

MODERN JIVE FIGURES FOR SPRING 2004

Variations Class:

* The list below covers all figures taught in the Variations Class in the course of 10 weeks. It is also available online at: http://www.its.caltech.edu/~ballroom/resources/modern_jive/

** Note the comments below assumes familiarity with the basic figures and the corresponding beats. The notes are only meant to be a refresher for those who've attended the specific class. Please do not hurt yourselves, ask someone who knows the moves for a demo rather than following these notes blind!

Week 1

Basket variation (Megan calls it the 'Cute Basket' or Basket free-spin)

- 8 beats
- Basket entrance (4)
- Place follower's R hand behind her head (5)
- exit in a 1 1/2 free spin, catching follower's R hand at end (8)

Eskimo

- 4 into first-move entrance, then 4x for sways, 4 into first-move exit
- First-move entrance (4)
- Swing out into rock-step (6) , and forward towards each other (closed position) into a sway (8)
- First-move exit (4)
- Variation: drop L/R hands, sway into tight closed position

First-Move with dramatic pause

- 8 beats
- First-move entrance on 4
- Beats 5-6 same, leader halts follower into a pronounced pause on 7, with partners looking at each other, L/R hand high, and a quick turn-out by follower on 8.
- Extend pause to your liking to emphasize music

Week 2

First-Move Backhander

- 8 beats
- First-move entrance (4)
- Leader drops follower's R hand, and grabs hold of it with his free R hand (5)
- Backhander exit (8)
- Variation: wind follower into a 1 1/2 free-spin exit instead

Flamenco

- 4x beats
- From comb leader signals by tapping his L lovehandl -- I mean -- L side :)
- Rock-step into side-by-side position with follower to right side of leader; follower's R hand on leader's L side, leader's R hand on follower's L side, L/L hand hold above heads in an arc (4)
- Turn 4x
- Variation: Drop L/L hand hold, lean out & turn faster!

Left-arm comb variation

- 4 beats
- Start with L/L hand hold, leader's left arm over his head, leader offer's his R hand to follower (4)

Week 3

Teapot walkaround

- 4 into Teapot position, 8 beats for walkaround, into 4x Manhattans
- Teapot entrance (4)
- Leader drop follower's L hand, and lead follower to walk around you clockwise
- Follower has 8 beats to complete walkaround, wrapping around leader into closed position
- Lead into Manhattans (4x)
- Styling: follower keep your free hand up and out, pageant-style

Jaime's Teapot

- 8 beats
- Teapot entrance on 4
- Leader slide to the L while holding both arms out, leading follower to slide a bit to the R on 6, as leader turns clockwise, turn follower into another teapot spin, ending in teapot position on 8
- Repeat if you enjoy!

Neck-break variation

- 8 beats
- Neck-break entrance (5)
- Leader offers his L hand to follower (6)
- Proceed to Neck-break exit but with both of follower's hands above her head (8)
- Leaders no thumbs please! Follower's L hand should be free once above her head

Week 4

Shoulder Pull

- 8 into, slide side-to-side 2x, 4 exit
- Nigel swizzle entrance upto ~ beat 6 when she slides to your L tap follower's L shoulder and catch her L hand with your L (6)
- Slide follower behind you from L to R to L etc. (2x)
- Neck-break exit

Rollercoaster variation

- 2 into leader's turn, 2x walk, 4 exit
- Rollercoaster entrance, but on leader's last turn, do only a 1/2 turn, back facing follower, R hand on R shoulder, L hand on L shoulder (train position)
- Walk (Follower cheats, changing step to match leader in front)
- Exit variations: 1) leader bring follower to R side for Neck-break exit; 2) leader bring R hand over head, lead follower thru your left side into 2-hand turn out; 3) leader drops both his hands, follower then winds and spins leader a) from the shoulder, or b) trace hands down to leader's hip and turn him from the hips; leader does 1 1/2 spin with follower catching leader's L hand at end

Week 5

Low checks

- 4x
- This move is just like the Slow Checks (or High Checks) just with hands kept low
- R/R, bring follower to leaders R side keeping hands low (4)
- Move follower to L side, and back to R (4x)
- Transition into Slow Checks by bringing hands high (Note: bring follower's hand high when it is not bent!) (4x)
- Exit variations: 1) from Slow Checks into 2-hand turn out; 2) from low checks, leader drop follower's L hand, turn follower 1/2 to face you; 3) from Slow Checks, leader drop follower's L hand, lead Neck-break exit

