



ASSOCIATION

LINE DANCE TERMINOLOGY

Note: The following examples of step descriptions can start on *either* foot.

Across: **A.** Movement across the line of dance. **B.** Moving one foot forward crossing over the opposite floor.

And: **A.** Referred to the count “&”. **B.** A call such as “ready &”. **C.** A half of a beat.

Apple Jack: Feet are positioned slightly apart with weight on the heel of one foot and the ball of the other foot; swivel toe and heel respectively out to make a “V” and then return to the center position. E.g: Left Applejack – Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to center

Ball: Refers to part of the foot just behind the toes.

Ball change: Two weight change. A tap dance term using a quick change of weight. Count “&” step on the ball of the foot. “1” step on the opposite foot.

Basic waltz step: A waltz timing step, either forward or backward to the count of three e.g. forward right, place left next to right, transfer weight back to right

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

Boogie Walk: To move the free leg by lifting the hip and stepping forward with a circular movement. Alternatively, step lead foot forward & swivelling to lead side on balls of feet

Brush: To lightly touch or slide the ball of the foot against the floor forward or backward.

Bump: **A.** To isolate the upper part of the body, flexing the knees, and pushing the hips to either side. **B.** Dancers bump hips to the side or the buttocks of their partner (more common in partner dancing)

Cha-cha: A Latin dance in 4/4 time using interlocking slots.

Sometimes referred to as studio style.

A. Side Entrance

- 1 Step Left to Left side.
- 2 Step Right back.
- 3 Replace weight on Left.

The most Latin dancers prefer to start the pattern.

B. Break Step Entrance

- 2 Step forward Left.
- 3 Replace weight on Right.

Often used to help to get to the correct count.

C. Step on count 1 on the Right foot.

- 1 Step in place or to the side on the right foot.
- 2 Step forward Left
- 3 Replace Right.

Charleston: A dance originated in the 1920's. Consists of a swivelling motion of the feet. Count &, 1&, 2&, 3&, 4.

Footwork with swivels.

& Swivel Right foot inward, lifting left leg outward

1 Step Left forward, turning Left toes outward and right heel inward.

& Swivel Left foot inward, lifting right leg outward.

2 Turn right foot inward, touch or kick the right foot forward. Turn left heel inward.

& Swivel left foot inward, lifting the right leg outward.

3 Step back on right foot, turning feet into 3rd position.

& Swivel right foot inward, lifting left leg outward.

4 Turn left foot outward, touch the left foot back. Turn both feet into 3rd position.

Footwork of what most people call a Charleston. It is actually the Black Bottom.

1 Step forward on Left

2 Kick Right foot forward

3 Step Right back

4 Touch Left toes back

Chasse' (Sha say): A three step syncopated pattern (triple step) where the free foot comes to closure in 1st or 3rd position, and replaces the other foot. Usually counted as 1 & 2 or 1 & 2 & 3 & 4

Clockwise: A directional movement around the dance floor turning right.

Coaster Step: A triple step dance pattern over 2 counts taken from West Coast Swing. The lower body moves backward and forward leaving the upper body tilted forward. May also be done forward.

Footwork Backward

1 Step left back on ball of foot

& Step right beside left on ball of foot

2 Step left forward.

Contra: Two dance lines facing one another and dancing between partner in the line facing you.

Corkscrew turn: Cross one foot over the other. With weight on balls of both feet make a 3/4 or full turn, first unwinding (ie: turn in the opposite direction of whichever foot is crossed – if the left foot is crossed over the right, turn right) and continuing the turn so that the legs are crossed in the opposite position at the end of the turn (ie: if initially the left leg is crossed over the right, the turn ends with the right crossed over the left). Upon completion of a full Corkscrew turn, the trailing foot is usually lifted off the floor slightly.

Dorothy Step: Step lead foot forward to the diagonal, lock other foot behind lead foot, step lead foot forward to the diagonal (on &).

Fan: A two count step moving either the toe or heel e.g. Keeping heel in place fan toes out and then back in.

Flick: A sharp, quick kick backwards, point toes, keeping the knees together.

Foot positions:

1st position - feet together, slight distance apart

2nd position - feet parallel, hip distance apart

3rd position - heel of one foot to the instep of the other foot, either foot

4th position – open position- heel opposite toe, in front or behind leading foot, can be on either foot

5th position – heel to toe, or toe to heel, can be on either foot.

Can also have extended 3rd and extended 5th and crossed 1st and 2nd.

Grapevine: Also known as a vine. A 3 count travelling step pattern to the side with crosses behind or in front in 3rd and 5th position. The 4th count can consist of a Touch, Kick, Hitch etc

Footwork for the most common pattern

- 1 Step right to right side
- 2 Place left behind right in 5th position
- 3 Step right to right side
- 4 Touch Left beside Right.

Turning Vine: A step pattern which consists of a vine with a 1/4 or a 1/2 turn in the direction of the weighted foot on the 3rd count.

Heel Jack: Step foot diagonally back. Touch other heel diagonally forward. Step beside first foot. Touch/step lead foot together. (The first step is syncopated)

Heel split: A two count step, keeping weight on balls of the feet, push both heels apart on count 1; turn both heels back in on count 2.

Hinge Turn: On the ball of the lead foot turn 180° in the opposite direction stepping the other foot to the side (count 1), slide the lead foot together (count 2).

Hold: To do nothing for a specified time. Often a clap is used to fill the pause.

Hook: Bring heel up to shin of weight bearing leg, replace.

