



## Line Dancing Step Levels

### Beginner Level Steps:

Across	Grapevine (or Vine)	Rocking Chair
Balance	Heel Splits	Scuff
Ball	Hip Bump	Shimmy
Beats	Hitch	Slap
Behind	Hold	Splits (toe and heel)
Body Alignment	Home	Stamp
Brush	Hook	Step
Bump	Hop	Stomp
Center	Jump	Strut
Charleston	Kick	Sway
Count	Knee Pop	Swivel
Cross	Pivot Turn	Together
Cross Rock	Point (left, right, forward, back)	Touch (or Tap)
Dig	Posture	Walk
Frame	Recover	Weave
Freeze	Rock Step (forward, side back)	Weight Change (transfer)

### Improver Level Steps:

Balance Step	Crossing Shuffle	Restart
Ball change	Drag (draw)	Shuffle
Box Step	Fan (toe & heel)	Skate
Chasse (side shuffle)	Grind	Slide
Coaster (forward & back)	Jazz Box	Spot
Count "&"	Leap	Tag
Cross Unwind	Paddle Turn	

### Intermediate Level Steps:

Boogie	Kick Ball Change	Spin
Boogie Roll	Kick Ball Cross	Stationary Turns
Boogie Walk (camel walk)	Lock Step	Switches (side & heel)
Break Step	Lunge	Swivet
Break Turn	Mambo Step	Three Step Turn
Cha Cha	Mashed Potatoes	Toe/Heel/Cross Swivels
Chug	Monterey Turn	Torque
Cuban Motion	Pigeon Toe Movement	Triple Step
Diagonal	Press	Triple Step – Back (shuffle)
Heel Ball Change	Progressive Turns	Triple Step – Forward (shuffle)
Heel Jacks	Roll	Triple Turn
Heel Pivots	Ronde de Jambe	Turn
Heel Turns	Sailor Step	Turn in/out
Heel Twists	Sailor Step – Turning	Twinkle
Hip Lift	Scissors	Vaudeville (Heel Jacks)
Jazz Box (turning)	Scout	

# Line Dancing Step Glossary

## A

**Across:** Used to describe the movement of one foot in front of another. Or, movement across the line of dance.

**Anchor Step:** A triple step performed on the last two beats of each pattern in West Coast Swing. It is used to create a feeling of body language with resistance of both partners against each other, with extension at the end of each pattern. In line dancing, this is very similar to a Coaster Step.

**Ankle Rock:** With feet crossed and ankles locked rock weight onto forward foot. Return weight to back foot.

**Apple Jack:** Usually performed in pairs (one left, one right) as syncopated movements (& 1 & 2)

**Apple Jack left:** Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to center.

**Apple Jack Right:** Taking weight onto right heel and left toe swivel right toe and left heel to right side. Return feet to center

## B

**Back Rock:** Rock back on right (or left). Rock forward onto left (or right.)

**Balance 1/2 turn Left:** Step forward left. Step forward right. Pivot 1/2 turn left.

**Balance 1/2 turn right:** Step forward right. Step forward left. Pivot 1/2 turn right.

**Balance Step:** A step in any direction followed by a close step (no weight) and a hold or step in place. Primarily used in waltzes.

**Balance step back left:** Step back left. Close right beside left. Step left in place.

**Balance step back right:** Step back right. Close left beside right. Step right in place.

**Balance step forward left:** Step forward right. Close left beside right. Step right in place.

**Ball change:** A quick change of weight from one foot to the other, usually preceded with a kick or a heel touch.

**Beats:** A unit of measure of rhythmic time.

**Behind:** Used to describe the movement of one foot crossing behind another.

**Body alignment:** The body is made up of three parts; upper torso, center and lower torso. Proper body alignment contains stacked posture.

**Body angle:** While steps may be performed facing a particular wall the body may be required to angle to preparation for another step.

**Body Rise and Fall:** A form of Waltz styling. Bend knees when stepping on 1 count, then the body rises by straightening the legs on counts 2 & 3.

**Body roll:** Performed forward, backward or sideways, body rolls are a ripple of the body either up or down over a specified number of counts.

