

2 Step Advanced Hip Spins

Pre-requisite

To complete this segment, you must:

- know how to complete double pivot spins (required), and
- know how to complete free spins (required).

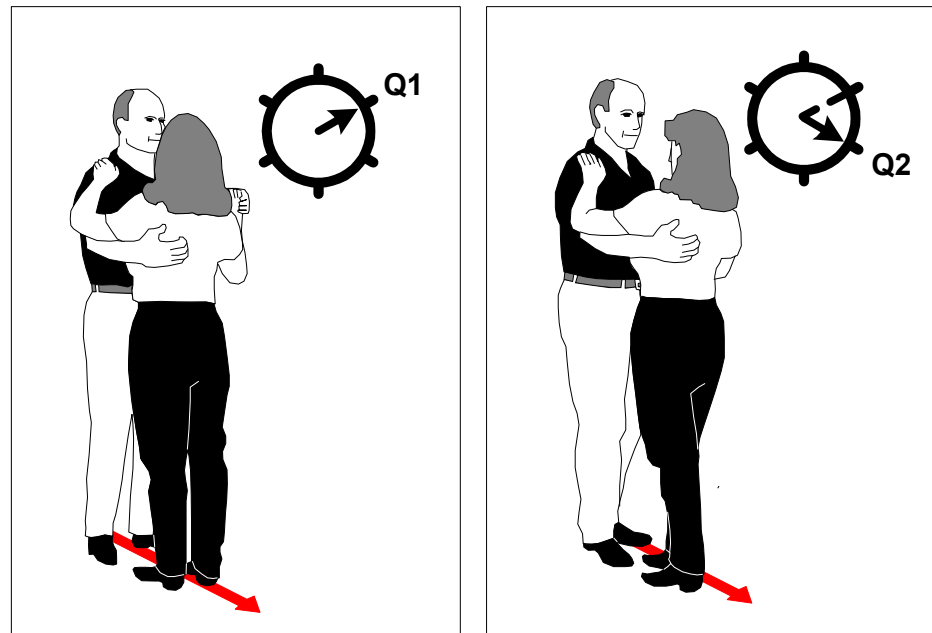
Overview

Hip spins was taught in a workshop in 2005 at the Orange Blossom Dance Competition in Florida. It begins in forward, closed dance position. The pattern is made up of four parts with the lady free spinning in a different rotation for each part:

1. The first part is one rotation of a continuous right body turn where the gentleman releases the lady in mid-pattern to cause her to free spin. It ends in Open opposed dance position with his left hand on her hip.
2. In the second part, the lady free spins in the opposite direction and ends in Open opposed dance position facing the other direction.
3. In the third part, the lady free spins in the opposite direction. He trails his right hand on her belt-line and ends diagonally in front of her facing the same direction.
4. In the fourth part, the gentleman free spins the lady behind his back as he does a box step and counter-clockwise turn to close with the lady.

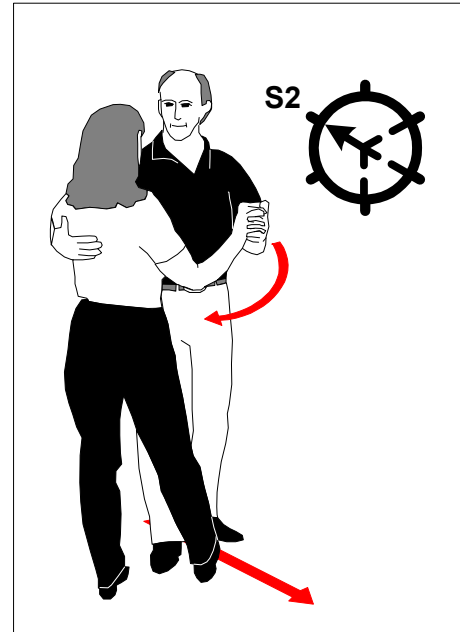
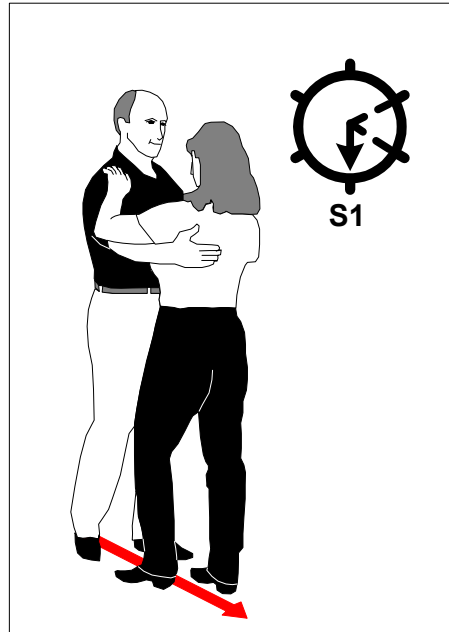
The Demonstration Turn

