

I really wish we had more practice time so we could get these figures better integrated into our bodies for more fluid dancing.

I do hope my comments about the "frame" were not taken offensively. Yet, it is sooooo important and fundamental, we can't progress without a proper frame.

Realize that a proper frame does not mean a **stiff** or **ridged** frame. It is more of a **consistent** (stable) frame directing the rotation of the upper body.

Please remind me to give some more energy to:

1. Frame / Embrace
2. Posture
3. Orientation to partner
4. Placement of steps (feet)

NOTES ON THE **ARGENTINE VALS**

Music is in 3/4 time with a tempo of 100 to 120 beats per minute (fast tempo for waltz)

Steps occur on the "One" beat with syncopations on the "Two" or "Three" (usually the Two, the Three is skipped and next step is on One)

Most figures originate in the "Cross Feet System"

LINE OF DANCE! Outer perimeter of dance floor.

STEP FIGURES

1. * PROGRESSIVE CROSS SYSTEM with brush at "8" to "2"
2. * PROGRESSIVE CROSS SYSTEM with balanceo (check step forward on "7" then back to "1"
3. *CADENSIA TURNS rotating to leader's left from "6" (last night's lesson)
4. *OCHO CORTADO ocho cortado ocho cortado ocho cortado ocho cortado ocho cortado (from "6", 1-2,1,1-2,1 or quick, quick, slow...quick, quick, slow)
5. *BACK OCHOS progressive forward and side, less rotation and pivoting
6. *MOLINETE RIGHT from back ocho ending in ocho cortado
7. LEFT TURN WITH CADENSIA (different from #3 above)
8. RIGHT TURN WITH OCHO CORTADO
9. REVOLVING BACK OCHOS (we did not review this last night)
10. POINT & PIVOT to outside partner LEFT

*** reviewed last night**

we haven't learned these 3 figures yet.

Practice "in your head" or by "yourself" on a floor, listen to the music. Try to keep your movements fluid with the Vals timing.