Spring 2016 Study Guide

Salsa Final Moves

* Steps:
	+ Basic
		- Girls step back on their right foot for their 1-2-3 count and forward on their left for counts 5-6-7.
		- Boys step forward on their left leg for their 1-2-3 count, and back on their right leg for counts 5-6-7.
	+ Side Basic
		- Girls step out on their right foot to their right for counts 1-2-3, and bring it back to center. And step out to their left with their left foot for counts 5-6-7 and ending back at the center.
		- Boys step out on their left foot to their left for counts 1-2-3, and bring it back to center. And step out to their right with their right foot for counts 5-6-7 and ending back at the center.
	+ Ladies Right turn Right to Left
		- Hand placement stays the same.
		- Boys do their basic step the entire time, spinning the Lady with enough force for her to know she needs to be turning during the 5-6-7 count.
		- Girls steps 1-2-3 are the same as their basic.
		- During the 5-6-7 the girls cross over to their right with their left foot, going under their right arm. Ending back in closed position facing their partners.
	+ Mans Left Turn Left to Right
		- Hand placement stays the same.
		- Girls do their basic the entire time.
		- The man does his basic step for counts 1&2 with his left leg, then steps back with his left leg slightly for count 3. During steps 5-6-7 the man pivots to his left, crosses over with his right leg and comes together in starting position.
	+ Ladies Right Turn Right to Right
		- THE SAME THING at the Ladies Right Turn Right to Left, except for the fact that the boys switch to using their Right hand for the turn. This switch can happen at any time, as long as it’s done before count 5.
	+ Mans Right Turn Right to Right
		- They turn RIGHT away during counts 1-2-3 stepping forward with their left, pivoting to their RIGHT and coming together for the third count in starting position.
		- Their hand position changes so they are holding Right to Right.
		- During the 5-6-7 they go back on their Right foot.
	+ Ladies Right Turn Right to Right and Left to Left (a.k.a. Two Handed Turn)
		- Hold hands Right to Right for the 1-2-3 while performing the basic footwork.
		- During counts 5-6-7 grab Left to Left UNDER the Right to Right hold.
		- For counts 5-6-7 girls turn to their right raising their hands up over their heads for a smooth turn.
		- Hands should now be Left to Left OVER Right to Right.
		- For counts 1-2-3 the guys take their
	+ Back Break
		- Girls do their Basic footwork the entire time. The only difference is that during the 1-2-3, they slightly throw back their left hand (which is the opposite hand of the leg going back). And they come together for the 5-6-7.
		- Boys go back for both the 1-2-3 AND the 5-6-7. Starting with their left leg first, then their right. They also slightly throw back their right hand during the 1-2-3 (which again is the opposite hand as their foot going back).
	+ Open Break
		- Girls do their Basic footwork the entire time. The only difference is that during the 1-2-3, they slightly throw back their left hand (which is the opposite hand of the leg going back). And they come together for the 5-6-7.
		- Boys go back for both the 1-2-3 AND the 5-6-7. Starting with their left leg first, then their right. They also slightly throw back their right hand during the 1-2-3 (which again is the opposite hand as their foot going back).
	+ Open break with the ½ turn
		- Girls and boys both start off doing the Open Break for counts 1-2-3.
		- Girls step slightly in front of them to their left for the 3 on their right foot. Then simply keep shifting weight for counts 5-6-7 as they are turning to their right.
		- Boys step forward with their left foot to their left for count 3, then step BEHIND them with their right foot as they are turning to their right.
	+ Cross Body Lead
		- Girls
			* Go back on their Right for counts 1 & 2, then step forward on their Right towards their right for count 3.
			* Then the girls step with their left foot for count 5 (as they are turning right)
			* On count 6, the girls swing their Right leg around to the Left because the boys pull them in that direction and the feet come together for count 7.
			* The girls Left arm comes off the boys shoulder for counts 5-6-7.
		- Boys
			* Counts 1-2-3 are just like the Mans Left Turn Left to Right where they step behind them for count 3 facing to their left now.
			* Counts 5&6 they stay facing that direction while they shift weight to their right leg, then their Left leg again.
			* Count 7 they bring their feet together while they complete the turn to their Left.
			* In total they complete a ½ turn to their Left.
	+ Cross Body Turn
		- Girls (Similar start to and concept to the Cross Body Lead except you do a ½ turn to your right)
			* Go back on their Right for counts 1 & 2, then step forward on their Right towards their right for count 3.
			* Then the girls step with their left foot for count 5 (as they are turning right)
			* On counts 6 and 7 you simply complete your right turn to face your partner.
		- Boys (SAME AS THE CROSS BODY LEAD)
			* Counts 1-2-3 are just like the Mans Left Turn Left to Right where they step behind them for count 3 facing to their left now.
			* Counts 5&6 they stay facing that direction while they shift weight to their right leg, then their Left leg again.
			* Count 7 they bring their feet together while they complete the turn to their Left.
			* In total they complete a ½ turn to their Left.