The first quick steps are standard, in line forward, closed position steps.



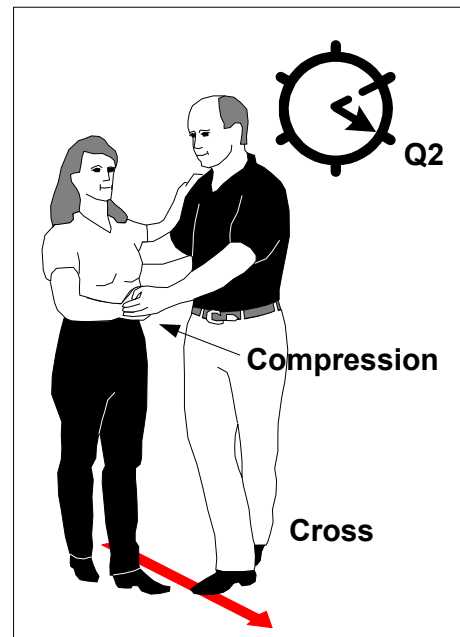
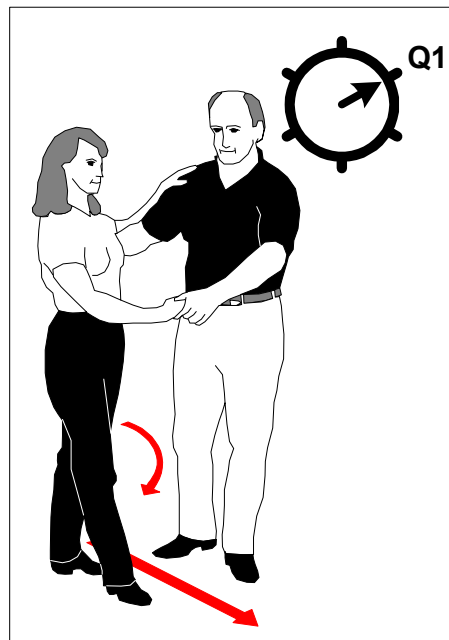
The Lead

The lead is on the second slow. The gentleman uses a frame lead to turn the lady to his right. He steps between her feet with his right foot.



