

UNDERSTANDING CAST OFF 3/4

Everyone knows how to do the combination of: Centers In - Cast Off 3/4. But how many dancers can do only the Cast Off 3/4 without the preceding Centers In? It is surprising the number who can not do this.

Near the end of many of my Mainstream and Plus dances I will put the dancers in lines facing out and call: " Cast Off 3/4." The correct ending formation is lines facing in, but it is surprising the number of dancers who finish in lines facing out. Many of them are already leaning in anticipation of doing a Wheel & Deal, so they just move in that direction.

I joke with the crowd and make a fun thing out of it, but it is amazing the number of people who approach me later and say: "How do you do Cast Off 3/4 from lines?" Here is the amazingly simple answer.

From any line of 4, which can mean all dancers facing one way, two-faced lines, 3&1 lines or waves.
CENTERS WALK FORWARD.

That's it. Remember that rule and you will not break down.