



LINE DANCE TERMS

Most dances fall into one of four categories – One step, Two step, Cha Cha or Waltz.

The first three are counted in groups of eight (8 beats to the bar of music). 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 or with a waltz the count is 123, 456.

SINGLE BEAT STEPS:

1 COUNT STEPS

Step – Step your foot onto the floor with your weight transferred to the foot.

Touch or Tap – Touch your toe or heel to floor without transferring your weight to the foot.

Brush – Brush your foot forward and upwards, past the weight bearing foot.

Scuff – Brush your foot forward and upwards, past the weight bearing foot, but let your heel make contact with the floor.

Hook – Lift foot and cross in front of supporting leg.

Stomp – Stomp your foot on the floor, but not too hard.

Toe Fan – Move your toes out while keeping your heel in contact with the floor.

Heel Fan – Move your heel out while keeping the ball of your foot in contact with floor.

Hop – Jump into the air, taking off and landing with your same foot.

Jump – Jump forward or backward taking off and landing with both feet at the same time.

Hitch – Lift your knee to one count.

Rock – Transfer your weight from one foot to the other

Slide – Slide one foot over next to the other foot.

2 COUNT STEPS

Heel splits – Keep your weight on the balls of your feet. Move both heels out, at the same, and then back together.

Heel strut – Place your heel forward on the floor with your toes raised; drop your toes, putting your weight onto your foot.

Toe strut – Place your toes forwards or backwards on the floor with your heel raised; drop your heel, putting your weight onto your foot.

Left ½ pivot – Step forward on your right foot, keeping your weight on the ball of your left foot; make a ½ turn over your left shoulder so that you end up with your weight on your left foot, facing the wall that was behind you.

Right ½ pivot – Step forward on your left foot, keeping the weight on the ball of your 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 – The same as the ½ pivots, only making a ¼ or ¾ turn to the appropriate wall.

Heel grinds – (1) step forward on your right heel forward with your toes pointing left, (2) grind your right heel into the floor, fanning toes to right and taking weight onto your foot.

Running man – (1) step forward on your right foot (&) hitch right knee and scoot right foot back, (2) step forward on your left foot (&) hitch left knee and scoot left foot back.

Apple jacks – (1) with your weight on your right toes and left heel, turn your right heel to the left and your left toe to the left, (&) both feet back to centre ready to change weight, (2) with your weight on your right heel and left toes, turn your right toes right and your left heel right, (&) both feet back to centre ready to change weight.

Toe switches – (1) touch your right toe to the right side, (&) step your right foot in place, (2) touch your left toe to the left side, (&) step your left foot in place.

Heel switches – (2 counts) touch your right heel to the right side, (&) step your right foot in place, (2) touch your left heel to the left side, (&) step your left foot in place.

Cross unwind – (1) cross your right toe in front of (or behind) your left foot, (2) unwind on balls of feet to take your weight onto your right foot (can be ¼, ½, ¾, or full turn).

3 COUNT STEPS

Right vine – Step your right foot to the side; step your left foot behind your right foot; step your right foot to the side.

Left vine – Step your left foot to the side; step your right foot behind your left foot; step your left foot to the side.

Rhonde turn – (1,2) sweep your right toe in front of your left foot as you make ½ turn to the left on the ball of your left foot; (3) touch your right toe next to your left foot.

Lock steps forward – (1) step forward on your right foot; (2) step your left foot behind your right foot; (3) step forward on your right foot.

Lock steps back – (1) step back on your right foot; (2) step your left foot in front of your right foot; (3) step back on your right foot.

4 COUNT STEPS

Charleston steps – (1) Touch your right toe forward; (2) step your right foot next to your left foot; (3) touch your left toe back; (4) step your left foot next to your right foot.

Weave left – Step your right foot across in front of your left foot; step your left foot to left side; step your right foot back behind your left foot; step your left foot to the left side.

Weave right – Step your left foot across in front of your right foot; step your right foot to the right side; step your left foot back behind your right foot; step your right foot to the right side.

Jazz box – Step your right foot across in front of your left foot; step your left foot back; step your right foot to the right side; step your left foot next to your right foot. Also done leading with left foot i.e. start by crossing left in front of right.

½ Monterey Turn – Touch your right toe to the right side; on the ball of your left foot make a ½ turn over your right shoulder and step onto your right foot; touch your left toe out to the side; step your left foot next to your right foot. Also done leading with left foot i.e. start by touching your left toe to the left side.

¼ or ¾ Monterey Turn – The same as the ½ turn, but make a ¼ or ¾ turn to the appropriate wall.

Hip bumps – Bump hips to the right, left, backwards or forwards, in time to the music.

Scissor Step – (1) Step your right foot to the right side; (2) Return your weight to your left foot; (3) Cross step your right foot in front of your left foot; (4) Hold for one beat (can also be syncopated – count is 1&2&)

Heel Swivels – (1) Fan your right toes to the right and your left heel to the left; (2) Return your feet to the starting position and change weight to your left heel and right toes. (3) Fan your left toes to the left and your right heel to the right, (4) Return feet to the starting position.

8 COUNT STEPS

Rumba Box – (1) Step forward on your right foot, (2) touch your left toes next to your right foot, (3) step your left foot to the left side, (4) step your right foot next to your left foot, (5) step back on your left foot, (6) touch your right toes next to your left foot, (7) step your right foot to the right side, (8) touch your left toes next to your right foot.

SYNCOPATED STEPS:

3 steps forwards, backwards, sideways or on the spot, executed within 2 beats of the music.

The following instructions explain leading with the right foot, but can also be danced leading with the left foot. (just replace left for right and right for left in the instructions).

All counts are 1&2

Cha Cha or Triple Step – (1) Step 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.

Backward shuffle – (1) Step back on right foot, (&) step left foot back to right toe, (3) step right foot back.

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 – Executed the same as the Mambo Step, but (1) step 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.