**Boogie:** The free hip lifts and moves in a circular motion away from the weighted foot.

**Boogie roll:** Similar to forward Cuban motion, using a bent knee, but the hip stays back.

**Boogie walk:** While moving forward, the non-support hip and leg moves forward using a circular movement transferring weight to the moving leg.

**Box step forward left:** Step forward left. Close right beside left. Step left to left side. Touch right beside left.

**Box step forward right:** Step forward right. Close left beside right. Step right to right side. Touch left beside right.

**Box step side left:** Step left to left side. Close right beside left. Step forward left. Touch right beside left.

Box step side right: Step right to right side. Close left beside right. Step forward right. Touch left beside right.

**Box steps:** A sequence of steps usually linked together into an eight count move forming a box shape on floor. Normally leads forward or to side. (about count 4 in each maneuver is a touch, sometimes replaced with a hold).

**Break:** Reverse or change direction. Or, a stopping of action in dance or music.

**Break Turn (step turn, chase turn, military pivot):** Step forward and take weight on the forward foot, turn ( $1/2$ ,  $1/4$  or  $1/8$ ) in the opposite direction of the forward foot, take weight on the other foot.

**Bpm:** Beats per minute. A way of measuring the tempo of a piece of music. Determined by counting how many beat of music there are in a minute of a track. It is normally the strongest beat that is counted.

**Bridge:** Used to describe a break from standard phrasing through out a piece of music and an addition sequence of steps to a dance to compensate for this.

**Brush:** A brush uses the ball of foot to brush the floor as the foot swings forward or back.

**Brush back left:** Brush ball of left back.

**Brush back left across right:** Brush ball of left back across right.

**Brush back right:** Brush ball of right back.

**Brush back right across left:** Brush ball of right back across left.

**Brush forward left:** Brush ball of left forward.

**Brush forward right:** Brush ball of right forward.

**Bump:** To isolate upper part of the body, flexing the knees, and pushing the hip to either side in any direction.

## C

**Camel walk left:** Travelling knee pops. Step forward left with straight leg. Slide right beside left while bringing the heel off the floor and push the knee forward, returning the heel to the floor. Step forward left.

**Camel walk right:** Travelling knee pops. Step forward right with straight leg. Slide left beside right while bringing the heel off the floor and push the knee forward, returning the heel to the floor. Step forward right.

**Carriage:** The way the body moves across the dance floor in perfect dance frame. See Frame.

**Center:** Balance point of the body located near the diaphragm. Three centers are high (under the breast plate which controls speed), medium (waist high which is the center of movement) and low (belly button level which is the center of balance.)

**Cha Cha:** Dance rhythm counted 1&2, 3&4.

**Charleston kick left & touch:** Kick left forward. Step left beside right. Touch right toe back. Step right beside left.

**Charleston kick right & touch:** Kick right forward, Step right beside left. Touch left toe back. Step left beside right.

**Chasse:** A syncopated pattern of side steps where the feet never pass. Normally three steps but can be extended.

**Chasse left:** Step left to left side. Close right beside left. Step left to left side.

**Chasse right:** Step right to right side. Close left beside right. Step right to right side.

**Chug:** With weight on the ball of one foot, lift the opposite foot and scoot forward. For hip-hop, a chug is a movement with the weight on the ball of one foot while using the opposite foot to push off and complete a turn without moving the weighted foot

**Clockwise:** Movements completed from left to right, the way the hands of a clock move around the face.

**Close:** To bring the feet together with or without a change of weight.

**Coaster step:** A movement with three steps all taking weight. Usually a syncopated movement but can be slowed with each step taken on full counts

**Coaster step forward left:** Step forward left. Step right beside left. Step back left.

**Coaster step forward right:** Step forward right. Step left beside right. Step back right.

**Coaster step left:** Step back left. Step right beside left. Step forward left.

**Coaster step right:** Step back right. Step left beside right. Step forward right.

**Count:** Generally used to determine weight changes; slow (2 beats of music), quick (1 beat of music), "and" (half a quick count).