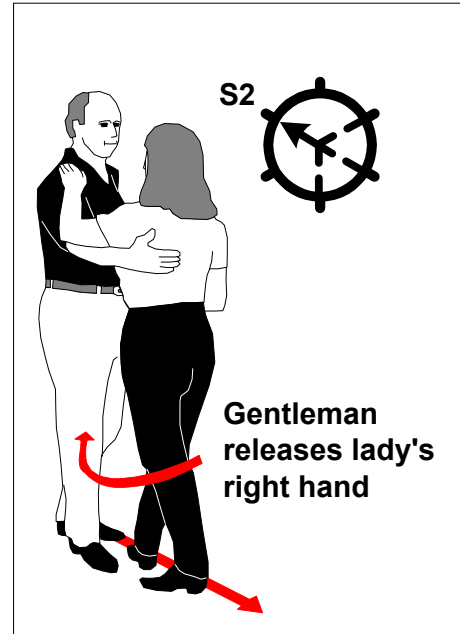
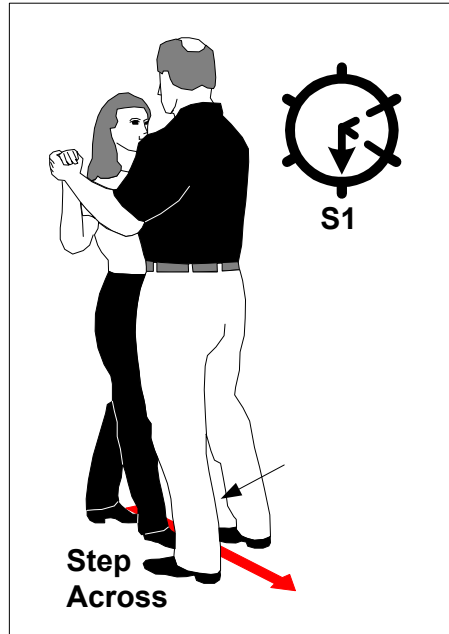
Snap Turn

On the quick steps, the gentleman leads the lady into a snap turn with guidance from his right hand on her back while he steps diagonally side ways along the line of dance. He uses compression with his left hand to slow her down as he steps cross foot work along the line of dance to pass her up.



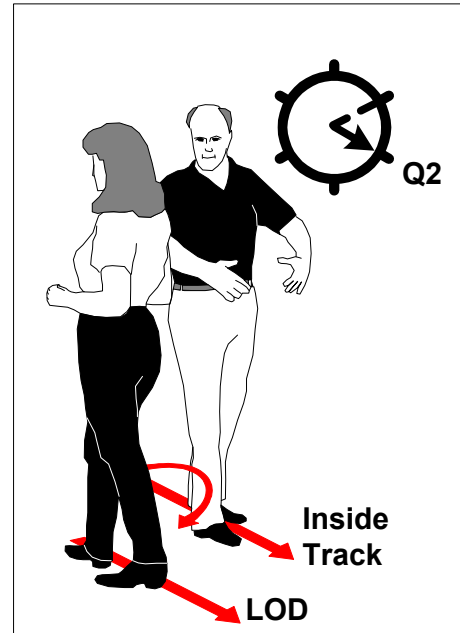
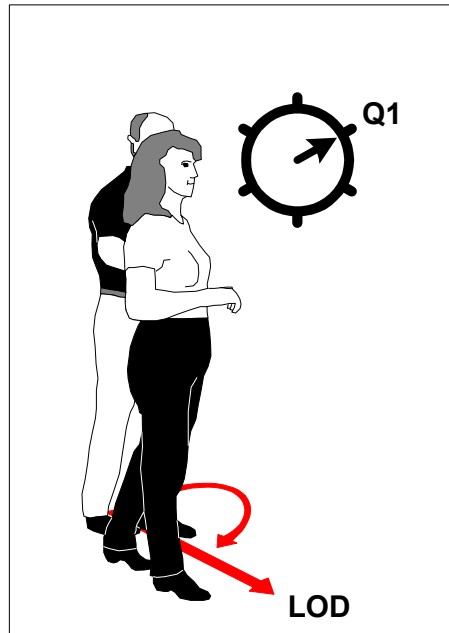
Cross, Pivot, and Release

On the first slow, the gentleman steps far enough directly across in front of the lady for his left foot to be firmly inside line of dance. Lady steps between his feet. On the second slow, he pivots around using a frame lead to forward closed position. He releases his left hand to signal a free spin.



