



Edinburgh University Swing Dance  
Society notes on:

# Laminu: 2) variations



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### Insertion of 'Blues' steps

The first rock-step on 1-2, and most definitely the 'swaying' step-step on 5-6, have the feel of the Blues basic (at least as we teach it here in Edinburgh – see notes on dancing Blues). At either of these points, you can repeat this 'rocking' as many times as you like, with whatever blues variations you know, before deciding to go on to the triple. Ray Cunningham, who taught us this dance, kept inserting different numbers of these even when demonstrating the basic, making it very difficult for us to work out what the basic actually was! (until we persuaded him to humour us and not to keep throwing in variations).

### The Fred Astaire

A variation on the 1-2. Think of a your left shoulder performing an anticlockwise circle, starting at 3-o'clock, during this move (it helps to give it style, and to communicate with the lady). On 1, lunge to the left, raising your left shoulder in a graceful arc. On 2, follow the arc down and back to your starting position.

### Additional chassés.

One the last triple stop, go out to the right rather than coming back to the left (leading with the hip, to give the lady the body lean she need to know what is going on – man's upper body will be leaning to man's L, but think about keeping the hip to the R, not the upper body to the L, and remember it should be subtle). As you step on 8, reverse the hip/body lean to prepare to triple to the left on 1&2, then to right again on 3&4. You can do as many of these as you like; after any of the right-going ones, you can begin your basic again with the usual rock step.

### The box step

- 1 – leader step to left with left foot (follower, just follow!)
  - 2 – close R to it
  - 3 – step forward with L  
& close R to it
  - 4 – step a little ore forward with L
  - 5 – step to R with R
  - 6 – close L to it
  - 7 – step back on R  
& – close L to it
  - 8 – step back a little more on R.
- (can now start another basic, or repeat the box, or whatever)

### Tango cross (taught to us by Simon Selmon)

Begin the basic as usual, but let the space between you and the lady open up a little at the end of the first triple step. On 5, the leader should step back a little on R and lead the lady to step forwards but outside him to his right (leaders, use your right arm/hand to control this angle). On 6, leaders step back a little on left

(just enough to give the lady room to manoeuvre), and lead her to step still facing diagonally past your right hand side. On 7&8, turn her back the way that she came and then to face you (this involves two sharp changes of direction, led smoothly, and looks quite tango-like).

Texas Tommy to lunge (another one of Simon's variations).

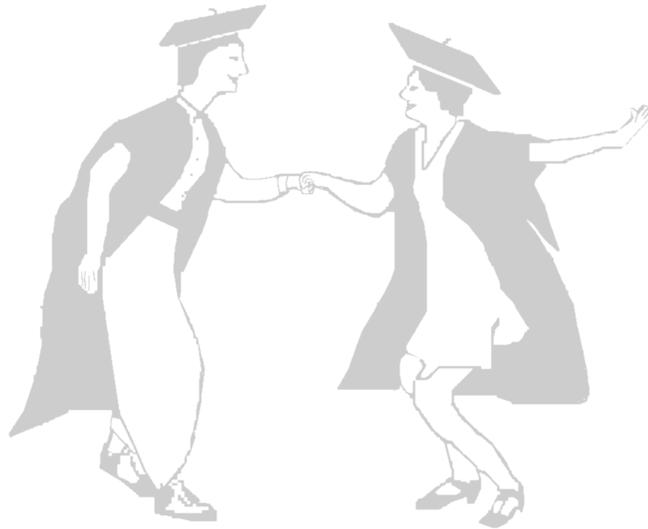
1,2 – rock step as in the basic, but change the hand behind the lady's back (as you might in Balboa).

3&4 – on the triple, unwind the lady and 'over-turn' her to create tension for coming back.

5&6 – triple again; pull the lady back in, and as soon as she is coming, let go with your R hand and put it behind her back, to bring her into a 'normal' hold. She will be carrying momentum towards you.

7 – step back with your L leg, letting the lady 'lunge' forwards on to you (her R leg still being bent, some of her weight leaning on you).

***To make suggestions or to request up-to-date copies, e-mail [Laminu@swingdoctors.org.uk](mailto:Laminu@swingdoctors.org.uk)***



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