**Count "&":** Half of a quick count – generally half of one beat of music.

**Counter clockwise:** Movements completed from right to left opposite clockwise.

**Cross & unwind ½ left:** Cross right over left. Unwind ½ turn left.

**Cross & unwind ½ right:** Cross left over right. Unwind ½ turn right.

**Cross & unwind  $\frac{3}{4}$  left:** Cross right over left. Unwind  $\frac{3}{4}$  turn left.

**Cross & unwind  $\frac{3}{4}$  right:** Cross left over right. Unwind  $\frac{3}{4}$  turn right.

**Cross kick left:** Kick left across right.

**Cross kick right:** Kick right across left.

**Cross left:** Cross left over right

**Cross right:** Cross right over left.

**Cross rock back left:** Cross rock back on left. Rock forward onto right.

**Cross rock back right:** Cross rock back on right. Rock forward onto left.

**Cross rock forward left:** Cross rock forward on left. Rock back onto right.

**Cross rock forward right:** Cross rock forward on right. Rock back onto left.

**Cross shuffle left:** Cross left over right. Step left to left side. Cross right over left.

**Cross shuffle right:** Cross left over right. Step right to right side. Cross left over right.

**Cuban motion:** This is the name for the contra movement of the hips during a cha cha. Hips move in an opposite direction.

**Cue:** To verbally call out the name of a pattern, weighted foot or a direction in dance before it happens.

## D

**Diagonal:** A direction that is 45 degrees away from the center of the line of dance.

**Diagonal kick left:** Kick left diagonally forward left.

**Diagonal kick right:** Kick right diagonally forward right.

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

**Drag (draw):** To bring the free foot slowly up to the supporting foot with the knee slightly flexed.

**Drive:** A forward or sideward power step using compression.

## E

**Electric kicks:** This is a Hip Hop maneuver and is done as follows:

Step forward on right foot while kicking left foot backward slightly off of floor.  
Step back on left foot while kicking right foot forwards slightly off of floor.  
Step back on right foot while kicking left foot forwards slightly off of floor.  
Step forward on left foot while kicking right foot backward slightly off of floor.

**Equilibrium:** A balanced condition from the equal action of opposing forces and weight distribution.

**Extended grapevine:** The basic grapevine continued in the same pattern

**Extension:** To stretch or extend parts of the body.

## F

**Fan:** Move the toe out and in while keeping the heel in contact with the floor.

**Fancy feet:** See Apple Jack

**Flare:** A low kick on or near the floor.

**Flex:** A slight bending of the knees.

**Flick:** A sharp, quick kick where the heel flicks back or out to the side.

**Forward:** See Direction

**Frame:** Dance posture for the purpose of maintaining balance, control and appearance. Body parts are stacked with the arms forward. The center of the body is used to facilitate all turning movement.

**Freeze:** Hold position. A stop – no movement

## G

**Grapevine:** A three step move which often ends with a touch, step or kick.

**Grapevine left:** Step left to left side. Cross right behind left. Step left to left side.

**Grapevine left ¼ turn:** Step left to left side. Cross right behind left. Step ¼ turn left.

**Grapevine right:** Step right to right side. Cross left behind right. Step right to right side.

**Grapevine right ¼ turn:** Step right to right side. Cross left behind right. Step right ¼ turn right.

**Grind:** To dig the heel of the foot into the floor with emphasis. Toes twist in and out, there is some weight on the heel.

## H

**Heel ball change left:** Touch left heel forward. Step left beside right. Step right in place.

**Heel ball change right:** Touch right heel forward. Step right beside left. Step onto left in place.

**Heel ball cross left:** Touch left heel forward. Step left slightly back. Cross right over left.

**Heel ball cross right:** Touch right heel forward. Step right slightly back. Cross left over right.

**Heel bounce:** With weight on balls of feet lift and drop heels.

**Heel clicks:** Rise onto balls of feet and clicking heels together.

**Heel fan:** With weight on ball or foot twist heel of foot out to side.

**Heel fan left:** Fan left heel out to left side. Return heel to centre.

**Heel fan right:** Fan right heel out to right. Return heel to centre.

**Heel grind:** Take weight forward onto heel and arc toe over two counts.

**Heel grind left:** Rock forward on left heel arcing left toe from right to left. Return weight back onto right.

**Heel grind right:** Rock forward on right heel arcing right toe from left to right. Return weight back onto left.

**Heel jack left:** Step diagonally back right. Touch left heel diagonally forward left. Step left into centre. Touch/step right beside left.