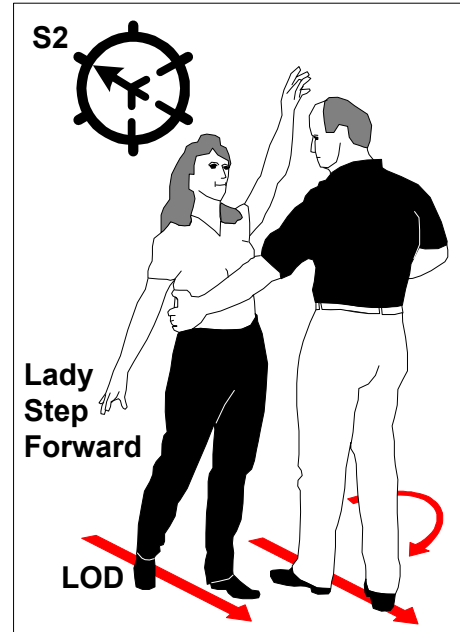
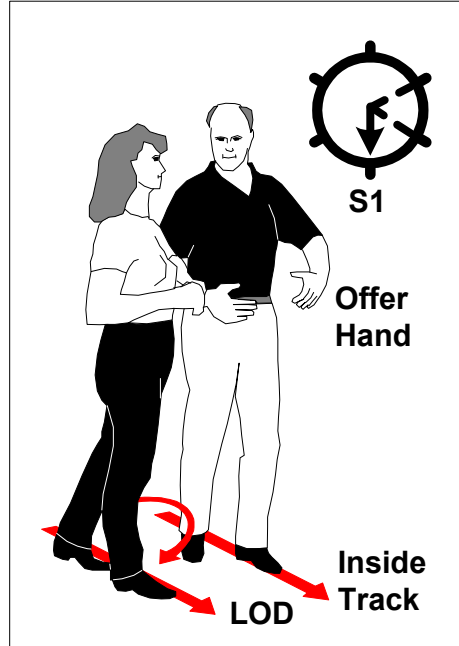
Pivot Spin

On the quick steps, the gentleman uses his right hand on her back to compel a pivot spin. He passes his feet in large steps to move to the inside track and begin to pass her up.



The Close

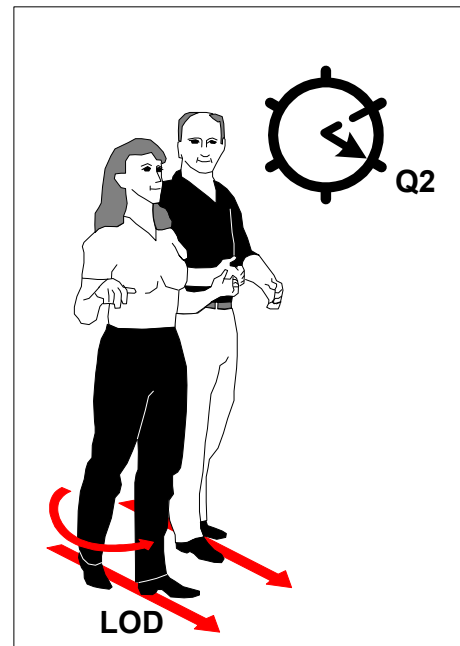
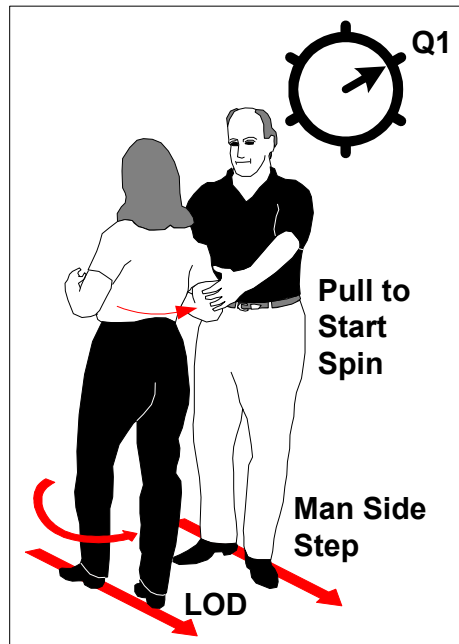
The lady ends her pivot spin on the third step (first slow). This is the third step forward for the gentleman as well and he has passed her up slightly. He offers his left hand across his body. On the second slow, the lady steps forward and the gentleman pivots back. The gentleman places his left hand on the lady's right hip.



