

**2 Step Third Level
Continuous Belt Loops - with Single Turns**

Pre-requisite

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

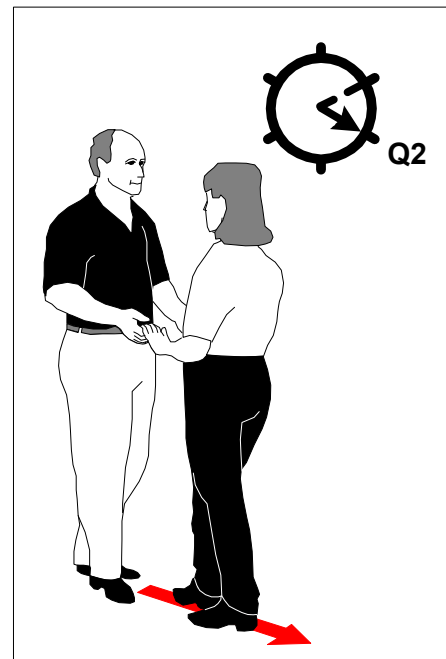
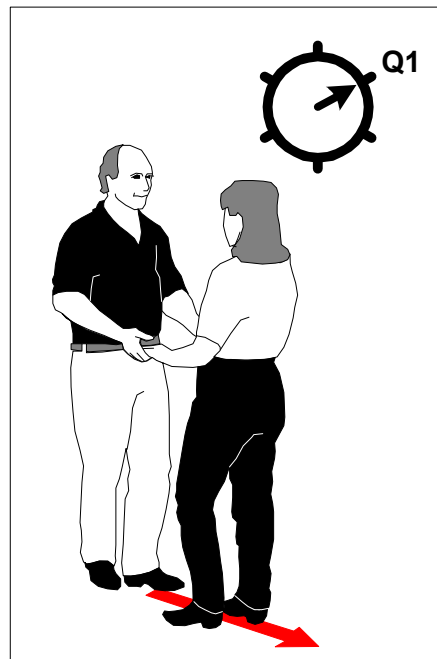
Overview

Continuous Belt Loops uses several patterns together – outside swirl, promenade, and belt loop to square off.

The couple begins with a swirl (learned previously.) However, rather than closing, the gentleman passes behind the lady in a lady's belt loop to backward promenade. He then completes another walk through square off to close using the leads and handholds of the gentleman's belt loop. The series of patterns may be repeated as desired.

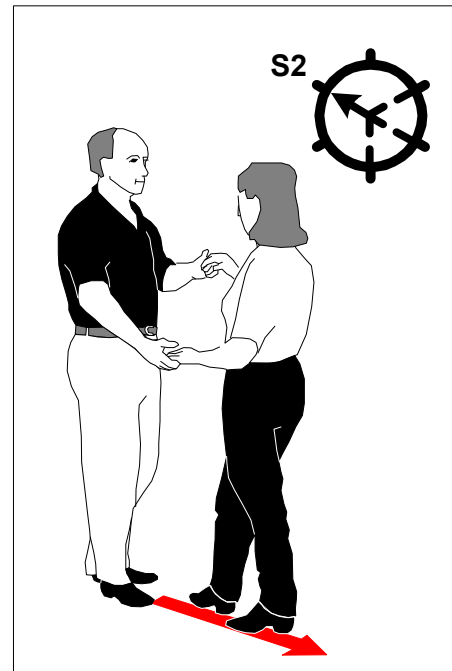
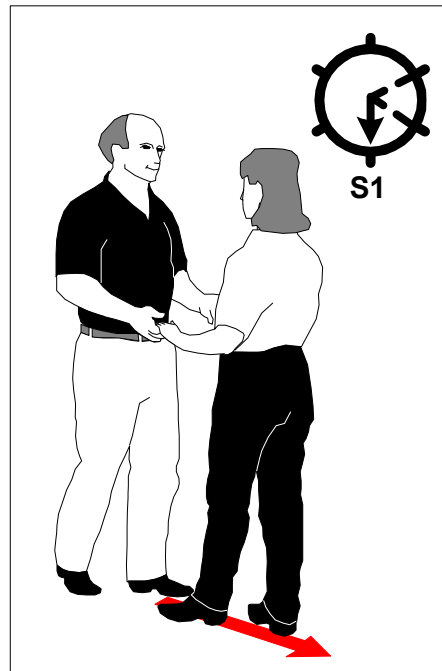
The Outside Swirl

The first two quick steps in the forward open position are without note.



