bota Fogos in Right Shadow LF Travelling Volta 2 Bota Fogos in Right Shadow RF Travelling Volta Solo Maypole 2 Whisks Reverse Turn (Lady Spin to L) 2 Shadow Bota Fogos Criss Cross Variation 1 Forward Walk Flick Ball change (Lady LF Bota Fogo) 2 Contra Bota Fogos Roundabout (Lady turn more)</p>
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## 7pm - Beginners Class

<b>Waltz</b> Start facing DW, weight on RF.  LF Closed Change Natural Turn RF Closed Change Reverse Turn  [Natural Spin Turn]	<b>Quickstep</b> Start facing DW, weight on LF.  RF Quarter Turn Progressive Chasse Fwd Lock Step  [Natural Spin Turn]	<b>Social Foxtrot</b> Start DW, weight on RF.  LF Quarter Turn Promenade Walks Side Steps with Drag  [Rock Turns]	<b>Tango</b> Start facing DW, weight on RF.  2 Walks Five Step Closed Promenade Open Reverse turn, Open Finish Rock to R, Back Corté Progressive Link Promenade Turn, Rock to R Closed Promenade
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<b>Cha Cha Cha</b> Start facing wall, weight on LF.  Basic Movement (2) New Yorks (3) Solo Spot Turn Hand to Hand (3) Underarm Turn  [Progressive Cha Cha Chas]	<b>Jive</b> Start facing wall, weight on RF.  Fallaway Rock Change of Places R to L Change of Places L to R Change of Hands Behind Back(2) Hip Bumps (2) American Spin (2) Link Rock  [Whip]	<b>Rumba</b> Start facing wall, weight on LF.  Basic Movement (2) New Yorks (3) Solo Spot Turn Hand to Hand (3)2 Underarm Turn  [Basic, Back Walks, Alemana, Ropespinning]
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## 8pm - Improvers Class

<b>Waltz</b> Start facing DW, weight on RF.  LF Closed Change Natural Turn RF Closed Change Reverse Turn Whisk Chasse from PP Natural Spin Turn LF Closed Change 1-3 Natural Turn Outside Change Natural Spin Turn	<b>Quickstep</b> Start facing DW, weight on LF.  RF Quarter Turn Progressive Chasse Fwd Lock Step Natural Turn with Hesitation Chasse Reverse Turn 1-3 Natural Turn Tipple Chasse Forward Lock	<b>Foxtrot</b> Start facing DC, weight on RF  Walk Feather Step Reverse Turn Three Step Natural Turn Walk Feather Step or Three Step Three Step or Feather Step Natural Turn or Chg of Direc	<b>Tango</b> Start facing DW, weight on RF.  2 Walks Five Step Closed Promenade Open Reverse turn, Open Finish Rock to R Back Corté Progressive Link Promenade Turn Rock to R Closed Promenade
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<b>Cha Cha Cha</b> Start facing wall, weight on LF.  Basic Movement (2) New Yorks (3) Spot Turn Hand to Hand (3) Underarm Turn Progressive Cha Cha Chas (Back & Fwd) Turkish Towel  [Open Hip Twist Overtured Hockey Stick New York & Side Chasse, Back Chasse, LF side Chasse, Solo Spot turn, Cuban Breaks]	<b>Jive</b> Start facing wall, weight on RF.  Change of Places R to L Change of Places L to R Change of Hands Behind Back(2) Hip Bumps (2) American Spin (2) Stop and Go (2) Whip 2 Chasses and 4 Walks Throwaway Windmill  Repeat from the Change of Places L to R [Stalking Walks, Flicks & Break]	<b>Rumba</b> Start facing wall, weight on LF.  Basic Movement (2) New Yorks (3) Solo Spot Turn Hand to Hand (3) Underarm Turn Open Hip Twist or Fan Hockey Stick 1-3 Basic Movement 6 Backward Walks Turkish Towel  [Alemana & Ropespinning 3 Opening Outs Spiral ending to Closed Facing position]	<b>Samba</b> Start facing DW, weight on RF  2 Bota Fogos in Right Shadow LF Travelling Volta 2 Bota Fogos in Right Shadow RF Travelling Volta Solo Maypole 2 Whisks Reverse Turn (Lady Spin to L) 2 Shadow Bota Fogos Criss Cross Variation 1 Forward Walk Flick Ball change (Lady LF Bota Fogo) 2 Contra Bota Fogos Roundabout (Lady turn more)
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