Infinite pretzel

- 8x
- Pretzel entrance into 4, leader turns under his R arm as in beat 5
- On beat 6, leader continues turning under his L arm, slide follower to L side on 7 and under leader's L hand high on 8 (the end position should look exactly like the end of beat 4 of the pretzel entrance)
- Repeat beats 5-8 above for a truly infinite pretzel
- Exit through a regular pretzel exit on beat 6

Fake pretzel

- Pretzel entrance in 4, but drop follower's R hand as she slides to your R in beat 4
- Wind follower into a Flick
- Exit variations: 1) Wind into Archie exit with leader and follower both turning under arm mirror of each other (Note: keep shoulders close to one another during turn); 2) catch follower's hand into a reverse Flick; 3) Leader turns as follower turns during Flick, into Archie exit
- Note: during Flick, follower can turn as much as you like! I think Megan can do like 10 revolutions :D

Week 6

Pretzel reverse

- 4x
- Pretzel entrance in 4
- Walkaround clockwise in 4
- For reverse, leader turns his body L, arm position consequently turns follower L, walkaround counter-clockwise in 4
- Reverse directions by leader turning his R, turning follower's body R in 4
- Exit variations: 1) Pretzel exit; 2) reverse Pretzel
- Note: keep out-stretched hands straight, maintaining side-by-side distance in between you and your partner

Reverse pretzel -- not to be confused with Pretzel reverse above ;)

- 8 beats
- Pretzel entrance in 4
- Reverse moves that got you into above Pretzel position with follower going under leader's R arm in 5, slide follower to leader's left in 6, follower under leader's L arm with leader dropping follower's L hand in 7, follower stepping back to face partner in 8 -- presto! you just accomplished what the moniker implies

Pretzel half-Nelson walk

- 16 beats
- Pretzel entrance (4)
- Walkaround (4)
- Leader bring R hand behind your back so that both hands are in hand-cuff position, turn counter-clockwise ducking under partner's hands (4)
- Pretzel exit (4)
- Variation: instead of Pretzel exit you can go into Infinite pretzel, Pretzel reverse or Reverse Pretzel!

Basket dip

- 12 beats
- Basket entrance in 4 but lead follower to a position perpendicular to you using your R arm as a wall; as with Pretzel dip, keep her lined tight against your body, R arm tight supporting her back, L foot L of her, R foot R of her
- Dip in 2, up in 2; Note: dip is accomplished by loosening R arm
- Styling: look at each other during dip, follower's R foot slides up L knee keeping toe and heel flush against L leg; dip at a strong note or at the end of the song!
- Basket exit or into a double-spin in 4

Week 7

Circular bowtie (Bowtie from yoyo entrance)

- 8 beats into, 4x walkaround, 8 beats exit into fan
- Yoyo entrance, with leader presenting R hand in 4
- Rock-step in 6; follower forward on R foot on 7 (though slightly turned into partner); leader brings hands up as in regular bowtie, follower completes full turn on R foot, stepping beside partner on L foot on 8 with leader bringing hands over and behind each other's heads (hand positions similar to sombrero complicado in salsa)
- Bring arms down into the back of each other's neck on 1 of the walkaround to hit note, and continue walkaround in 4x
- Exit as leader steps on R foot on 2, bring hands up and exit out on 4, into a 2 handed return on 8, into a fan

Reverse boomerang

- 20 beats (signal in 4, 12 beats into Reverse boomerang, exit in 4)
- Beats 1-2 as in regular boomerang, on 3-4 leader signals by grabbing follower's R wrist with his R hand, keeping follower's R arm to his chest
- Rock-step in 6, first boomerang spin for follower on 7-8, leader catches follower's R wrist with his R hand
- Leader flicks follower's R wrist from his R hand to L by 10
- As leader leads follower into the second boomerang spin leader turns 1/4 ccw, follower stops short, spinning only 1/4; as leader turns, follower catches leader's R wrist with her L hand by 12
- Follower leads leader into a cw flick spin, catching leader's L hand with her R by 16
- Return exit by 20

First move variation -- lazy guy's first-move

- 12 beats
- From return, leader steps back on R foot on 6 settles back into a stationary position for the remainder of beats 7-8, beckoning follower to his side; follower emphasizes First-move entrance by opening L shoulder and hip out on 4
- First-move exit

