

**2 Step Third Level  
Lady Free Spin from Promenade****Pre-requisite**

To complete this segment, you must have completed the second level of 2 step instruction.

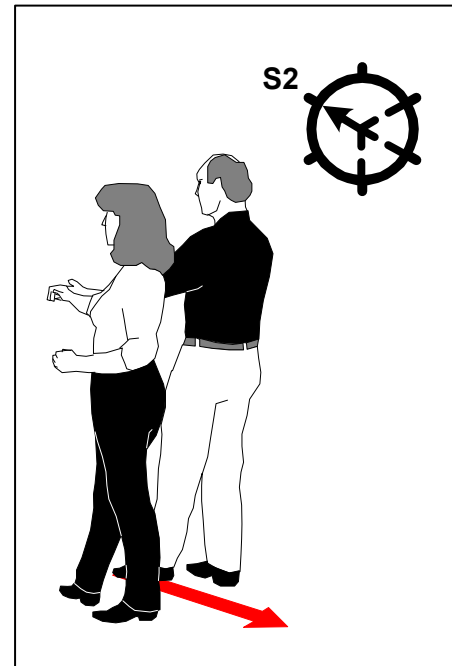
**Overview**

The Lady's free spin from promenade is completed from the forward promenade position. The gentleman leads the lady into a Chaîné spin as he passes forward down the line of dance alongside her. He picks her hand on the last slow and steps backward into the promenade back position.

**The Start**

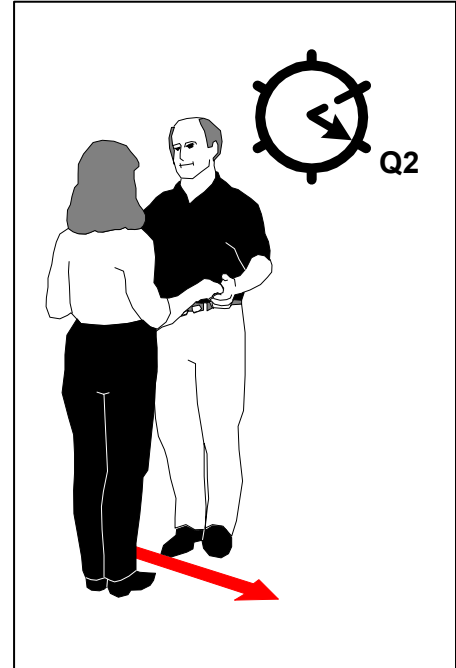
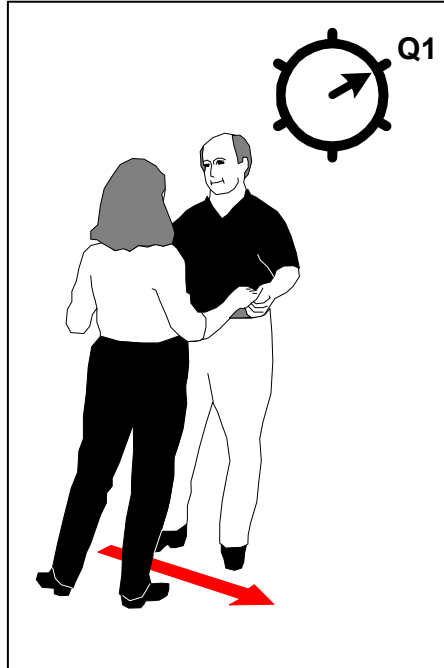
The couple begins in the promenade back position. The starting position is the second slow step.

The idea is to bring the lady to the promenade forward position and communicate an expected free spin to her.



**The Side Together**

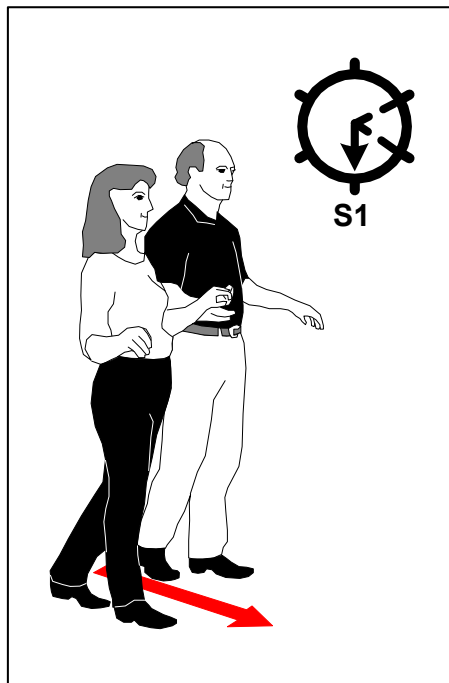
The gentleman leads the lady into the side together steps that were learned previously.



**Free Spin Lead**

On the first slow step he leads the lady normally down the line of dance.