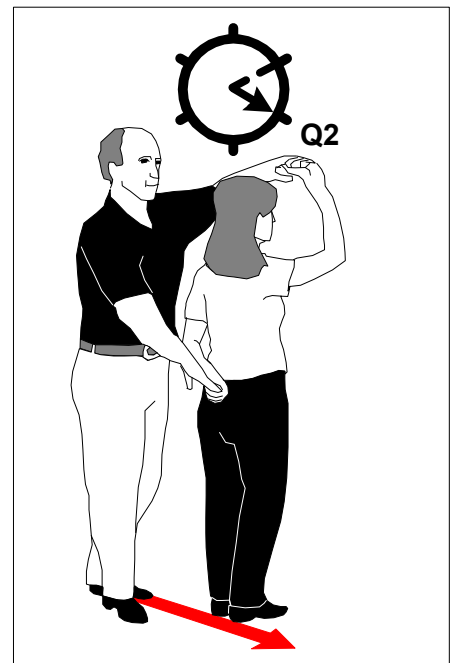
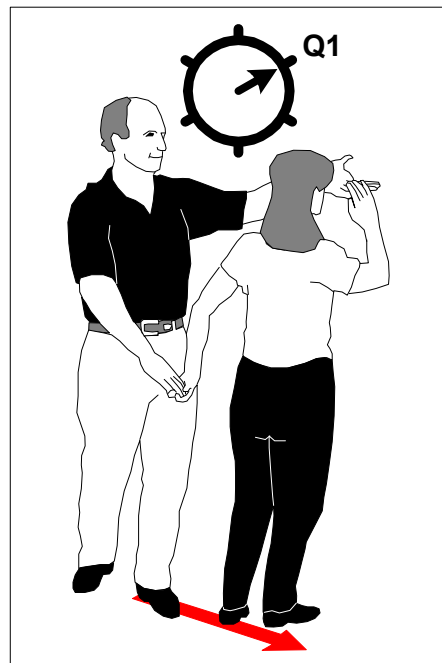
The Warning

The gentleman leads the warning for the swirl on the second slow by elevating his joined left hand. Note that this is only a warning. No execution takes place.



The Side Together

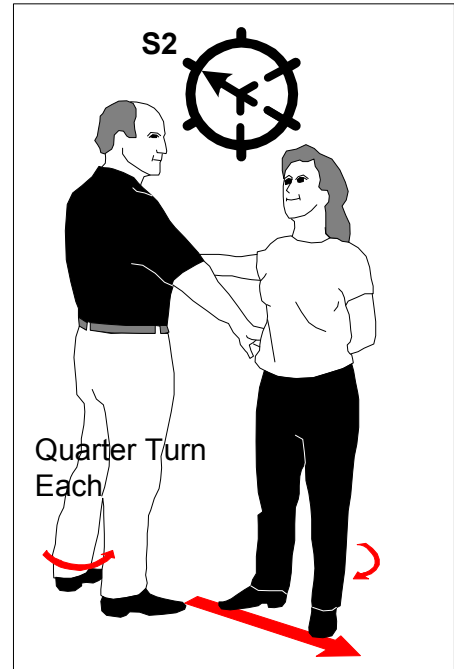
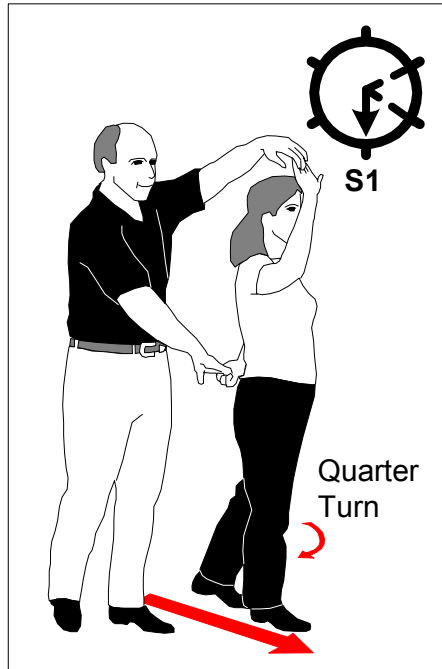
The steps diagonal to his right as he leads the lady into a side-together by holding his joined left hand in front of her face as he takes his joined right hand low behind her back to prepare for the hammer-lock.