Hitch: Lift non weight bearing foot off the floor, bending the knee in 3rd position.

Jazz box: A four count dance pattern that makes a four cornered pattern (box)

A. Start with a forward step.

- 1 Step right forward
- 2 Cross left over right
- 3 Step right back
- 4 step left to left side

B. Start with a lock in 2nd position.

- 1 Cross right over left in locked 2nd position
- 2 Step back on left
- 3 Step right to right side
- 4 Step left forward

Jazz Jump: Two steps over one count, making a small jump forward onto one foot then the other foot.

Kick: Lift the non-support leg from the knee and straighten the knee with turn out (3rd position) from the hip.

Kick-ball change: Kick lead foot forward, step ball of lead foot back to place, step other foot in place.

Knee Pops: A sequence of moves pushing the non-weighted knee forward, lifting the heel off floor with the ball of the foot remaining in contact with floor (the knee is often pushed across in front of the opposite leg). Straighten knee & drop the heel. Often done in pairs. May be syncopated (&1)

Locks: A tight cross of the feet in 1st or 2nd position with isolation. To cross in front can be called a Cross Lock. To cross behind is sometimes called a Hook Lock.

Lock Step: A 3 Count step that can be performed travelling forward or backward locking the free foot behind or in front the weight bearing foot.

Footwork for a Right Lock Step

- 1 Step right forward.
- 2 Lock left behind right
- 3 Step forward on right

4 Scuff (in this instance count 4 is a scuff)

Footwork for a syncopated lock step over 2 counts

1 Step right forward.
& Lock left behind right
2 Step forward on right

Mambo step: A Latin dance in 4/4 timing that can be performed forward, backward or to the side.

Footwork for common Mambo step forward

1 Rock ball of right forward
& Recover weight on left
2 Step back on right

Monterey Turn: It may be 1/4, 3/4 or full. Eg: **Right Monterey turn** – reverse directions for a left: Touch toes of right foot to the right side, keeping weight on the left foot (count 1). Turn 1/2 turn right and step right foot next to left taking the weight onto right foot (count 2). Touch left toes to left side (count 3). Step left foot beside right with weight on the left foot (count 4).

Paddle Turn: A turn either left or right, using a series of ball changes with the weight staying over the turning foot.

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

Pivot: A 1/2 turn in 5th position.

Pivot Turn: a.k.a Step Turn, Chase Turn. An inside turn in 5th position consisting of two weight changes.

Footwork

1 Step right forward and make ½ turn left.
2 Replace left foot.

Rocking Chair: A series of 4 rocks. Eg: **Right Rocking Chair:** Rock/step forward on left. Rock back onto right. Rock/step back on left. Rock forward onto right, can also be backwards.

Rock step: Two weight changes in 5th position, in opposite directions, using two beats of music. Forward and backward rock steps are performed in 5th position, side rock steps in 2nd position.

Restart: The dance will restart before the end of the current wall, this is due to a change in the music

Samba: Cross lead foot over other foot, step the other foot slightly to the side (on &), step lead foot together.

Sailor Step: E.g: **Left Sailor:** Cross left behind right. Step right to right side. Step left to place.

Scissor step: The weight is distributed evenly on both feet. Both legs slide past each other forward and backward or side to side.

Scuff: Striking the heel of the foot forward on the floor.

Shimmy: Rapid, alternate shoulder movement. As left shoulder moves forward, the right shoulder moves back. Done in time to the beat or syncopated

Shuffle step: A two count step, using three steps to travel in a given direction e.g. forward, together, forward on a 1 & 2 count

Skate: A forward progressing pattern, executed by sliding the foot diagonally forward and away from the center. The body turns in the same direction as the foot.

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). This step can also end by stepping the opposite foot forward as you complete the turn. Also called a Spiral Pivot Turn

Stomp: To step down with force and weight change.

Stomp Up: a.k.a Stamp. To stomp without a change of weight.

Struts:

Toe Struts: Moving forward or backward. Can also be performed to the side and across the weight bearing foot. Place ball of foot forward. Drop heel to the floor.

Heel Struts: Moving forward, place the heel on the floor and drop the toes.

Sweep: To move foot from starting position to end position along the floor

Switches: Can be heels or toes; return foot next to other changing weight and placing other foot out

Swivvet: Twist the heel of one foot and the ball of the other foot to the side (the feet remain parallel), then twist back to the center. Eg: **Right:** On the ball of left foot and the heel of right foot, swivel left heel to the left and right toes to the right. Then return. During the swivvet your heel and toes should be moved at approximately a 45 degree angle.

Syncopation: making three movements over two counts e.g over 1&2 not 1,2,3

Tag: A 'one off' section of steps used to accommodate a temporary change in the music

Tap/Touch: Tap: To touch a part of the foot to the floor with no weight. Touch: To place the toes of the free foot next to the weight bearing foot with no weight.

Turn: A rotation of the body that changes direction in which the body is moving, and indicated one or more weight change.

Twinkle: A forward progressive pattern in Waltz using diagonals. Stepping diagonally forward, to the side and diagonally forward.

Vaudeville: Eg: **Left:** Step diagonally back left on left. Cross right over left. Step diagonally back left on left & turn body diagonally to the right. Touch right heel diagonally forward to the right.

Waltz: A progressive dance done in 3/4 timing using six weight changes.

Weave: A continuous Grapevine pattern crossing in front or behind. Weaves most commonly start with a Cross step or a Behind step and can travel Right or/and Left.

Weight Change: To move from one foot to the other.