A stylistic move is for the lady to strike a line with her arms.

The Second Spin

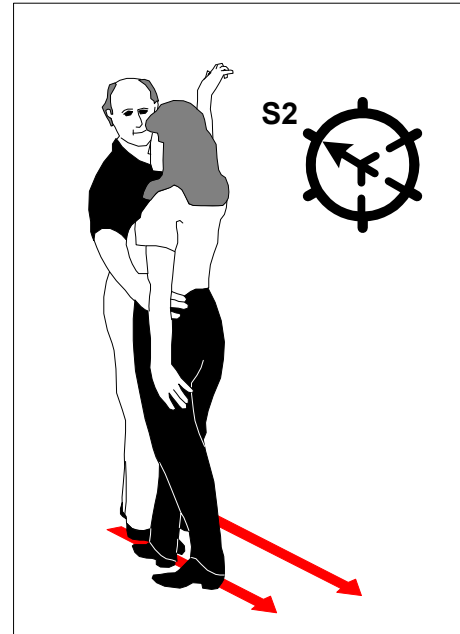
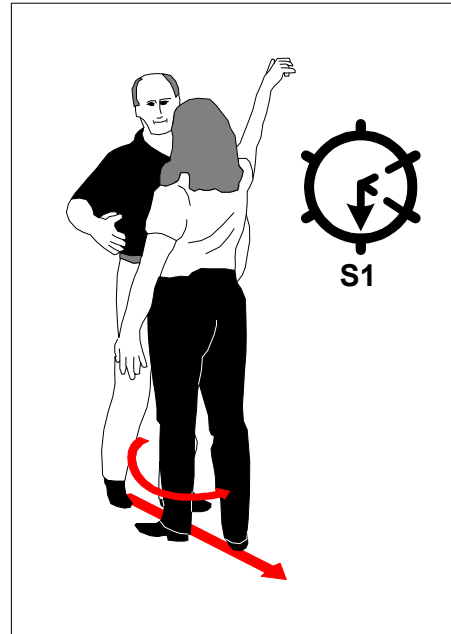
On the first quick step, the gentleman pulls with his left hand to compel a lady's pivot spin in the opposite direction as he turns and steps sideways down the line of dance. His second step is along the line of dance in a "baby" step to allow her to pass him up as she spins her second step.



The close

As the lady completes her spin on the first slow, the gentleman offers his right hand. She steps back on the second slow, and he steps forward placing his right hand on her left hip.

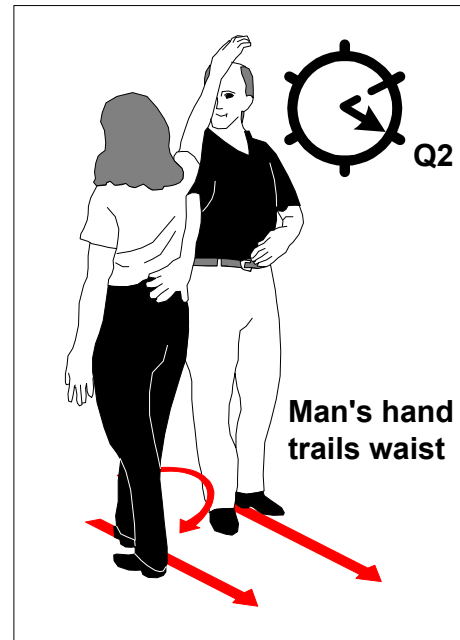
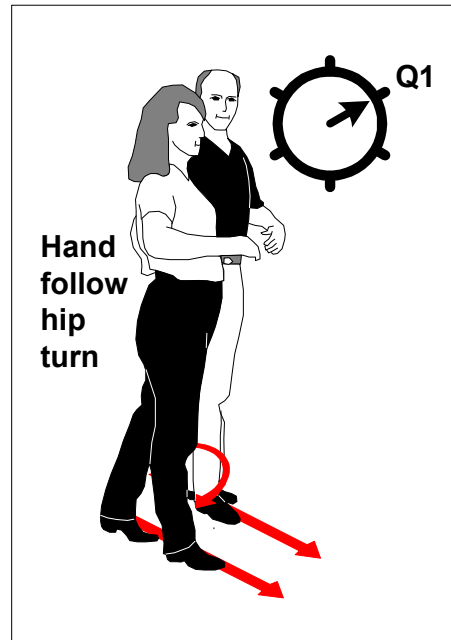
A stylistic move is for the lady to strike a line with her arms.



