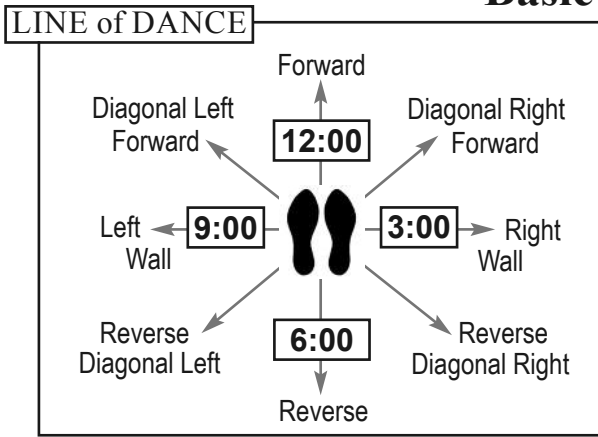


# Basic Line Dance Steps



## 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