Country

* ***10 step***
	+ Boys are on the Left side, and girls are on the Right side.
	+ Once you start Pivoting, you let go of your Right hands and the boys go under the arm first, followed by the girls.
	+ The Cues are:
		- Right(Heel) Stomp
		- Right Stomp
		- Left Stomp
		- (back)Right Stomp
		- (forward) Left Stomp
		- (Right)Stomp-Stomp at center.
		- Right Pivot
		- Right Pivot
		- Chase Right, Left, Right, Left
		- Repeat
* ***Cactus Cha-Cha***
	+ Same Hand Hold as the 10-Step
	+ Cues are:
		- (Right) Heel, Heel
		- Toe, toe
		- Heel
		- Cross
		- (forward) Chase, Left
		- (backward) Chase, Right
		- (forward) Chase, Left Turn (But it’s to your right… just stepping with your left to plant for the turn)
		- (forward) Chase, Pivot, Pivot, Pivot

\*End up turning a quarter to the left each time when you finish

* ***Barn Dance***
	+ To circles with the boys in the center facing out, and girls on the outside facing the boys.
	+ Boys to the left and girls to the right for the first part.
	+ Cues:
		- Side-2-3-4
		- Back-2-3-4
		- Turn-2-3-4 (girls do an underarm turn to their right)
		- 5-6-7-8 (girls turn back the other way)
		- Kick-2-3-4-5-6- (slightly turn to the direction your hands are holding and hit your feet on odd numbers and then feet together for even numbers starting with your outside feet)
		- Hip-bump (for counts 7&8. Hip you move outside with your hip. Bump is when you bump hips with your partner)
		- Back-2-3-4 both partners step back for each beat
		- 5-6-7-8 (Girls step forward to meet their new partner. Boys move to their left to meet their new partner.)
* ***Stuck Like Glue***
	+ Cues
		- Heel-toe-heel-toe (scooting to the right starting with the heels)
		- Heel-toe-heel-toe (Right foot only)
		- Grapevine-2-3-scoop (step right, behind left, step right, scoop left)
		- Grapevine-2-3-scoop (step left, behind right, step left, scoop right with a quarter turn to the left)
		- Chase-left foot (step-together-step with the right leading forward. Then rocker-step left foot)
		- Chase-right foot (step-together-step with the left leading backward. Then rocker-step right foot)
		- Step-touch-step touch (right foot to the right, touch with the left. Then left foot to the left and tough with the right)
		- 5-6-7-8 (feet together bend right knee, left knee, right knee, left knee)
		- Repeat, repeat, repeat

Lithuania Dancing

* Cues
	+ Run in
	+ Op-op with your partner
	+ Switch Partners
	+ Op-op with your new partner
	+ Back to your original
	+ Run 2-3-4 Back-6-7-8, again
	+ Columns, columns
	+ Back it up, back to your partner
	+ Forward and Back run
	+ Close it up
	+ Op-op spin
	+ Op-op boys in the center
	+ Boys to the right
	+ Back to your partner
	+ Weaving, weaving
	+ Big circle
	+ Everyone in
	+ Girls stay in center
	+ Everyone to the right
	+ Back to your partner
	+ Run the opposite direction
	+ Stomping new part
	+ Op-op
	+ Switch partners
	+ Spin with your new partner
	+ Back to your original
	+ Run out