The Hammerlock
Square Off

He takes the first slow step down the line of dance as he causes her to step likewise by leading her down line of dance with his joined left hand.

On the second slow, he turns to his left and pulls the joined left hand through to cause her to pivot likewise to her right for the hammerlock square off.

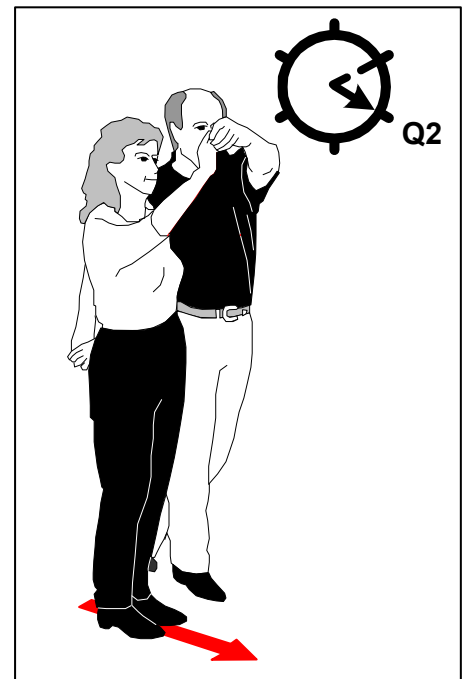
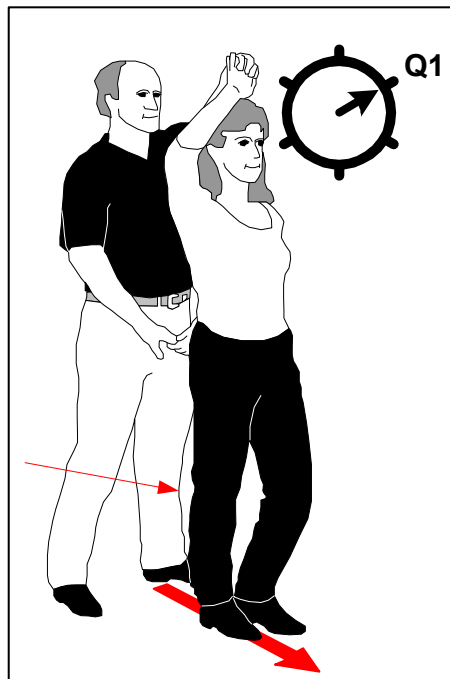


Note that weight is on the forward foot for each partner.

The Cross Over

On the quick steps, as he leads her down line with his joined left hand, rather than close behind her as previously learned, he crosses over to a track on inside line of dance.

She completes a step-together as he passes his feet so that he can pass her up.



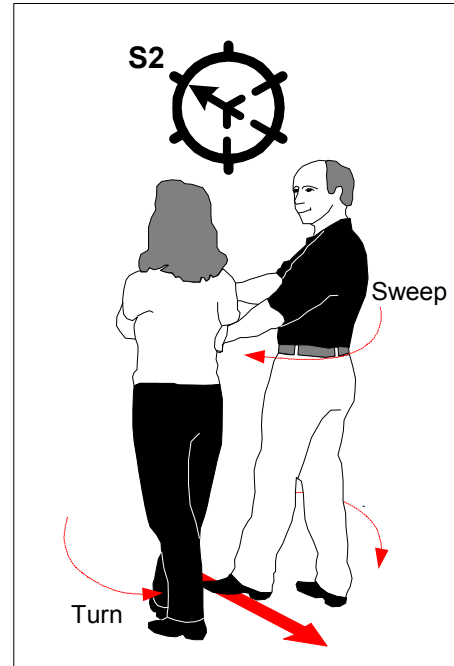
The Promenade

He leads the first slow step down the line as he turns his body diagonal so that he can pass her up without breaking his frame.

