

Diamonds 'n Denim Linedancers

Port Macquarie & Camden Haven NSW

STEP DESCRIPTIONS



**A GLOSSARY
OF
LINEDANCE
TERMS**

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STEP DESCRIPTIONS

GLOSSARY OF LINEDANCE TERMS

Steps	Beats of Music	Description and/or example
And (&)	1/2	Half of a count of music, indicating syncopation, ie a quick movement of weight change from one foot to the other.
A.K.A. (aka)	-	Abbreviation for "also known as". Used throughout this document.
Ball change	&1	Change weight quickly from one foot to the other. Eg Right ball change, weight is on right foot then quickly changes to the left foot before replacing to the right. Weight should be on the ball of your foot, hence "ball change". See also kick ball change.
Box Step	4	Eg right box step - step right across left, step back on left, step right to side, step left together. <i>aka Jazz Box or reggae.</i>
Bronco	2	Bring knee up and across the opposite leg. Return bent leg to touch toe to side. Not common; used a lot in the early days of line dancing.
Brush	1	Brush the floor with ball of the foot. (The scuff uses the heel)
Brush up	4	Tap heel forward at 45, hook (lift) across opposite shin, return to 45, replace together.
Buttermilk	2	Feet are together with weight on the balls of both feet. Swing heels out from each other and return together. <i>aka heel splits.</i>
Camel	2	Step forward 45 deg, using hip action, slide other foot to close together. Nb: 4 counts, ie step, slide, step, together also camel.
Cha Cha	2	3 quick steps in place, ie 1&2. <i>aka triple step.</i>
Charleston	2	Eg Weight on left, sweep right to touch toe forward; sweep right back changing weight to the right foot. Often followed by back Charleston, ie sweep left toe back, touch, sweep left forward to take weight.
Charleston Kick	4	Step fwd left, kick right fwd, step back onto right, touch left toe straight back. <i>aka Montana Kick</i>
Chasse	2	Similar to shuffle, the term chasse is often used for eg, side, slide together, turn 1/4. The second foot movement never passes the first.

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Coaster	2	eg back coaster: Step back on the right, step back on left be side right, step forward on right, ie back, together, forward. Usually syncopated, ie count 1 &2. aka Coaster step. Coaster can also be forward, ie forward, together, back.
Count	-	A term used to count the rhythm of movements, or beats of music.
Cross	1	Movement of one foot across the other, either in front or behind.
Cross Samba	2	Cross lead foot in front of other, step other to the side. Step lead foot to the side. 3 steps, ie count is 1&2
Cross Shuffle	2	Cross, side, cross. Again 3 steps to 2 counts of music.
Diagonal	-	eg 45 degrees from centre of line of dance, ie where you are standing.
Dorothy step	2&	Step fwd to diagonal, lock behind, step fwd. Count 1,2,&
Drag	1	To slide one foot to the other.
Dwight swivel	2	Swivel left heel to right touching right toe to left instep. Swivel left toe to right touching right heel diagonally right. Named after country music artist, Dwight Yoakam.
Fan	2	Performed on one foot. With weight on the heel, swing the toes outward to touch at 45 deg, then return to centre.
Forty-five	2	Place heel forward at 45 deg from centre, replace foot to original start position.
Frieze	4	aka Vine. Step right foot to right side, cross left foot behind, step right foot to side, close left beside right. This 4th beat can change to, eg a hitch, tap, scuff, kick, stomp, etc. Vine will always start with side, behind.
Grapevine	8	aka extended vine. A movement to the side joining two vines together.
Heel splits	2	See "Buttermilk"
Heel Strut	2	Step onto heel, drop toes onto the floor.
Hip Bump	1	Emphasized hip movement in designated direction, eg with weight on right foot, thrust hip to the right.
Hitch	1	Lifting the knee, raise foot from floor for one count of music in anticipation of next step.

