



PACIFIC BALLROOM DANCE

NEWCOMER - JIVE

FIGURES

Fallaway Rock x 2

Change of Places Right to left

Change of Places Left To Right

Link

Fallaway Throwaway

Change of Hands Behind Back

Hip Bump x 2

Change of Hands Behind Back

Change of places Left to Right

Double Link

REPEAT

Focus:

Frame, Footwork, Timing

Warm up:

Side Chasse

Compact Chasse

Link Rock and Double Link

Goals:

Timing, weight transfer

TIMING

QQ, QaQ, QaQ (x2)

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, a QaQ (x2)

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QQ, QaQ, QaQ