On the second slow, he pivots to his right as he sweeps the joined left hand through to cause her to pivot to her left. Both partners step back as he sweeps his joined left hand under the joined right hand.



The gentleman can hold the lady back slightly and take a



larger second slow to prepare for the walk through.

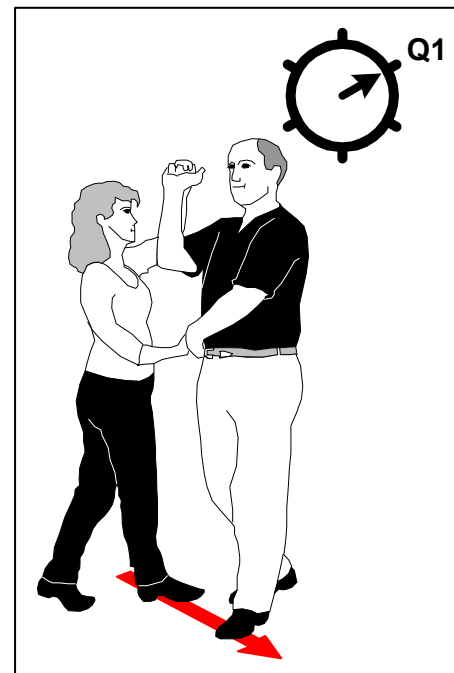
The Belt Loop

The gentleman takes the first step of the side together NOT so that he crosses all the way past the lady but just behind her. The couple is only exchange tracks.

The Walk Through

Note that rather than walking under his left hand as in the usual whip pattern, the gentleman is walking under his joined right hand. It forms a "waiter's palm" to allow the lady to pass behind him.

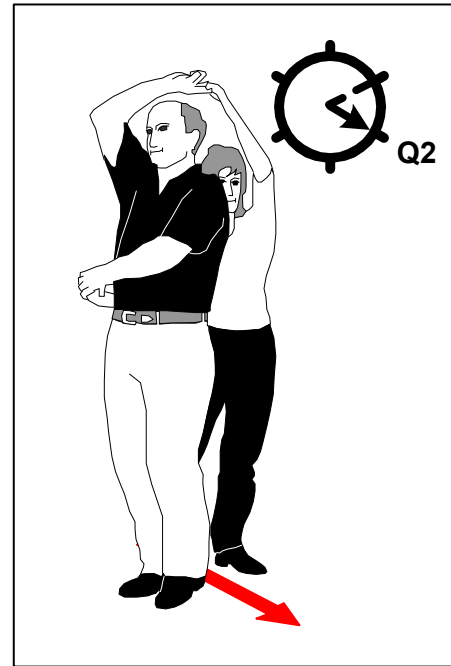
He uses his joined right hand to lead the lady to pivot and switch tracks with the gentleman



The Drag

On the second quick step, the gentleman steps a small side together as he continues to lead the lady to pass her feet and pass him up behind his back.

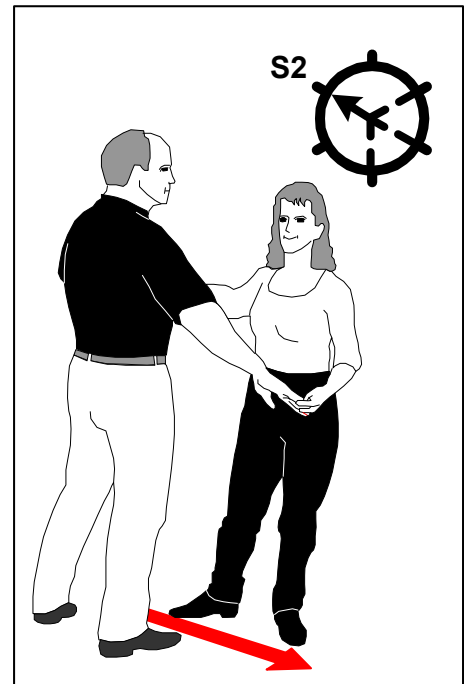
At this point, he releases his joined left hand to allow the lady to slide (drag) her right hand along his belt line so that he can find it on the other side.