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Steps	Beats of Music	Description and/or example
Hold	1	Stop for one beat of music before next step, ie do nothing.
Hook	2	From 45 position, bring heel across shin of opposite leg.
Jazz Box	4	See "box step"
"K" step	8	eg Step R fwd on R diagonal, tap L beside. Step L back to centre, tap R beside. Step R back on R diagonal, tap L beside. Step L back to centre, tap R. "K" step is named after the shape of the letter "K", ie arm and leg of the letter "K". Aka "V" step.
Kick	1	Foot is kicked out and low.
Kick ball change	2	<i>Kick</i> foot forward, replace to floor taking weight on <i>ball</i> of foot, <i>change</i> weight to other foot. Count 1&2.
Lock	2	Step forward, bring other foot behind and slightly to the outside of the first to "lock" into position. Commonly followed by a further step, eg step, lock, step. Locks can also move back.
Lock shuffle	2	Same as "Lock", but syncopated, ie count is 1&2.
L.O.D.	-	Line of Dance. The direction in which one is dancing when the body is facing to front.
Mambo	2	eg Rock forward on right, recover weight onto left and rock back, or together, onto right. Usually syncopated, ie 1&2 count.
Monterey turn	4	Touch right toe to side, turn eg 180 deg (half) right on ball of left foot bringing right foot together, touch left toe to the side, bring left foot together. Touch/turn, 2 counts, is the Monterey.
Paddle turn	2	Slang, commonly used to describe a 1/4 pivot; see following.
Pivot	2	Step forward, turn on the balls of feet to face nominated direction. Pivots can turn 1/4, 1/2 or 3/4. Rule of thumb is "pivot" is a 1/2 turn, "paddle" is 1/4, unless instructed otherwise.
Point	1	Touch out with the toe, do not take weight.
Rock	1	Weight is changed from one foot to the other by rocking your step.
Rocking Chair	4	eg step right foot forward, rock back onto left, step back onto right, rock forward onto left. Weight should remain on left foot.
Rolling vine	4	A full turn in a designated direction, eg turn 1/4, turn 1/2, turn 1/4. A basic vine can be substituted, again aka 'Frieze'.

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Steps	Beats of Music	Description and/or example
Sailor	2	Usually for a count of 1&2, eg step right behind left, step left to left side, step right to right side. The name "sailor" is derived from the stumbling gait of a sailor when he first steps onto dry land.
Samba	2	Step across, side, side. Eg step right foot across left, step left to the side, step right to the side. Syncopated, ie a count of 1&2. Take care as a side/rock/cross combination can also be called a samba. See also Cross Samba.
Scissor Step	3	Step to side, slide together, step across in front.
Scoot	1	Hop weighted foot forward, raising opposite leg into hitch.
Scuff	1	Swinging foot forward, the heel strikes the floor as it passes the other foot.
Shimmy	2	Moving shoulders forward and back in time to music, eg right goes forward as left in a natural movement goes back, move left forward as right goes back.
Shuffle	2	3 steps to 2 beats of music. Eg forward shuffle; step out on the first foot, step other up to meet with toes of second behind heel of first, step first foot again. The second foot never passes the first. Shuffles can move in any direction, eg cross shuffle starts with one foot across in front of other.
Slap	1	To hit with an open hand, usually the boot, knee, or thigh.
Stomp	1	A heavy step, eg step one foot heavily to the floor beside other
Sway	1	Like hip bump but with an emphasized slow movement.
Sweep	-	As implied, to draw one foot in a semi circle around the other as moving. Eg step forward right, sweep left out to side as it passes to step in front. Also 'Ronde', used frequently in waltz.
Swivel	-	A continuing twist, eg heels left, toes left, heels left, toes left.
Swivet	2	Twist R toe/ball right and L heel left, then twist both to centre.
Tap	1	Tap foot without taking weight, aka touch.
Tag	-	Additional steps added to dance to keep in 'phrase' with music.
Toe Strut	2	Step forward on ball of foot, drop heel to floor. Aka toe drop, particularly when moving back.

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Steps	Beats of Music	Description and/or example
Together	1	Bring one foot to the other, changing weight.
Touch	1	Touch toes without taking weight, aka tap.
Triple step	2	3 steps to 2 beats of music. Aka cha cha.
Turn	-	Change of direction. Instructor will nominate.
Twinkle	3	A cross waltz. eg cross step right over left, step left together, step right together.
Twist	2	eg with weight on balls of feet move both heels out together and back to centre or sides as nominated.
Unwind	-	Example: cross R foot over left. Keeping weight on L, twist (unwind) to nominated direction, eg half turn.
Variations	-	A term used to describe any movement that is different to choreographed steps.
Vaudeville		Cross & heel (& cross & heel *) eg Step R over L, jump/step L back on L diagonal (&) tap R heel in place. *Usually followed by same on opposite foot.
Vine	4	See frieze.
Waltz	3	Basic waltz step, eg step forward slightly longer on the first step, bring the other foot together to meet it, replace weight to the first foot, ie step, together, together with one long step, two small steps. See also 'Twinkle' above.
Weave	4	As in a basket weave. A weave can step across in front of <i>or</i> behind weighted foot. An extended vine can also be called "a weave" although this is not commonly used. Rule of thumb : a weave is step across/side.. a vine is step side/behind.
Weight change	1	To move your body weight from one foot to the other, as when walking.

HAPPY DANCING .. KEEP IT FUN!

DISCLAIMER:

This glossary is a guide only and defines BASIC STEPS used worldwide in linedancing. It is not conclusive as there are many combinations and modifications of steps. Terms used by an individual instructor may depend on the state or country in which he/she is located, in much the same way as dialect changes.

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