The Third Spin

On the first quick step, the gentleman pulls his right hand to compel a pivot spin in the opposite direction. He allows his hand to remain on her hip as he passes her up along the inside line of dance on the second quick.

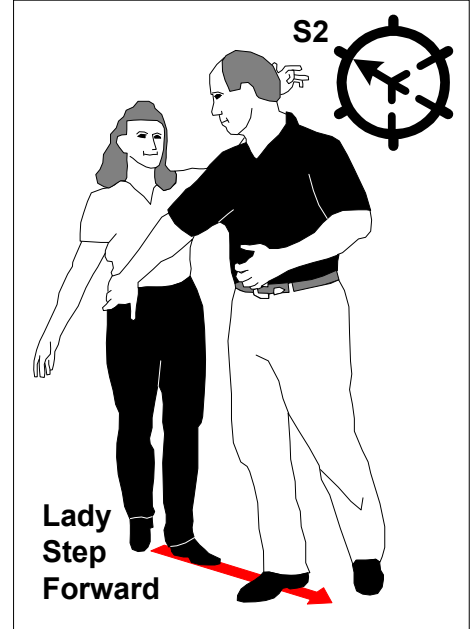
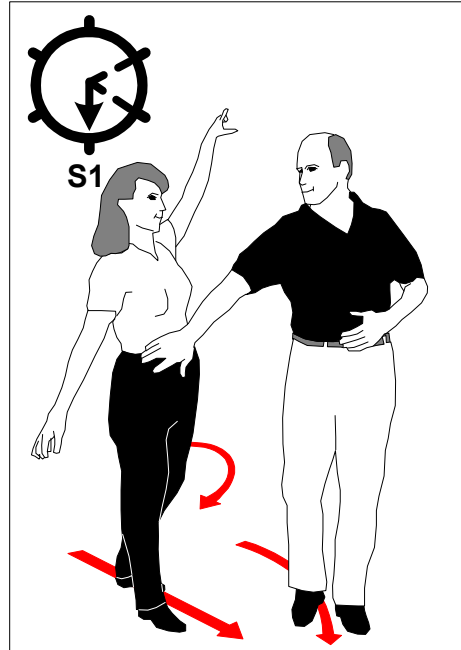
A stylistic move is for the lady to strike a line with her arms.



The close

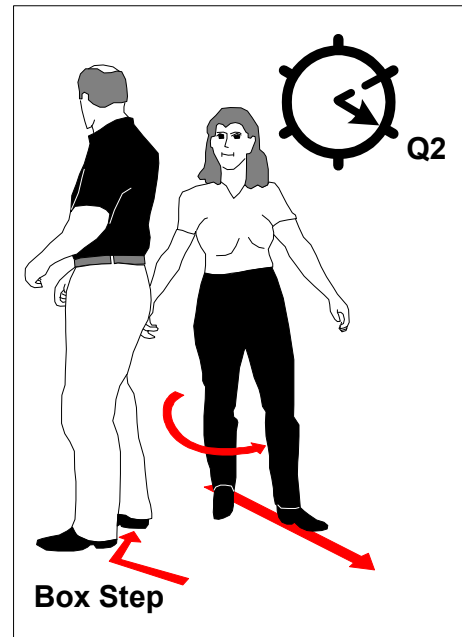
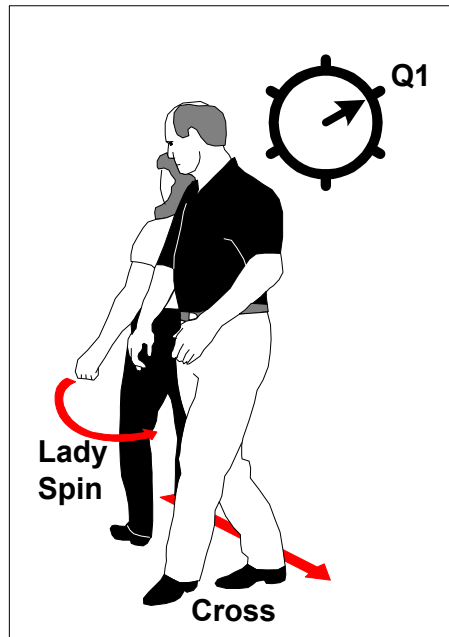
The lady ends her spin on the first slow as the gentleman allows his hand to slide along her belt line to her left hip. He follows a curved path around in front of her.