The Square Off

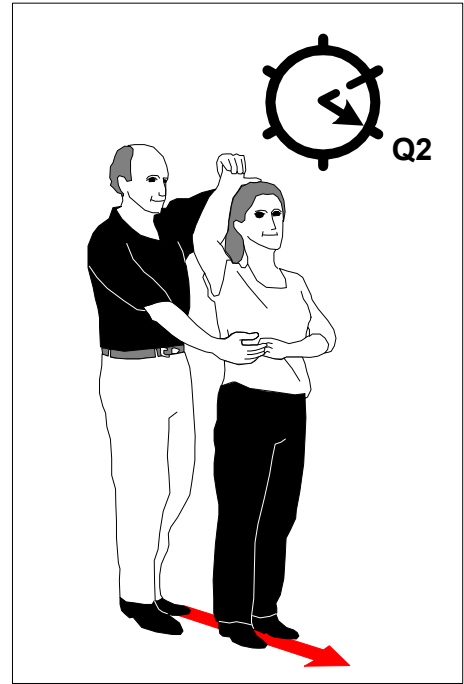
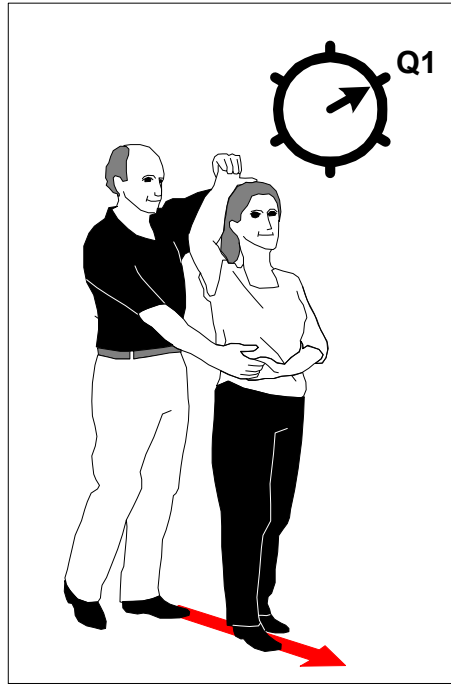
On the first slow step, the gentleman turns a quarter turn to his left to lead the lady into one more passing her foot step (called the cast). She continues to trail his belt with her right hand.

On the second slow step, he turns a quarter turn to his left, finds her trailing hand, and causes her to turn a quarter turn to the right to square off.



The Lead to Close

On the quick steps, the gentleman leads the lady down the line of dance as he falls in behind her. It is important that he take small steps to avoid kicking her in the heels since they are on opposite footwork facing the same direction.



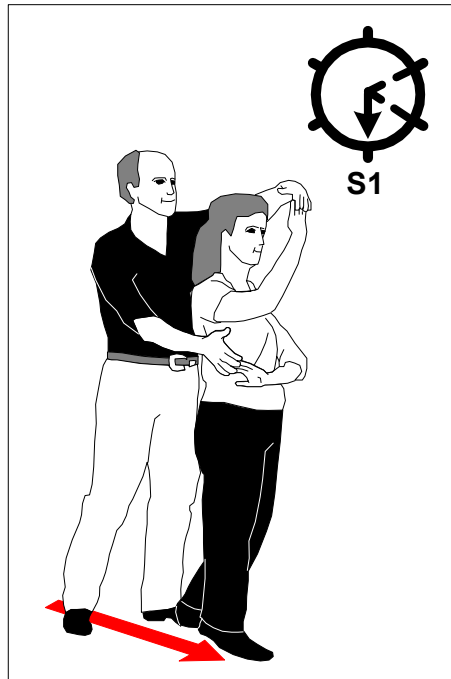
The Repeat (If Desired)

Note that at this point, the gentleman can cross behind the lady and repeat the series. In this case, he would release the joined right hand and trail her belt line in a lady's belt loop pattern.

The Close

On the first slow step, he leads the lady into one more step down the line of dance by holding his joined left hand in front of her. His left foot steps beside hers.

On the second slow step he pulls round with the joined left hand to cause her to pivot to her left and step back. He slips his right hand to rest on her back.



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 Continuous Belt Loops with single turns.