

## Foxtrot Musings, Especially Heel Turn

I recently came across a video that presents the Heel Turn especially clearly. I thought you might like to look at it.

If you want to jump right to the Heel Turn exercise, here is the link: <https://youtu.be/-qeLAKnyml4?t=155>

Ladies do Heel Turns in many turning figures, like the Telemarks, Telespins, Double Reverse, Natural Turn, and many others, but the man uses the Heel Turn occasionally, too, in Impetus turns, for instance.



We might still be thinking about Read's *You Deserve*, from last week (and last month). I looked through the dance, and I only see one Heel Turn -- in the Traveling Hover Cross. Isn't that something? -- A phase VI foxtrot with no Tele-figures, Reverse or Natural Turns . . . Wow. Am I missing something? Well, by all means, think about the lady's Heel Turn in that Traveling Hover Cross. Are you doing it, or are you, without any particular thought, dancing a little side or forward on the second step?

A common occurrence in round dancing is for the man to pull the lady off her Heel Turn (ask me how I know that sometime, or ask Meredith). If the man doesn't dance around the lady, recognizing that she is the center point of the arc, that she is not supposed to move off her spot until step 3, and if you have a toned frame, then she will stay in position, stay with her partner, and she will have to go with him, to the side or wherever he takes her, but it won't be a Heel Turn. Men, you very much have to let her do it.

Here is the beginning of today's video lesson: <https://youtu.be/-qeLAKnyml4>. Look at how nice her Heel Turn is in the Open Telemark. And let's notice some other techniques that we can see here, as we go along. As you follow Egils's descriptions, particularly note his use of side lead (upper-body rotation) and rise & fall. Note the footwork in relation to rise & fall. If he is down and rising, he will step heel to toe. If he is up, he will continue toe to toe, and when he comes back down, he will dance toe to heel. All this time, the lady is dancing back, toe to heel, rolling over her heel, with no foot rise at all, but she will rise and fall in her knees and torso along with the man.

Egils uses the term CBMP, contra body movement position. This means two things: Their bodies are "sliced" with the hips and shoulders at an angle to the direction they are traveling (aka side lead), and that third step of the Feather is on the same track, the same board, as the second. His first two steps are on different tracks. On the third, he steps in front of his second step and achieves CBMP. The purpose is to step outside partner comfortably and remain in dance position.

With the Open Telemark, we get to the Heel Turn I want to feature, and I especially liked the practice exercise beginning at ~2'40" in the video. Appreciate that the turn is done on the first step back, swivel on that heel bringing the free foot to the weighted foot. In ballroom, they will say "close the foot without weight." We say, "collect the free foot" but only after the turn has occurred do you close, that

is, take weight. And that's all there is to a Heel Turn: step back, turn on the heel, close the free foot for the second step, and in this case, step forward to SCP. Try that exercise, even alone. Ladies, does it feel like what happens in a Telemark? Men, is that what you do in an Impetus? It's a crisp turn -- feels good.

In the Open Natural, there is no Heel Turn. In a Half Natural, the lady does use a Heel Turn and we end in CP, but there's no Heel Turn in the Open Natural to BJO.

Their "Outside Swivel" at first looks like a lot more than our Outside Swivel. From BJO DLW, we might cue that sequence as Turning Outside Swivel DRW & Feather, a measure and a half. But later in the video, the sequence is named, Outside Swivel Feather Ending (ballroom term for Feather from SCP).

The Change of Direction has a third step, too. Often, we see ballroom teachers including the "first step of the next figure" in their presentation of a given figure. I don't know if that might be what is happening here -- Egils didn't say that.

Let's end with a round dance that we know, *Summertime IV* by Deb & Tim Vogt, <https://youtu.be/4GOXa7LLfsQ>. and if you haven't seen this YouTube channel, let me introduce you to Dance Demos and encourage you to subscribe. If you do subscribe, it does not result in extra communication from Dance Demos or from YouTube, but it does help out this high-quality round dance site. It's kind of an intermediate counterpart to what Glen & Helen do for advanced dancing. If you do want notification when they upload a new video, click on the bell next to the "Subscribe" button. Here are some more tips on making use of Dance Demos (and other YouTube) videos: <https://youtu.be/Bg1LuIZbz28>