

Chelmsford Dance Centre
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Dancers Guide

Strictly Come Dancing

1

Foxtrot Basic

Gents Steps

Step No	Description	Timing	Footwork
1	LF Forward	Slow	HB
2	RF Forward	Slow	HB
3	LF To Side	Quick	BH
4	RF Closes To LF	Quick	BH
5	LF Back	Slow	BH
6	RF Back	Slow	BH
7	LF To Side	Quick	BH
8	RF Closes To LF	Quick	BH

Ladies Steps

Step No	Description	Timing	Footwork
1	RF Back	Slow	BH
2	LF Back	Slow	BH
3	RF To Side	Quick	BH
4	LF Closes To RF	Quick	BH
5	RF Forward	Slow	HB
6	LF Forward	Slow	HB
7	RF To Side	Quick	BH
8	LF Closes To RF	Quick	BH

Samba Cruzados Walks

Gents Steps

Step No	Description	Timing	Footwork
1	RF Forward	Slow	BF
2	LF Forward	Slow	BF
3	RF Forward	Quick	BF
4	LF Crosses behind RF	Quick	B
5	RF Forward	Slow	BF
1	LF Forward	Slow	BF
2	RF Forward	Slow	BF
3	LF Forward	Quick	BF
4	RF Crosses behind LF	Quick	B
5	LF Forward	Slow	BF

Ladies Steps

As Gent

Waltz Basic Gents Steps

Step No	Description	Timing	Footwork
1	RF Forward	1	HT
2	LF To Side	2	T
3	RF Closes To LF	3	TH
4	LF Forward	1	HT
5	RF To Side	2	T
6	LF Closes To RF	3	TH

Ladies Steps

Step No	Description	Timing	Footwork
1	LF Back	1	TH
2	RF To Side	2	T
3	LF Closes To RF	3	TH
4	RF Back	1	TH
5	LF To Side	2	T
6	RF Closes To LF	3	TH

Cha Cha Cha Basic

Gents Steps

Step No	Description	Timing	Footwork
1	LF Forward	2	BF
2	Rock Back To RF	3	BF
3	LF To Side	4	BF
4	RF ½ Closes To LF	&	BF
5	LF To Side	1	BF
6	RF Back	2	BF
7	Rock Forward To Left F	3	BF
8	RF To Side	4	BF
9	LF ½ Closes To RF	&	BF
10	RF To Side	1	BF

Ladies Steps

Step No	Description	Timing	Footwork
1	RF Back	2	BF
2	Rock Forward To Left F	3	BF
3	RF To Side	4	BF
4	LF ½ Closes To RF	&	BF
5	RF To Side	1	BF
6	LF Forward	2	BF
7	Rock Back To RF	3	BF
8	LF To Side	4	BF
9	RF ½ Closes To LF	&	BF
10	LF To Side	1	BF

- Preparation Step to side on count 1 (Man RF, Lady LF)

Quickstep Basic

Gents Steps

Step No	Description	Timing	Footwork
1	RF Fwd	S	HT
2	LF to Side	Q	T
3	RF closes to LF	Q	T
4	LF to Side and Slightly Back	S	TH
5	RF Back	S	TH
6	LF to Side	Q	T
7	RF Closes to LF	Q	T
8	LF to Side and Slightly Fwd	S	TH

Ladies Steps

Step No	Description	Timing	Footwork
1	LF Back	S	TH
2	RF to Side	Q	T
3	LF closes to RF	Q	T
4	RF diagonally Fwd	S	TH
5	LF Fwd	S	HT
6	RF to Side	Q	T
7	LF closes to RF	Q	T
8	RF to Side and Slightly Back	S	TH

Rumba Basic

Gents Steps

Step No	Description	Timing	Footwork
1	LF Fwd	2	BF
2	RF in Place	3	BF
3	LF to Side and Slightly Back	4.1	BF
4	RF Back	2	BF
5	LF in Place	3	BF
6	RF to Side and Slightly Fwd	4.1	BF

Ladies Steps

Step No	Description	Timing	Footwork
1	RF Back	2	BF
2	LF in Place	3	BF
3	RF to Side and Slightly Fwd	4.1	BF
4	LF Fwd	2	BF
5	RF in Place	3	BF
6	LF to Side and Slightly Back	4.1	BF

- Preparation Step to side on count 1 (Man RF, Lady LF)

Salsa Basic

Gents Steps

Step	Description	Timing	Footwork
1	LF To Side	1	BF
2	RF Closes Toward LF	2	BF
3	LF To Side	3,4	BF
4	RF To Side	1	BF
5	LF Closes Toward LF	2	BF
6	RF To Side	3,4	BF

Ladies Steps

Step	Description	Timing	Footwork
1	RF To Side	1	BF
2	LF Closes Toward RF	2	BF
3	RF To Side	3,4	BF
4	LF To Side	1	BF
5	RF Closes Toward LF	2	BF
6	LF To Side	3,4	BF

Salsa Cross Basic

Gents Steps

Step	Description	Timing	Footwork
1	LF to Side	1	BF
2	RF Crosses in front of L	2	BF
3	LF To Side	3,4	BF
4	RF To Side	1	BF
5	LF Crosses in front of R	2	BF
6	RF To Side	3,4	BF

Ladies Steps

Step	Description	Timing	Footwork
1	RF To Side	1	BF
2	LF Crosses in front of R	2	BF
3	RF To Side	3,4	BF
4	LF To Side	1	BF
5	RF Crosses in front of L	2	BF
6	LF To Side	3,4	BF

Jive Basic

Gents Steps

Step No	Description	Timing	Footwork
1	LF Back	Q	BF
2	Rock Forward To RF	Q	BF
3	LF To Side	Q	B
4	RF ½ Closes To LF	a	B
5	LF To Side	Q	BF
6	RF To Side	Q	B
7	LF ½ Closes To RF	a	B
8	RF To Side	Q	BF

Ladies Steps

Step No	Description	Timing	Footwork
1	RF Back	Q	BF
2	Rock Forward To LF	Q	BF
3	RF To Side	Q	B
4	LF ½ Closes To RF	a	B
5	RF To Side	Q	BF
6	LF To Side	Q	B
7	RF ½ Closes To LF	a	B
8	LF To Side	Q	BF

Jive Fallaway Throwaway

Gents Steps

Step No	Description	Timing	Footwork
1	LF Back	Q	BF
2	Rock Forward To RF	Q	BF
3	LF To Side	Q	B
4	RF ½ Closes To LF	a	B
5	LF To Side	Q	BF
6	RF To Side	Q	B
7	LF ½ Closes To RF	a	B
8	RF To Side	Q	BF
9	LF Back	Q	BF
10	Rock Forward to RF	Q	BF
11	LF To Side	Q	B
12	RF ½ Closes To LF	a	B
13	LF To Side	Q	BF
14	RF To Side	Q	B
15	LF ½ Closes To RF	a	B
16	RF To Side	Q	BF

Ladies Steps

Step No	Description	Timing	Footwork
1	RF Back	Q	BF
2	Rock Forward To LF	Q	BF
3	RF To Side	Q	B
4	LF ½ Closes To RF	a	B
5	RF To Side	Q	BF
6	LF Back	Q	B
7	RF ½ Closes To LF	a	B
8	LF Back	Q	BF
9	RF Back	Q	BF
10	Rock Forward To LF	Q	BF
11	RF Forward	Q	B
12	LF ½ Closes To RF	a	B
13	RF Forward	Q	BF
14	LF To Side	Q	B
15	RF ½ Closes To LF	a	B
16	LF To Side	Q	BF