**Heel jack right:** Step diagonally back left. Touch right heel diagonally forward right. Step right into centre, Touch/step left beside right.

**Heel pivot:** Step side or back, turn in the opposite direction of the weighted foot. Feet are brought together. Turn on the heels of both feet. Step forward on the un-weighted foot.

**Heel split:** Split heels apart. Return heels to center.

**Heel strut left:** Step forward on left heel. Drop left toe taking weight.

**Heel strut right:** Step forward on right heel. Drop right toe taking weight.

**Heel switches (left):** Touch left heel forward. Step left beside right. Touch right heel forward. Step right beside left.

**Heel switches (right):** Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.

**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

**Heel turn:** Same as *heel pivot* except you end by stepping forward on the opposite foot

**Heel twist:** Weight is on balls of feet, feet are together, move both heels to one side (left or right) and then back to center.

**Hip bumps back left:** Step back left, bumping hips – left, right, left.

**Hip bumps back right:** Step back right, bumping hips – right, left, right.

**Hip bumps forward left:** Step forward left, bumping hips – left, right. Left.

**Hip bumps forward right:** Step forward right, bumping hips – right, left, right

**Hip lift:** The hip lifts by straightening the non-supporting leg and leaving the heel up.

**Hip roll:** The movement of the hips in a circular action either clockwise or anti-clockwise.

**Hitch left:** Hitch left knee up.

**Hitch right:** Hitch right knee up

**Hold:** A pause with no movement

**Home:** Original starting place.

**Hook:** Lift foot and cross in front of supporting leg.

**Hop:** A jump on the spot of one foot and landing on same foot.

## J

**Jazz box:** A four count dance pattern that makes a four cornered pattern (box) on the floor ending with feet apart.

**Jazz box ¼ turn left:** cross left over right. Step back on right. Step left ¼ turn left. Step right beside left.

**Jazz box ¼ turn right:** cross right over left. Step back on left. Step right ¼ turn right. Step left beside right.

**Jazz box left:** cross left over right. Step back on right. Step left to left side. Close right beside left.

**Jazz box right:** cross right over left. Step back on left. Step right to right side. Close left beside right.

**Jazz triangle:** A four count dance pattern that makes a three cornered pattern (triangle) on the dance floor ending with the feet together.

**Jump:** to spring into air on both feet and land on both feet.

**Jumping jacks:** a jump landing feet apart, then returning to centre. Often syncopated and some times returning to a crosses position.

## K

**Kick:** A leg lift movement in any direction taken from the knee. The knee does not completely straighten.

**Kick ball change left:** Kick left forward. Step left beside right. Step onto right in place.

**Kick ball change right:** Kick right forward. Step right beside left. Step onto left in place.

**Kick ball cross left:** Kick left forward. Step left beside back. Cross right over left.

**Kick ball cross right:** Kick right forward. Step right beside left. Cross right over left.

**Kick forward left:** Kick forward left.

**Kick forward right:** Kick forward right.

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

## L

**Leap:** To spring into the air from one foot and land on the other foot.



**Lock back left:** Step back left. Lock right across left. Step back left.

**Lock back right:** Step back right. Lock left across right. Step back right.

**Lock forward left:** Step forward left. Lock right behind left. Step forward left.

**Lock forward right:** Step forward right. Lock left behind right. Step forward right.

**Louie Louis:** A maneuver done with one foot forward of the other and weight on the balls of both feet. The knees are bent slightly and both heels swivel inward and then back to centre.

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

## M

**Mambo basic:** Step forward left foot, step in place right foot, step left foot beside right foot.

**Mark time:** To step in place twice with two weight changes.

**Mashed potatoes:** A syncopated maneuver traveling rearward which involves the stepping back (usually behind the other foot) with the heel turned slightly inward, and then the quick swiveling of the heel on the weighted foot outward.

