

Al Medio

Leads: Step to the left with your left foot on 1. Bring your right foot to join the left and 'tap' with it next to the left foot on 3. Step to the right with your right foot on 5. Bring your left foot and 'tap' next to it on 7.

Follows: Step to the right with your right foot on 1. Bring your left foot and 'tap' next to it on 3. Step to the left with your left foot on 5. Bring your right foot to join the left and 'tap' with it next to the left foot on 7.

Tiempo España

Leads: Walk using this timing. Left right, left, pause, right, left, right, pause. You can go backwards, forwards or around in a circle. When you go in a circle, it is called 'Giro'. Take small steps and keep the upper half of your body still.

Follows: Walk using this timing: Right, left, right, pause, left, right, left, pause. You can go backwards, forwards or in circles, depending on what your lead decides.

In this clip the group starts with 'Al Medio' and then goes into a forward walk followed back a backwards walk.

<http://www.youtube.com/watch?v=IHL17xveS3k>

Basico

Leads: Rock forward on your left foot on 1,2,3 and rock back with your right foot on 5,6,7. Take really small steps.

Follows: Rock back with your right foot on 1,2,3 and rock forward on your left foot on 5,6,7. Take really small steps. Allow your legs to move your hips by keeping the upper half of your body still.

Guapeando

Leads: Take the left foot back on 1. Shift the right foot slightly to the right on 2,. return the left foot so that it is nearer the right foot on. Pause on 4. On 5,6,7, rock forward on the right foot, swiveling around to face your partner. Lean on her hand on 5.

Follows: Take the right foot back on 1. Shift the left foot slightly to the left on 2,. Return the right foot so that it is nearer the left foot on 3. Pause on 4. On 5,6,7, rock forward on the left foot, swiveling around to face your partner. Lean on his hand on 5.

<http://www.youtube.com/watch?v=uBwWlrl4Rik>

Abajo

Leads: On 1,2,3 rock forward with your left foot. On 5,6,7 rock forward (and slightly to the right) with your right. You indicate to her that she should be doing back steps by pushing her back slightly with your right hand and getting the 'rocking' motion going.

Follows: On 1,2,3 back rock on your right foot, slightly behind your left foot, so that your body turns slightly. On 5,6,7 back rock with your left foot in the same way, twisting the other way.

Dile Que No

This move starts from the closed position and is where the lead brings the follow to his other side.

Leads: Rock forward with your left foot on 1,2,3, whilst bringing your left hand (holding her right hand) down and away from you. Do not move your right foot. Then rock back on your right foot on 5,6,7 – no need to move the left foot- whilst leading her in front and around you in a 'C' shape to the other side. You can apply pressure with your right hand to her shoulder blade to lead her and pull her slightly with your left hand.

Follows: Rock back on your right foot (slightly behind the left foot) on 1,2,3. Pause on 4 (always!) and then walk forward with this timing: left, right, left, pause. On the last 'left' swivel slightly so you are either facing your partner (for closed position) or so that you are next to him (for open position). Your lead will decide this!

In the following link, Dile Que No ends in the open position. Please note that it can also end in the closed position.

http://www.youtube.com/watch?v=nMYyxrk2Qgg&feature=Playlist&p=C27949F18E1484F2&playnext=1&playnext_from=PL&index=29