

2023 CRDA Gala Phase 2-4 Workshop-Presented by Milo & Cinda Molitoris and Doris Ho
Improving Basic Figure Technique and Moving from Phase 3 to Phase 4

One Step Difference-

Hover – fwd L, -, fwd sd R btwn W's feet, rec L to SCP;
Hover Telemark, -, fwd L, fwd sd R btwn W's feet trng RF, fwd L to SCP;
Whisk - fwd L, -, fwd sd R btwn W's feet, XLIB to SCP;
Rt Lunge-fwd L, -, fwd R with rt side lead, -;

One Step Difference-Left Turning figures-

One Left Turn - fwd L trng LF, -, sd R twd COH to CP RLOD, cls R;
Rev Turn Half - fwd L trng LF, -, sd R twd COH to CP RLOD, bk R;
Open Telemark SCP - fwd L trng LF, -, sd R twd COH to CP RLOD, sd fwd L to SCP DW;
Closed Telemark BJO - fwd L trng LF, -, sd R twd COH to CP RLOD, sd fwd L to BJO DW;
Dbl Reverse Spin - fwd L trng LF, -, sd R twd COH to CP RLOD, spin on R to CP;
Rev Wave- fwd L trng LF, -, sd R twd DLC to CP RLOD, bk R CP DRW;
Open Reverse- fwd L trng LF, -, sd R twd DLC to BJO, bk R BJO DRC;

What are SCAR and BJO?

Dancers have a tendency to overturn the figures and “flatten” them out—they should be more angular so that the step fwd (bk for W) with trailing foot is more of a “slicing” action.

Left Turning Combinations-Phase 3 to Phase 4: from closing steps to passing steps

Two Left Turns;;
Rev Turns;;
Rev Wave;;
Open Rev; Feather Finish;

Whisk; Wing; Cross Hover SCP;

Wing Position is more angular with the M's head well left and W's head in strong closed position—Nose's and Toes and going different directions...

Cross Hover SCP – fwd L blnd CP, fwd R btwn W's feet trng RF, fwd L to SCP

Feather and Feather Finish—changing the closing step to a passing step

Spin Turn; Box Finish; Spin Turn; Feather Finish;
Opn Imp; Feather; Clsd Imp; Feather Finish;

Outside Chg to BJO & Clsd Telemark to BJO—

Same position--CP RLOD at the end of step 2, fwd L to BJO

Outside Chg to SCP & Op Telemark to SCP

Same position--CP RLOD at the end of step 2, fwd L to SCP

Practice Sequences:

Start Closed Wall

Hover; Feather; Op Telemark; Feather;
Whisk; Wing; Crs Hvr SCP; Feath;
Rev Turns;; Hvr Telemrk; Op Nat;
Op Imp; Feath; Rev Wave;;

Part Two- (time permitting)

OP Telemark & Op Imp—Mirror figures

Op Telemark- Man does W's part of OP Imp- Woman does M's part of OP Imp

Op Imp- Man does W's part of Op Telemark-Woman does M's part of OP telemark

Right Turning Figures—

Maneuver – fwd R trng RF, -, sd L twd Wall, cls R

Half Natural – fwd R trng RF, -, sd L twd Wall, bk R with left side lead CP

Open Natural – fwd R trng RF, -, sd L twd Wall, bk R with rt side lead BJO

Practice Sequences:

Start CP RLOD

Clsd Imp; Feather Fnsh; Open Telemrk; Hlf Nat;

Outside Chg SCP; Opn Nat; Op Imp SCP; Feath;

Rev Wave;; Clsd Imp; Feath Fnsh;

Op Telemrk; Feath; Hvr Telemark; Feath;

3 Steps & Feather Combinations- From CP to BJO and back with contra body action

3 Stp; Feather;

Bk 3 Stp; Bk Feather;

Feather Finish;

Practice Sequences:

Start BJO DLC

3 Stp; Feath; Rev Turns;;

Hvr Telemrk; Half Nat; Bk Feath; Bk 3 Stp;

Bk Feath; Feather Finish; Hover; Feather;

Clsd Telemrk BJO; Open Nat; Bk Feath; Feather Fnsh;