**Military pivot:** See pivot 1/2 turn

**Military turn:** See pivot 1/4 turn

**Moon walk:** A backward camel walk.

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

**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.

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

**Monterey 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.

## N

**Nanigo:** The pelvis moves from back to front. Arch the back then bring hips forward. Generally a 2 count move. Can be doubled and is a rapid move counted as &1&2

## P

**Paddle Turn:** A stationary turn that rotates around one predominantly weighted and centralized foot using the second foot to push off or paddle around the stationary foot.

**Phrased:** If a dance is phrased it has been choreographed to exactly fit the pattern of the music. Some dances have tags. Bridges or are structured in parts to achieve this.

**Pigeon Toed:** A pattern traveling sideways bringing the toes together leaving the heels apart, then bringing the heels together leaving the toes apart.

**Pivot:** A turn where one foot is forward of the other and the turn is made on the balls of the feet changing weight. Feet do not leave floor.

**Pivot 1/2 left:** Step forward right. pivot 1/2 turn

**Pivot 1/2 right:** Step forward left. Pivot 1/2 turn.

**Pivot 1/4 left:** Step forward right. Pivot 1/4 turn

**Pivot 1/4 right:** Step forward left Pivot 1/4 turn

**Pivot 3/4 left:** Step forward right. Pivot 3/4 turn

**Pivot 3/4 right:** Step forward left. Pivot 3/4 turn

**Platform Spin (Pencil Turn):** A spin done with the feet close together. See Spin.

**Point left:** Point left toe to left side.

**Point right:** Point right toe to right side.

**Posture:** To stand tall with all parts of the body stacked under the head. Smooth: Hips are tucked under the body in one solid line – used in smooth dances. Rhythm: Hips are released into two separate units – used in rhythm dances.

**Press:** Step forward (or backward) with your free foot, putting partial weight on the ball of your foot. Your supporting leg should be straight and your pressed leg (free foot) is bent with some pressure (partial weight) on the floor. Your body should be leaned forward (or backward) just a bit.

**Progressive turn:** A traveling rotation of the body done moving forward or backward down the line of dance.

**Push step:** A step ball change pattern moving to the side, forward or backward.

## R

**Ramble:** To travel right or left twisting heels and toes.

**Recover:** To step in the original position (see in place)

**Restart:** Restarting a dance at the beginning at a certain interval in the choreography.

**Reverse pivot:** Same movement as a basic pivot but the initial step is back.

**Rhythm:** The recurring flow of heavy and light accents in a piece of music. These accents are used to create a pattern of foot and body movements which becomes a dance.

**Ripple:** A wave-like motion beginning in the lower part of the body and ending at the shoulders and head.

**Rise:** To come up on the balls of the feet.

**Rock back left:** Rock back of left. Rock forward onto right.

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

**Rock forward left:** Rock forward on left. Rock back on right.

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

**Rock left:** Rock to left side on left. Rock onto right in place.

**Rock left 1/4 turn right:** Rock to left side on left. Rock onto right making 1/4 right.

**Rock, recover:** Can be done forward, back, or to either side, step forward and without moving feet, shift weight to forward foot, (rock) then shift weight back to stand on back foot. (recover)

**Rock right:** Rock to right side on right. Rock onto left in place.

**Rock right 1/4 turn left:** Rock to right side on right. Rock onto left making 1/4 turn left.

**Rocking chair forward left:** Rock forward on left. Rock back onto right. Rock back on left. Rock forward onto right.

**Rocking chair forward right:** Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.

**Roll:** The "indicated" body part circles right or left.

**Rolling full turn left:** Step left 1/4 turn left. On ball of left make 1/2 turn left stepping back right. On ball of right make 1/4 turn left stepping left to left side.

**Rolling full turn right:** Step right 1/4 turn right. On ball of right make 1/2 turn right. On ball of left make 1/4 turn right stepping back left. On ball of left make 1/4 turn right stepping right to right side.

**Ronde de Jambe (Ronde):** With weight on one foot sweep free foot around with point toe. (this move can incorporate a turn).

**Running man:** Stepping forward right. Hitch left knee as you scoot right back. Step forward left. Hitch right knee as you scoot back on left.

## S

**Sailor step:** A dance pattern. A shuffle type step starting with a cross behind. The name derives from the stumbling type step a sailor does when he first hits dry land. The style is accomplished by leaning in the opposite direction of the crossing foot.