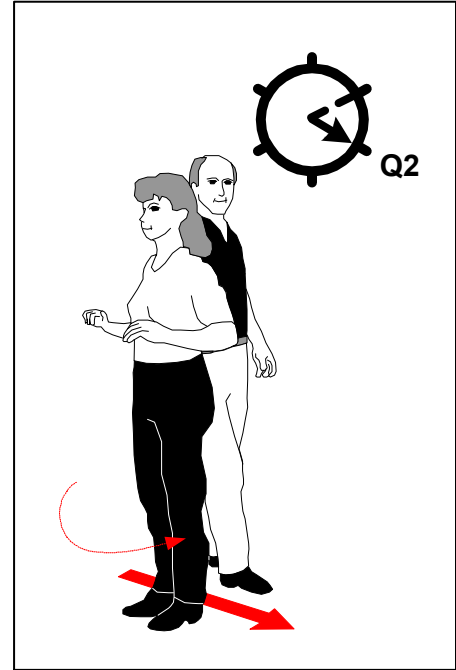
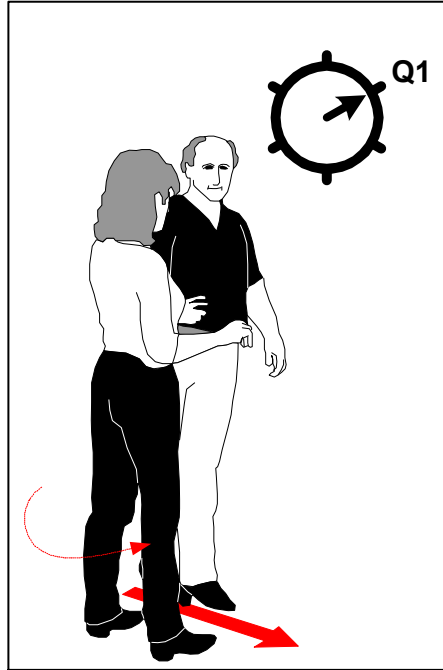
On the second slow step, he extends his joined right hand to cause her to over-rotate slightly. At this point, she knows he is asking her to begin a free spin on the following quick steps.



**The Chaîné Spin**

On the first quick step he pulls the joined right hand back and releases to cause her to pivot sideways in the line of dance.

On the second quick step she continues her Chaîné spin down the line of dance as he passes his feet forward to keep pace with her.

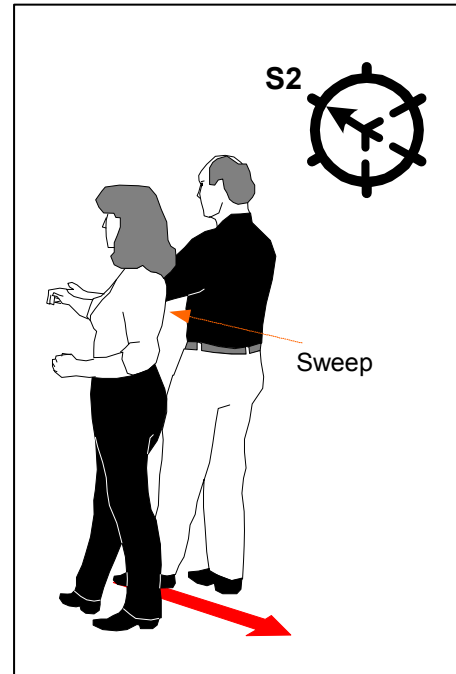
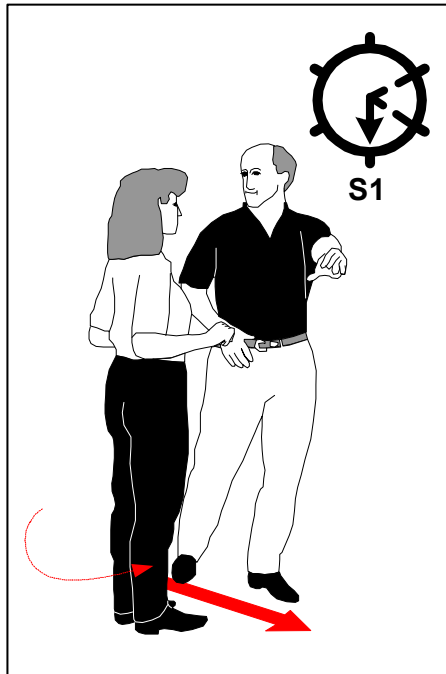


**Altered Spin** – At the lady’s will, she can also execute either pivot spins or pencil spins. Refer to the segment on “Spin, Spin, Spin”. The Chaîné spin is a favorite of 2Step2 Dance Studio because it is easy to learn and is quiet elegant.

**The Exit**

On the first slow step, the gentleman steps forward in the line of dance and offers his left hand.

On the second slow step, the lady takes the offered hand, and the gentleman sweeps the joined left hand through to cause both partners to turn and step backward in the promenade back position.



**Conclusion**

The material presented here is not all-inclusive, but only touches the high points. There are many other tips to help in your two step technique. Some of these tips will be presented in the course of other dance segments, while others may have to be taught in conjunction with an instructor present.

This concludes the segment on 2 step Lady's Free Spin from Promenade.