

# Basic Line Dance Terminology



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Most dances fall into one of four categories:

- ❖ One-step,
- ❖ Two-step
- ❖ Cha-Cha
- ❖ Waltz.

The first three are counted in groups of eight (8 beats to the bar of music) while the waltz is counted in groups of six (6 beats to the bar).

The steps of the dances are counted individually e.g. 1,2,3,4 or in double time e.g. 1&2, 3&4 and with a waltz the count is 123,456.

## 1. Single beat steps:

**Step** (1 count) place foot on floor and take weight onto it

**Right Grapevine** (3 counts) step right foot to side, step left foot behind right, step right foot to side

**Left Grapevine** (3 counts) step left foot to side, step right foot behind left, step left foot to side

**Touch /Tap** (1 count) touch toe or heel to ground but don't put any weight on it

**Brush** (1 count) brush foot forward and upwards past the foot you are standing on

**Scuff** (1 count) as brush but make contact with heel on floor

**Hook** (1 count) (1 count) lift foot and cross in front of supporting leg

**Hop** (1 count) spring into the air taking off and landing with same foot

**Stomp** (1 count) make a 'stamping' action

**Hip Bumps** bump hips to the right, left, backwards or forwards in time to the music

**Left Weave** (4 counts) step right foot across in front of left, step left foot to left side, step right foot back behind left, step left foot to left side

**Right Weave** (4 counts) step left foot across in front of right, step right to right side, step left foot back behind right, step right foot to right side

**Toe Fan** (1 count) move the toe out while keeping heel in contact with the floor

**Heel Fan** (1 count) move the heel out while keeping ball of foot in contact with floor

**Heel Splits** (2 counts) keep weight on balls of feet move both heel out at the same time and then back together

**Jump** (1 count) jump forward or backward taking off and landing with both feet at the same time

**Hitch** (1 count) to lift the knee

**Rock** (1 count) to transfer weight from one foot to the other

**Jazz Box** (4 counts) step right foot across in front of left, step left foot back, step right foot to right side, step left foot next to left. Also done leading with left foot i.e. start by crossing left in front of right

**Heel Strut** (2 counts) place heel forward on floor then toe onto floor taking weight onto foot

**Toe Strut** (2 counts) place toe forward or backwards on floor then heel onto floor taking weight onto foot

**Left ½ Pivot** (2 counts) step forward on right foot, keeping weight on ball of left foot make a ½ turn over your left shoulder so that you end up with your weight on your left foot and facing the wall that was behind you

**Right ½ Pivot** (2 counts) step forward on left foot, keeping weight on ball of right foot make a ½ turn over your right shoulder so that you end up with your weight on your right foot facing the wall that was behind you

**¼ or ¾ Pivot** (2 counts) are in the same way, but make ¼ or ¾ turn to the appropriate wall

**½ Monterey Turn** (4 counts) touch right toe to right side, on ball of left foot make ½ turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right. Also done leading with left foot i.e. start by touching left toe to left side

**¼ or ¾ Monterey** (4 counts) are executed in the same way but make a ¼ or ¾ turn to the appropriate wall

**Syncopated Steps:** 3 steps forwards, backwards, sideways or on the spot, executed within 2 beats of the music. The following instructions are all leading with the right foot, but are also danced leading with the left foot (just the same steps but read left for right an right for left!)

**Slide** (1 count) to draw one foot next to the supporting foot

## **2. All counts are 1&2**

**Cha-Cha or Triple Step** step (1) right (&) left (2) right on the spot. Or (1) left (&) right (3) left on the spot

**Forward Shuffle** (1) step forward on right foot, (&) step left foot to right heel, (3) step right foot forward Chasse (1) step right foot to right side, (&) step left foot next to right foot, (3) step right foot to right side

**Coaster Step** (1) step right foot back, (&) step left foot back next to right, (3) step forward on right foot

**Sailor Step** (1) step right foot back behind left foot, (&) step left foot to left side, (3) step right foot next to left

**Mambo Step** (1) step forward on right foot, (&) lift left foot and replace it back down on the same place, (3) step right foot back next to left

**Back or Side Mambo** are executed in the same way but step (1) to the back or to the side

**Kick Ball Change** (1)kick right foot forward, (&) step onto ball of right foot next to left foot and lift left foot slightly off the floor, (3) replace left foot onto floor on the same spot

**Twinkle Steps** (1) step right foot across in front of left, (&) step left foot to left side, (3) step right foot

### 3. All examples leading with right foot but are also done leading with left foot

**Rumba Box** (8 counts) (1)step forward on right foot, (2)touch left toe next to right,(3)step left to left side, (4)step right next to left, (5)step back on left foot, (6)touch right toe next to left, (7)step right to right side, (8)touch left toe next to right

**Lock Steps Forward** (3 counts) (1)step forward on right foot, (2)step left foot behind right foot, (3)step forward on right foot

**Lock Steps Back** (3 counts) (1)step back on right foot, (2)step left foot in front of right foot, (3)step back on right foot

**Charleston** (4 counts) (1)touch right toe forward, (2)step right foot next to left, (3)touch left toe back, (4)step left foot next to right

**Rhonde Turn** (3 counts) (1,2)sweep right toe in front of left as you make ½ turn left on ball of left foot , (3) touch right toe next to left

**Heel Swivets** (4 counts) (1)fan right toe to right and left heel to left(2)return feet to place change weight to left heel and right toe, (3)fan left toe to left and right heel to right, (4)return feet to place

**Toe Switches** (2 counts) (1)touch right toe to right side, (&)step right foot in place, (2)touch left toe to left side, (&)step left foot in place

**Heel Switches** (2 counts) touch right heel to right side, (&)step right foot in place, (2)touch left heel to left side, (&)step left foot in place

**Cross Unwind** (2 counts) (1)cross right toe in front of(or behind) left foot, (2)unwind on balls of feet to take weight onto right foot (can be  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ , or full turn)

**Scissor Step** ( 4 counts) (1)step right foot to right side, (2)return weight to left foot, (3)cross step right foot in front of left, (4) hold for one beat (can also be syncopated – count is 1&2&)

**Running Man** (2 counts) (1)step forward right foot (&)hitch right knee and scoot right foot back, (2)step forward left foot (&)hitch left knee and scoot left foot back  
**Apple jacks** (2 counts) (1)with weight on right toe and left heel turn right heel left and left toe left, (&)both feet back to center ready to change weight, (2)with weight on right heel and left toe turn right toe right and left heel right, (&)both feet back to center ready to change weight

**Rolling Vine** (3counts) (1)step right making  $\frac{1}{4}$  turn right, (2) $\frac{1}{4}$  turn on the ball of right foot stepping left to left side, (3)pivot  $\frac{1}{2}$  turn on ball of left foot stepping right foot to right

**Heel Grinds** (2counts) (1)step right heel forward, toe pointing left, (2)grind right heel into floor, fanning toes to right and taking weight

**Knee Pops** (2counts) (1)with weight on left bend right knee in towards left leg, (2)straighten right knee and bend left knee in towards right leg