



Edinburgh University Swing Dance
Society notes on:

Laminu-trot



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This is something we have invented ourselves; it may well be that many people have invented exactly the same thing before us, but we happen not to have seen it anywhere else yet.

The idea of it is to be able to give laminu dancers a chance to share a floor with ballroom folk in slow numbers, by making laminu progressive.

Remember that the ballroom convention is to go round the floor anticlockwise, taking care not to knock too many other couples down...

Begin with a basic on the spot, facing along the direction of the dance.

1-2 - rock step

3&4 - triple step

5 - step forwards on R, leading a clockwise rotation and also some movement in the direction of the dance

6 - step on left, keeping rotation going. You have now done 180 degrees

7&8 - triple, keeping the rotation going. You will have completed one circle

1 - man step *forward* on L, keeping rotation and progression going

2 - man step round on R; you have done another half-circle

3&4 - triple, keeping the circling going to complete that circle

(and keep going).

The look is of a continuous circling, but because the progression around the room is mainly on the steps (1-2, 5-6), there is a 'tidal' rhythm to the dance, an alternation between pairs of beats dominated more by 'along' and those dominated more by 'around', although at no time does either motion yield completely to the other.

To turn (at the corners of the room):

Just remove the rotation for two beats and you will have turned your progression direction by 90 degrees.

Reverse motion:

You will find that you can stop the rotation completely, and then start it going the other way round (step back and cross on 1, step forward on 5) while you continue to orbit the room anticlockwise.

To make suggestions or to request up-to-date copies, e-mail Lamanu@swingdoctors.org.uk