On the second slow, she steps forward as he steps diagonally across in front of her far enough to indicate a path behind him for her next spin.



The Fourth Spin & Box Step

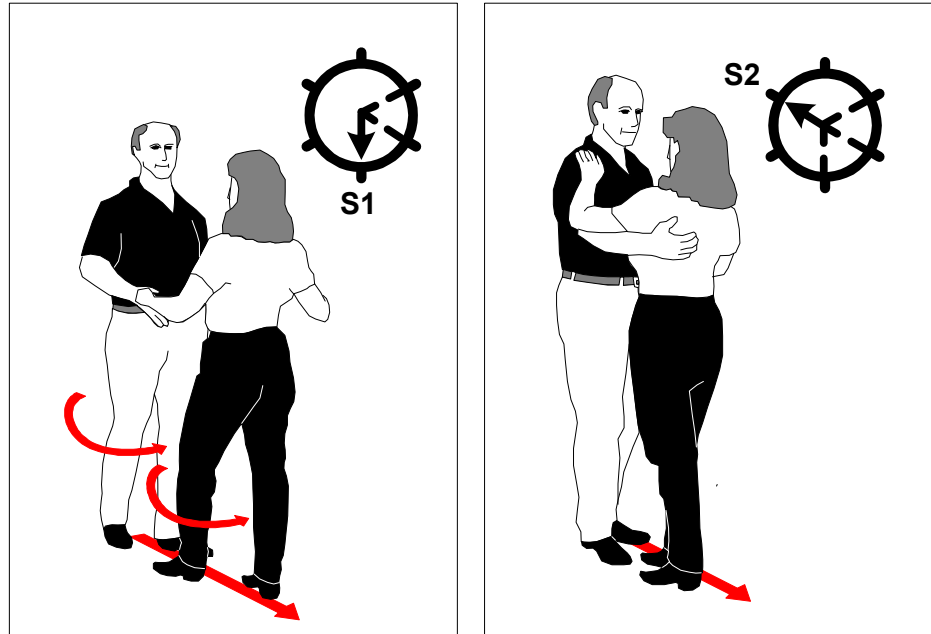
On the first quick step, the gentleman pulls his right hand to compel the lady to begin her fourth spin in the opposite direction. He leans forward and crosses over with his left foot to get out of her way. On the second quick step of the lady's spin, he steps diagonally to the side and back so he is moving behind her with the lady to his back.



The Final Close

The lady completes her spin on the first slow as the gentleman pivots counter-clockwise to his left behind her in the line of dance. He offers his right hand indicating a close.

On the second slow, the gentleman steps forward and finishes the pattern in Closed Forward Position.



Wrap Up

This pattern requires a lot of free spins and is quiet exciting both to execute on the dance floor and to watch. It can be completed with a lady unfamiliar to it provided she is a very experienced dancer who is sensitive to and readily follows both visual and physical leads. Otherwise, couples should practice this and become used to the alternating free spins and the various stations.

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 Hip Spins.