



Basic Line Dance Steps

ANCHOR STEP

A West Coast Swing triple step to the side, forward or back with second step behind before recovering, typically to the side.

BALANCE STEP

A 3-count waltz step with side, back rock to alternate foot (changing weight), and recover.

BOOGIE (aka BOOGIE WALK)

The free hip lifts and moves in a circular motion in the direction of the weighted foot, in a traveling line.

BRUSH

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, 3&4. (Similar to a shuffle, however cha cha is done on the spot 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) A pattern of 3 steps, typically back-together-forward.

Example: Right Coaster

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

HEEL DIG

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

DIP

A slight bend of the support knee to a sitting position with the free leg extended forward.

DRAW (aka DRAG aka SLIDE)

Bring the free foot slowly together to the weighted 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 with second step behind.

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. (i.e.: a Vine) or an extended vine of 6 or 8 counts.

Example:

- 1 Right to right side
- 2 Step left behind right
- 3 Right to right side
- 4 Touch, kick, brush, etc.

HEEL BOUNCE

With weight on balls of feet lift and drop heels.

HEEL GRIND

Take weight forward onto heel and arc toe over two counts.

HEEL SPLIT

Feet together with weight on balls of both feet.

Move heels apart and together.

HEEL STRUT

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

HITCH

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:

- 1 Step right over left
- 2 Step back left
- 3 Side step right
- 4 Step forward or cross left

KNEE POPS

A sequence of moves pushing knee forward, lifting heel off floor with ball of foot remaining in contact with floor.

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) and DOROTHY STEP

Example: **Lock**

Forward Left Lock Step

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

Example: **Dorothy Step**

- 1 Step forward right
- 2 Lock left tight behind right feet
- & Step forward on ball of right foot
- 3 Step forward left

LUNGE

The transfer of weight to a bent leg with free leg extended.

MAMBO

Three syncopated steps (moving forward, side or back) with a rock, recover, together.

Example: **Forward Mambo**

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

MONTEREY

1/2 turn right: Touch right to right side. On ball of left make 1/2 turn right, stepping right beside left. Touch left to left side. Step left beside right.

1/4 turn right: Touch right to right side. On ball of left make 1/4 turn right, stepping right beside left. Touch left to left side. Step left beside right.

PADDLE

A stationary turn that rotates around one predominantly weighted and centralized foot using the ball of the second foot to push off or paddle around the stationary foot.

PIVOT

2 count move. Step one foot forward on first count. Turn 1/2 or 1/4 shifting weight to stationary foot after pivot.

ROCKING CHAIR

Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.

ROCK (aka ROCK RECOVER)

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

ROLL (HIP)

The "indicated" body part circles right or left

ROLLING FULL TURN (RIGHT)

Step right 1/4 turn right. On ball of right make one-half turn right. On ball of right make 1/2 turn right stepping back left. On ball of left make 1/4 turn right stepping right to right side.

RUMBA BOX

8 count pattern with a hold on counts 4 & 8. Can start forward, back or side.

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
- & Step right to right side
- 2 Sidestep left to left side

SAMBA

The basic pattern is a form of the waltz balance step forward and backward, side to side, or crossing with weight changes. Count is generally 1a2, 3a4.

SCISSORS

- 1 Step to side with foot 1
- 2 Bring foot 2 next to it
- 3 Cross foot 1 over 2
- 4 Hold

SCUFF

Sweep your foot forward, scuffing the heel of your shoe/boot on the floor.

SHUFFLE (aka TRIPLE STEP)

3 steps done to 2 beats of music. (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). It can move forward, backward or to the side.

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

SKATE

Moving forward sliding one foot diagonally forward, taking weight, and sliding the other foot diagonally forward in the opposite direction.

SPIRAL TURN

Step lead foot forward, make a full pivot turn in the opposite direction ending with the weight on the lead foot and the other leg crossed over (in front). [Alternatively, can end by stepping the opposite foot forward as you complete the turn. Also called a Spiral Pivot Turn.

TOE SPLIT

Keep weight on heels of feet and move both toes out at the same time and then back together. (Move to "heel" section)

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.

SWEEP

To arc pointed toe out and around from front to back or back to front. Can sometimes be executed with a turn.

SWITCH

Shifting weight from one foot to the other in a rapid sliding movement, usually with pointed toes or heel digs.

SWIVET

Isolating the upper body and executing a twisting movement on the ball of one foot and the heel of the other. End with both feet facing the same direction.

SWIVEL

A movement of heels or toes while weight is on opposite part of foot.

TAP

Light touch of toe or heel to the floor.

TRIPLE STEP (aka SHUFFLE)

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

Example: Forward Triple Step

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

TWINKLE

A 3-count waltz step with a cross, side, recover. Can begin with either foot. Cross right in front of left foot. Step to side with left. Close right.

VAUDEVILLE (aka HEEL JACKS)

Left: Step diagonally back left on left. Cross right over left. Step diagonally back left on left. Touch right heel diagonally forward right.

Right: Step diagonally back right on right. Cross left over right. Step diagonally back right on right. Touch left heel diagonally forward left.

WALTZ

A rhythm with 3 beats to each bar of music. Dances in waltz timing are organized in the same way, with section containing three or six steps. Usually, a step is taken on each of these counts.

WALTZ BASIC; Waltz steps - groups of 3.

A basic waltz goes forward on one set of 3 and back on the other. The first count is long and the other 2 are short.

Example:

- 1 Step forward on L (long)
- 2 Step R next to L (short)
- 3 Step L in place (short)
- 4 Step back on R (long)
- 5 Step L next to R (short)
- 6 Step R next to L (short)

WEAVE

A continuous traveling pattern to the side which typically 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