



Latin Ballroom

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Charmaine *Dance Guide*

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This Guide is meant as an *aide-memoire* to the foot movements of the Charmaine, not a detailed instruction.

Timings : **SLOW (S)** - 2 beats.

QUICK (Q) - 1 beat.

(QaQ) # steps over 2 beats.

Described are the Common Steps (done by both dancers) and the Individual Steps (overleaf) as required.

Change of Hold (A) >

Common Steps		
Speed	Foot	Action
S	L	Forward
S	R	Forward
Q	L	Forward
Q	R	Forward
S	L	Forward with Swivel Turn to RIGHT (180 degrees)
S	R	Forward
S	L	Forward
Q	R	Forward
Q	L	Forward
S	R	Forward with Swivel Turn to LEFT (180 degrees)
S	L	Forward
S	R	Forward
Q	L	Across
Q	R	Back
Q	L	Back
Q	R	Close
S	L	Forward
Q	R	Across
Q	L	Back
Q	R	Back
Q	L	Close
S	R	Forward

(Partner Holds and Individual Steps overleaf)

Partner Holds:

- (A) Commencing Lady on Man's RIGHT (slightly forward). Hips in contact. Both arms raised, hands held at eye level.
- (B) Facing and Promenade Position Hands joined at eye level.
- (C) Close Hold.

Individual Steps

		Man		Lady	
Spee	Foot	Action	Foot	Action	
	S	L	Point	L	Point
	S	L	Step Forward	L	Step Forward
	S	R	Point	R	Point
	Q	R	Step Forward turning to	R	Step Forward & Away turning to
Change of Hold (B) >	Q	(L)	Close WITHOUT weight	L	Side - continuing Right Turn
	Q	L	Side (change of HOLD)	R	Side
	Q	R	Close (facing on diagonal)	L	Close (facing on diagonal)
	S	L	Forward & swivel	R	Back & Swivel
	S	R	Forward to PP	L	Back to PP
	S	L	Forward	R	Forward
	S	R	Forward	L	Forward
	S	L	(Swivel) Forward	R	(Swivel) Forward
	Q	R	Side	L	Side
Change of Hold (C) >	Q	L	Close	R	Close
	S	R	Side (to CLOSE HOLD)	L	Side (to CLOSE HOLD)
		L	Brush WITHOUT weight	R	Brush WITHOUT weight
	Q	L	Side	R	Side
	a	R	Close	L	Close
	Q	L	Back	R	Forward
	Q	R	Side	L	Side
	a	L	Close	R	Close
	Q	R	Forward	L	Back
	Q	L	Side	R	Side
	a	R	Close	L	Close
	Q	L	Back (continue turn w next	R	Forward (Left arm UP at end of
Change of Hold (A) >	Q	R	Side (turning to face START)	L	Side (assisted turn continued into
	Q	L	Tap (Close)	R	Close