**Sailor step left:** Cross left behind right. Step right to right side. Step left to place.

**Sailor step right:** Cross right behind left. Step left to left side. Step right to place.

**Sailor Shuffle:** See Vaudeville Left and Right

**Samba:** A dance from Brazil. The basic pattern is a form of the waltz balance step forward and backward with weight changes. The box step is also a basic pattern. Count is generally 1a2, 3a4. Uses a pendulum motion with hip action.

**Scissor (left) steps:** Step left to left. Step right beside left. Cross left over right.

**Scissor (right) steps:** Step left foot to left side. Close right foot beside left. Cross left foot in front of right and hold.

**Scoot:** A loop or jump with movement forward.

**Scuff left:** Scuff left forward.

**Scuff right:** Scuff right forward

**Shimmy:** Rapid, alternate shoulder movement. As left shoulder moves forward, right moves back.

**Shuffle 1/2 turn left:** Shuffle step forward making 1/2 turn left, stepping – right, left, right.

**Shuffle 1/2 turn right:** Shuffle step forward making 1/2 turn right, stepping – left, right, left.

**Shuffle back left:** Step back left. Close right beside left. Step back left.

**Shuffle back right:** Step back right. Close left beside right. Step back right.

**Shuffle forward left:** Step forward left. Close right beside left. Step forward left.

**Shuffle forward right:** Step forward right. Close left beside right. Step forward right.

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

**Skip:** See Scoot

**Slap:** Use of the hand to slap heel or knee.

**Slide:** To move a foot in any direction while keeping it in contact with the floor. Usually used to describe the drawing of one foot to another.

**Spin:** A full or 3/4 turn executed on the ball of one foot over one beat of music.

**Splits:** Heel Split: keep weight on balls of feet and move both heels out at the same time and then back together. Toe Split: keep weight on heels of feet and move both toes out at the same time and then back together.

**Spot dance:** Executed in one area or spot.

**Stamp:** Another word used to stomp up.

**Stationary turn:** A rotation in place taking one or more weight changes to complete.

**Step:** The word used to indicate a movement of a foot with change of weight.

**Step, touch:** Step on one foot. Touch other foot beside it.

**Stomp left:** Stomp left beside right.

**Stomp right:** Stomp right beside left.

**Stomp up left:** Stomp left beside right (no weight).

**Stomp up right:** Stomp right beside left (no weight).

**Stride:** A large step forward or back.

**Stroll:** A disco dance pattern. A 4 count pattern beginning with a forward diagonal step for count 1, then a cross behind (lock) for count 2, and another forward diagonal step for count 3, Ending with a hold on count 4. Repeat on other side.

**Strut:** Toe Strut: moving forward or backward. Count 1 – place the toe of the foot on the floor. Count 2 – come down on the heel with a weight change.  
Heel Strut: moving forward, place the heel on the floor for count 1, come down on the ball of the foot for count 2 with a weight change.

**Sugar foot left:** Isolate upper body. Alternating swiveling (or pivoting) the feet in the direction of the un-weighted foot. Touch left toe to right instep. Touch left heel to right instep.

**Sugar foot right:** Isolate upper body, Alternating swiveling (or pivoting) the feet in the direction of the un-weighted foot. Touch right toe to left instep. Touch right heel to left instep.

**Sugar foot swivel left:** Swivel left heel to right side while touching right toe to left instep. Swivel left to right side while touching left heel to right instep.

**Support leg:** The leg with your weight on it.

**Sway:** Rhythmically moving the upper torso to one side and/or the other.

**Sweep:** To arc pointed toe out and around from front to back or back to front. Can sometimes be executed with a turn. See Ronde de Jambe.

**Switches:** See Toe and/or Heel Switches.

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

**Swivel left:** Taking weight onto left heel and right toe swivel both toes to left. Return feet to centre.

**Swivel right:** Taking weight onto right heel and left toe swivel both toes to right. Return feet to centre.

**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.

**Syncopated grapevine:** The same pattern of steps as a basic grapevine but the timing uses whole and half counts making the movement quicker. (1&2&)

**Syncopation:** The use of the downbeats of music or the beats in between the whole beats. e.g. - shuttle, kick ball change.

