

ZigZag-for-QuickStep-Floor-Orientation

Original article written, July 2003 by © Victor Jean Ouellette.

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Floor Orientation

QuickStep evolved from FoxTrot. Thus, knowing the FoxTrot *(say three Years experience with FoxTrot), will help a person learn QuickStep more easily. The corner turn and the zigzag in FoxTrot are used in the QuickStep and the Lock-Steps in the very basic manoeuvres.

The Leader may position the Follower on the dance floor in one of two ways and usually in front of wherever their table happened to be in the dance hall. The Follower will be positioned at a 45 degree angle to a wall with either her Right shoulder close to the wall or her LEFT shoulder closer to the wall. If they are right in a corner then she is either going to start going backward like in FoxTrot, or going forward but always with her right foot first. So, in the diagram below both the Lead and Follower are standing on the word START. They are going to progress down the wall toward the word END. But they will be zig zaging. Thus, you see, they stand $\wedge \swarrow$ here. The Lead is going to start the Follower that same way he would start her with the FoxTrot (going backward in the ZigZag, **OR** he will start her going forward as he goes backward. So, at the bottom of the V in the $\wedge \swarrow$ the Lead is either facing to the right or the left. The lead is that little underline in red. If the Lead faces right then he will back up to start. If he faces left then he will step forward to start. They are both correct. I like to face the right and step back to start. It is a bit easier to learn it that way.

----- Wall
End $\wedge \swarrow \wedge \swarrow \wedge \swarrow \wedge \swarrow$ Start of sequence. (Upper right corner of dance floor.
Or, any corner with the same orientation.)
Centre of dance floor is here.

Start on the Contra Body Motion on the Second Slow count.

Lead's Left foot steps **straight** back on 1 count (the first Slow) thus, moving away from the wall 1/2 step and down the wall a bit as well.

Leader's right foot steps **straight** back on 2 + left shoulder moves left 45° so it the chest is square to the wall. The Pelvis stays square to the Follower at 45°.

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Follower's Right foot steps **straight** forward on 1 count (the first Slow) thus, moving away from the wall one step and down the wall a bit as well.

Follower's left foot steps **straight** forward on 2 + left shoulder moves left 45° so it is square to the centre of the room. The Pelvis stays square to the Lead at 45°.

It is because the pelvis of each partner does NOT rotate 45° that the twist (contra) occurs. It is just like walking. When the left leg swings forward the left arm swings backward. If the Follower applies a little lowering of the right knee as one steps the 2 count, and at the same time one drops the left shoulder toward the floor a wee bit on that 2 then as one step the turn one comes back up and on the toes a little bit, then one ends up with a swaying flow that feel good and looks nice.