Styling: Hip and arm movements

Week 8

Shoulder push-Thread the Needle-Elbow dip

- 12 beats
- Shoulder push entrance on 4
- Beat 5 for follower same as in regular Shoulder push, by 6 follower is turned towards partner, allowing leader to duck under her L arm
- In beats 5-6, leader turns ccw by ducking under follower's L arm (Thread the Needle), this is accomplished by leader keeping L arm tucked up and behind his back (arrest position) and bringing the R/R hold under follower's L arm as he ducks; note that the transition from 6-7 is quick and involves the leader bringing the L/L hold from behind his back, out and up to the side generating the momentum for the quick spin that follows -- note the hand positions here are now the same as in the Elbow dip with L/L hold over R/R hold, and that a good L/L connection through the Thread the Needle part is essential
- Leader leads follower into the Elbow dip spin on beats 7-8 by keeping L/L hold high and R/R hold low and spinning follower 3/4 cw; note the spin ends in the position for the dip with follower perpendicular to and R side flush against leader, follower's L hand behind neck & R hand wrapped in front to L hip, leader's L hand behind follower's neck/L shoulder area & R hand wrapped around tight on follower's L hip
- Dip in 12 (2 down, 2 up)
- Styling: follower look out to the side, L leg straight & L foot on floor
- Elbow dip exit

Sliding doors into Astaire

- 4x Sliding doors (x = 1,3,5...), 12 beats for Astaire, dip and exit
- From sliding doors with follower on leader's R side and in parallel position, lead Astaire entrance -- leader stops on beat 2, and with good R/L tension leads follower to a full turn ccw, leader's arm wrapping around her waist as she turns towards leader's R side on 4; note that the leader initiates the turn with a pull-push motion, and the follower should keep R arm up during turn & follower's L leg & foot should be flush parallel to leader's R leg & foot by 4
- Leader present L hand to follower's R and leads side lean in 8 (2 down, 2 up); dip is accomplished by leader leaning to his left, L leg bent & R leg straight, follower leans her whole body against leader with R leg sliding up L
- First-move exit on 12

Styling: Pauses/Breaks

Week 9

Basket dip-Follower's Thread the Needle-Backslide-Astaire

- 24 beats: 4 basket dip entrance, 2 dip down, 2 Follower's Thread the Needle, 4 Backslide, 4 Astaire, 2 lead down, 2 lean up, 4 exit
- Basket dip entrance in 4
- Dip in 6, follower leans forward and ducks head under leader's R arm as she moves backwards (Thread the Needle) in 8
- Backslide in 12, leader lifts L/L hold over his head and slides follower back to back to himself to his L side
- Astaire spin in 16, lean down in 18, up in 20
- Basket exit in 24

Short backhander

- 8 entrance, 4x for dip, 12 exit
- Backhander beats 1-6 same for follower
- Leader signals on 1; lunges forward, kneeling on L knee on 2 directly towards follower to do the regular hand transfer in 4, except he is kneeling down
- Leader leads the 1st full turn in 6 but keeping hands low
- Leader leads follower towards him and puts follower's R hand behind his neck in 8... this leads follower to move towards him and sit straddling on his R leg, and dip leaning back in 4x (follower takes as much time to safely dip and accentuate the music), leader supports follower with both hands on her waist/hip, follower has hands around leader's neck
- Follower up and moving back, hands trace down to leader's and pulling him up in 4, to basket entrance in 8 and exit in 12

Yoyo variation -- leader lunges forward

- 8 beats
- Yoyo entrance in 4
- Beats 5-8 same for follower; leader lunges forward, kneeling on L knee on 5, up on 6, leading Yoyo spin in 8

Styling: Grandes and Pauses

Week 10

Focus on Styling and Attitude: Good posture -- keep upper body relatively upright, not leaning forward on the rock step and sticking your backside out, and keep shoulders back not hunched forward. Arm position -- followers can accentuate with arm flares and combs, leaders keep free hand at hip level. Grandes and Salsa hip action on the rock steps for followers.

Ceroc/Swing: Kick-ball-heel-rock step

- Kick on 1; ball-heel on 2; rock step on 3-4
- I.e. for follower, kick forward w/ R foot, a quick change of weight from ball R foot to heel L foot, rock-step R to L, repeat

Ceroc/Salsa: Cross-body leads

- First-move entrance in 4
- Leader forward on 1, step 1/4 ccw and to the side on 2, leaving room to lead follower across on 2-4, pivot 1/4 ccw on 4, forward on 5 and 6, repeat
- Follower step back on 1, forward on 2 and 3, forward and pivot 1/2 ccw on 4, back on 5 and 6, repeat
- Variation: Leader lead follower into a full turn ccw on beats 5-6
- Technique: Leader torque follower slightly in and out during her forward steps in beats 2-4 as in Shimis -- in towards leader on 2, out on 3, in on 4

*** Note the Variations comments are by Ros with her faulty memory, sitting on her chair while dancing with an invisible partner. I am also prone to confusing L and R. Please e-mail with corrections, additions, better descriptions etc.