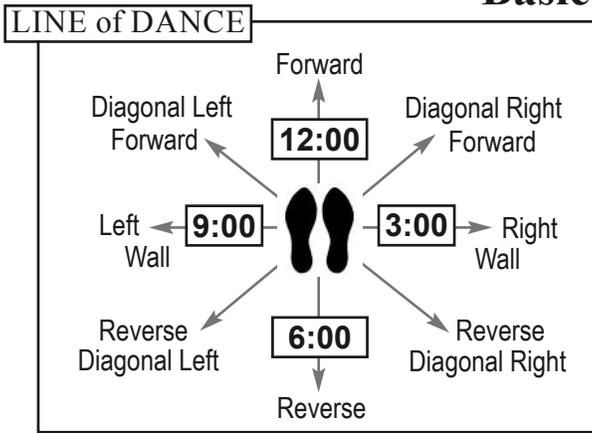


Basic Line Dance Steps



BALANCE STEP

Step side, rock to alternate foot (*changing weight*) count 1-2

BOOGIE

The free hip lifts and moves in a circular motion in the direction of the weighted foot

BOOGIE WALK

To move the free leg by lifting the hip and stepping forward

BRUSH (*aka SCUFF*)

Use the ball of the foot to brush the floor as the foot swings forward or back

CHA CHA

Three steps in place, done to two beats of music. count 1&2 (*Similar to a shuffle, however cha cha is done on the spot. Technically a cha cha involves a Cuban hip movement while a shuffle is smooth. Generally a cha-cha is stationary while a shuffle travels*)

EXAMPLE:

- 1 Left in place
& Right in place
- 2 Left in place

CHARLESTON

A four count pattern of steps and kicks

- 1 Step forward left
- 2 Kick forward right
- 3 Step back right
- 4 Point the left toe back

CHASSE

A shuffle done to the side
(*Three steps done to two beats of music. e.g. 1&2*)

COASTER STEP

(*Always BACK unless otherwise specified*)

EXAMPLE: *Right Coaster*

- 1 Step back on right
- 2 Step left back beside right
- 3 Step right forward

DIAGONAL

45° from the center of the Line of Dance (*direction*)

DIG

To touch the ball or heel of the free foot to the floor with a strong emphasis

DRAW (*aka DRAG aka SLIDE*)

Bring the free foot slowly together to the weighted foot

FAN

Circular motion of the free foot

TOE FAN: Toe swings outward, and back
(*pivoting on heel*)

HEEL FAN: Heel swings outward, and back
(*pivoting on ball of foot*)

FLICK

Sharp, quick kick backwards with a pointed toe and a flexed knee

GRAPEVINE (*aka VINE*)

A continuous traveling pattern to the side which ALWAYS crosses behind first

Originally a 4 step sequence: "side, cross behind, side, cross in front". *Now used variously for a 3 step sequence followed by a touch, step together, kick, stomp, scuff etc* (ie: a Vine) or an extended vine of 6 or 8 counts (or more)

EXAMPLE:

- 1 Right to right side
- 2 Step left behind right
- 3 Right to right side

HEEL SPLIT

Feet together with weight on balls of both feet.
Move heels apart on count 1, and together on count 2

HIITCH

Lift one knee up with thigh parallel to the floor (make right angle with lower part of leg which is down).

HOOK (*aka CROSS*)

The free foot moves as a pendulum in front of or in back of the weighted foot and is kept off the floor The toes pointing downward

JAZZ BOX (*aka JAZZ SQUARE*)

EXAMPLE:

Step forward left		Step right over left
Step right across left	OR	Step back left
Step back left		Side step right
Side step right		Step forward left

KICK, BALL, CHANGE

EXAMPLE:

- 1 Kick forward right
- & Step down on ball of right
- 2 Change weight to left

LINDY

Combination of:

Side Shuffle + Rock Recover

LOCK (aka LOCK STEP)

(Forward or Back)

EXAMPLE: *Forward Left Lock Step*

- 1 Step forward left
- 2 Lock right tight behind left feet
- 3 Step forward left

MAMBO

Three steps (*moving forward, side or back*) with hip motion initiated by using the inside edge and ball of the foot during weight transfer

EXAMPLE: *Forward Mambo*

- 1 Rock forward on right
- 2 Recover on left
- 3 Step back on right

PIVOT

Transfer weight to the forward foot then turn 180° taking two weight changes to complete

ROCK (aka Rock Recover)

Two weight changes with the feet apart, taken in any direction

RUMBA BOX

EXAMPLE: *Forward Rumba Box*

- 1 Step Left forward
- 2 Step Right to right side
- 3 Step Left beside right
- 4 HOLD
- 5 Step Right back
- 6 Step Left to left side
- 7 Step Right beside left
- 8 HOLD

SAILOR STEP

A triple step dance pattern accomplished by leaning in the opposite direction of the crossing foot (*weight stays centered over lead foot's original position*)

EXAMPLE: *Left (leaning toward left)*

- 1 Step left behind right
- & Side step right
- 2 Side step left (to original position)

SCOOT (aka SKIP)

Slide of the weighted foot forward, backward or sideways. A hitch with movement of the weighted foot

SHUFFLE

(*Similar to a cha-cha which involves a hip movement while a shuffle is smooth and travels. Three steps done to two beats of music.*)

EXAMPLE: (*Left Forward Shuffle*)

- 1 Step forward on left
- & Bring the right foot up to the heel of the left foot
- 2 Step forward left

Note: From a technical point, a shuffle should be smooth

SPLIT

The feet move apart with the weight evenly distributed over both feet

STRUT

HEEL STRUT: Moving forward, place the heel then the ball of the foot on the floor for counts 1, 2

TOE STRUT: Moving forward, back or side, place the weight on the ball of the foot then heel on the floor for counts 1, 2

SUGAR FOOT

Touch lead toe to instep of other foot. Touch heel of lead foot to instep of other foot

SWITCH

Shifting weight from one foot to the other in a rapid sliding movement

TRIPLE STEP

(*moving forward, side, back, cross, and/or turning*)

EXAMPLE: *Forward Triple Step*

- 1 Step forward on right
- & Left beside right
- 2 Right in place

WINDMILL

EXAMPLE:

- 1 Point right toe out to right side
- 2 Pivot ½ (*clockwise*)
- 3 Point left toe out to left side
- 4 Pivot ½ (*counterclockwise*)

WEAVE

A continuous traveling pattern to the side which ALWAYS crosses front first

EXAMPLE: (*Left*)

- 1 Cross Right over left
- 2 Step Left to left side
- 3 Cross Right behind left
- 4 Step Left to left side