

# WHISK ME AWAY◆◆◆◆

*This is a compilation of information from a variety of source - written, video, & personal contacts. This information below is not meant to be absolute. Your experiences may vary - Chris & Terri Cantrell*

The whisk in waltz is a lovely flowing figure designed to allow the dancing couple beginning in closed position to progress across the floor with a momentary picture-type figure and a slight opening into semi-closed (promenade) position at the end before progressing into the next figure. It is essentially a linking-type of figure that takes you from closed position to semi-closed position.

The description of the generic whisk based on our training is below. Your experience may vary, but we ask that you give this a try for grins & giggles at least a few times. Please note that we have tried to include preparatory actions for each movement, such as lowering or rolling from the heel of the foot to the ball of the foot. We like to think of **splitting each waltz beat into two parts**. During the first part you breathe, lower, and begin to move your body & foot forward. On the second part of the beat you take weight and prepare for the next step.

## Whisk:

- The generic whisk typically begins CP-DLW and ends SCP ready to move DLC.
- Timing: 1 2 3 (all even beats)
- Woman, please attempt to allow your Man to lead you through this figure. Take a breath with him at the beginning of the figure & give the control of your body over to him (give him a thrill ladies). It might help to shut your eyes and/or even to think about your schedule for tomorrow or the cute guy in the couple across the hall. Others find it useful to concentrate on which part of his body he is moving – right side, left toe, right ear lobe, right hand becoming a claw on your back.....

Step	Man:	Woman:
1	Begin in Closed Position (CP). Take a breath and slightly lower while bringing your body and left foot (L) forward. On the 2 <sup>nd</sup> part of the beat, take weight onto the heel of your L and roll through the foot onto the ball in preparation for the next step. Your toes should be the last thing to touch the floor as the 2 <sup>nd</sup> step is taken.	Take a breath and feel the man lowering & reaching forward with his L. Take your body backwards & reach back with your R toes (this will make it much harder for him to step on your toes). Take weight onto your R toes and roll to the ball of your foot. Just prior to taking the next step continue to roll your foot through the heel.
2	Take another step mostly forward with your right foot (R). As you take weight onto the ball of the R, bring your left side slightly towards the woman to indicate to her that you wish to go to semi-closed position (SCP).* This results in the step appearing to be taken mostly to the side, when in fact it continued to progress DLW like your 1 <sup>st</sup> step.	Take your body backwards reaching back with your L toes. As you take weight onto your L roll from your toes to the ball of your foot on the 2 <sup>nd</sup> part of the beat. Try to be aware that at the end of this beat the man is attempting to bring his left side towards you to indicate that he wishes you to open to SCP.
3	Cross your L behind your R with your upper thighs tightly crossed and your weight forward on the balls of your feet. Your feet should be very close together. Lower slightly at the end to prepare for the next figure. Still facing DLW end in SCP. If you have not done so, please exhale. ☺	Cross your R behind your L with your upper thighs tightly crossed and your weight forward on the balls of your feet. Your feet should be very close together. Lower slightly at the end to prepare for the next figure. Exhale!

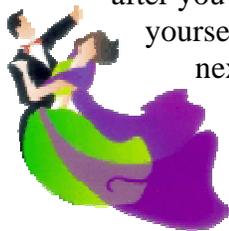
\*Men, another way to think of this is to apply gentle pressure with your R wrist/hand on the woman's left side to indicate to her than you wish to go to SCP, BUT... do not allow your left side to drift away from the woman or your right side to drift closer to your woman.

## Back Whisk

- Timing: 1 2 3 (all even beats)

Step	Man:	Woman:
1	Take a breath and slightly lower while reaching your body and L toes backwards (by reaching with the toe, you reduce the chance of her stepping on you). On the 2 <sup>nd</sup> part of the beat roll from your toes to the ball of your foot. Just prior to taking the next step continue to roll your foot through the heel.	Take a breath and feel the man lowering & reaching backward with his L. Take your body forwards & reach forward with your R. Take weight onto the heel of your R and roll to the ball of your foot. Just prior to taking the next step continue to roll your foot through the toes.
2	Take another step mostly backwards with your right foot (R). On the 2 <sup>nd</sup> part of the beat as you take weight onto the toe roll of the R, roll to the ball of your foot and bring your left side slightly towards the woman to indicate to her that you wish to go to semi-closed position (SCP). This again, results in the step appearing to be taken mostly to the side, when in fact it continues to progress the same line of dance you started with step #1.	Take your body forwards reaching forward with your L. Take weight onto the ball of your L. Try to be aware that at the end of this beat the man is attempting to bring his left side towards you to indicate that he wishes you to open to SCP.
3	Cross your L behind your R with your upper thighs tightly crossed and your weight forward on the balls of your feet. Your feet should be very close together. Lower slightly at the end to prepare for the next figure. Still facing DLW end in SCP. If you have not done so, please exhale. ☺	Cross your R behind your L with your upper thighs tightly crossed and your weight forward on the balls of your feet. Your feet should be very close together. Lower slightly at the end to prepare for the next figure. Exhale!

Our preference is to have the feeling of progression on the first two steps of the whisk and keeping our thighs tightly crossed and feet close together on the 3<sup>rd</sup> step. This makes it much easier to continue into the next figure. If you take your 2<sup>nd</sup> step mainly to the side before you rotate your body to SCP, then after you rotate your body to SCP you may feel like you have stepped backwards and have dug yourself into a hole that you now have to climb out of in order to begin the execution of the next figure. Or if you cross very loosely behind (get your feet too far away from each other) on step #3, you can also have the same feeling of climbing out of the hole in order to progress into the next figure.



We really enjoy the feeling of being Whisked Away.....

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*Next issue - the lovely and often butchered Left Whisk*