## T

**Tag:** An addition to a dance sequence added at various points in a piece of music to keep dance in phrase with track.

**Tap:** See Touch

**Tempo:** The speed of a piece of music.

**Three step turn:** Full rotation of the body done by stepping with one foot and making ½ turn, step with the other foot for ½ turn and ending by stepping forward with the free foot.

**Toe fan left:** Fan left toe to left side. Return toe to centre.

**Toe fan right:** Fan right toe to right side. Return toe to centre.

**Toe heel cross swivels:** Isolate the upper body. 1) swivel or pivot right on the right foot. Foot to face diagonal wall with left toes touching the right instep. (2) swivel or pivot left on the right foot. Foot to face diagonal center, touch left heel forward. (3) swivel or pivot right on the right foot. Foot to face line of dance. Cross (lock) the left foot over the right and change weight. Toes point in the same direction during the swivel (pivoting) motion. Repeat to the left.

**Toe splits (L&R):** With heels in place, fan both toes out and back together.

**Toe strut back left:** Step left toe back. Drop left heel taking weight.

**Toe strut back right:** Step right toe back. Drop right heel taking weight.

**Toe strut forward:** Step forward on right toe. Drop heel taking weight.

**Toe strut forward left:** Step forward on left toe. Drop heel taking weight.

**Toe switches (left):** Touch left toe forward. Step left beside right. Touch right toe forward. Step right beside left.

**Toe switches (right):** Touch right toe forward. Step right beside left. Touch left toe forward. Step left beside right.

**Together:** Move free foot next to opposite foot.

**Torque:** A rotation of the upper body which twists and stretches the abdominal muscles and creates tension in them. Creates energy to a turn.

**Touch:** To tap toe or heel without weight.

**Traveling applejacks:** A pattern traveling sideways bringing toes together leaving the heels apart, then bringing the heels together leaving the toes apart. Weight is on one toe and the opposite heel, then reversed to result in sideways traveling.

**Triple 1/2 turn left:** Triple step 1/2 turn left, stepping - left right left

**Triple 1/2 turn right:** Triple step 1/2 turn right, stepping - right left right

**Triple 1/4 turn left:** Triple step 1/4 turn left, stepping - left right left.

**Triple 1/4 turn right:** Triple step 1/4 turn right. stepping - right left right

**Triple 3/4 turn left:** Triple step 3/4 turn left, stepping - left right left.

**Triple 3/4 turn right:** Triple step 3/4 turn right, stepping - right left right

**Triple full turn left:** Triple step full turn left, stepping - left right left.

**Triple full turn right:** Triple step full turn right, stepping - right left right.

**Triple step left:** Triple step in place, stepping - left right left.

**Triple step right:** Triple step in place, stepping - right left right.

**Turn:** A movement made to change direction.

**Turn in:** A turn that rotates in the opposite direction of the weighted foot.

**Turn out:** A turn that rotates in the same direction of the weighted foot.

**Turning grapevine:** A weaving move. Side step, behind step, step turning  $\frac{1}{4}$  (or  $\frac{1}{2}$ ), step together.

**Twinkle:** Can begin with either foot. Cross right in front of left foot. Step to side with left. Close right.

**Twist turn:** From a locked position, turn on the heel of one foot and the toe of the other in the direction of the back foot.

**Twist:** With weight on balls of feet heels move freely in given direction.

**Two step:** A six count rhythm which uses counts 1 and 3 as quick steps, then counts 3,4 and 5,6 as two slow counts. (quick, quick, slow, slow.)

## V

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

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

## W

**Walk:** Stepping and taking weight on each foot as you move forward or backward.

**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. Experienced dancers can work on their rise and fall to give added grace to this dance.

**Weave left:** Cross right over left. Step left to left side. Cross right behind left. Step left to left side.

**Weave right:** Cross left over right. Step right to right side. Cross left behind right. Step right to right side.

**Weight Change (transfer):** Shifting body weight from the supporting foot to the free foot.

**Wizard Right:** Step Right forward, lock Left behind Right, step Right forward. This is a syncopated step (1,2&)

**Wizard Left:** Step Left forward, lock Right behind Left, step Left forward. This is a syncopated step (1,2&)