

# LINE DANCE JARGON/STEPS



Many rhythms are used in line dancing but the most common music used to choreograph dances to will have four beats to the bar. With Line Dancing this usually means that each dance step matches the beat so that steps can be counted to match the beats. If you put in an extra step, or miss a step, you will invariably end on the wrong foot. Each step combination is given a name and this is learned.

Dances are divided into several categories – Absolute Beginner, Beginner, Improver or Easy Intermediate, Intermediate, Advanced. In our U3A Line Dance group we usually do Absolute Beginner, Beginner dances, Improver dances and some Easy Intermediate dances.

Beginner dances most frequently have a sequence of 32 steps, divided into 4 sections of 8 steps each section. The choreography gets longer or more complicated according to the level of difficulty.

Line Dances are choreographed and written down as Step Sheets. These step sheets are usually good at detailing each step you take, but at times can be quite hard to “read” and interpret. The jargon, or terminology, below might help with this but usually most people are happier to learn from an instructor as they go along. The list below gives only the most common step and is not comprehensive. Some people may be able to describe a step better so, if you find something hard to follow from this list, ask someone else who may be able to describe it more accurately for you. Or better still, can show you.

STEP NAME	HOW IT'S DONE
BALL CHANGE	A quick change of weight from the ball of one foot to the other foot. See KICK BALL CHANGE
BRUSH	The leg swings forward as the foot makes a slight contact with the floor in a brushing motion. Weight then changes to the foot that has made the brush.
CHA CHA	There are three quick steps in place, beginning with either the right or left foot. The count is 1-and-2, or cha-cha-cha.
CHASSE	A pattern of step side, step together, step side. The foot comes together alongside the other foot. It doesn't cross it. Usually done sideways but can be done forward or backward – just like a Shuffle.
COASTER STEP	Done with left or right leg. RIGHT COASTER: With right foot take a small step backward, move the left foot back to come alongside right foot and, rising onto balls of feet, step forward with right foot. With a COASTER CROSS instead of stepping forward with the right foot, the right foot crosses the left foot.
CROSS SHUFFLE	See SHUFFLE
DRAW or DRAG or SLIDE	To slightly slide or drag the free foot together to the weighted foot.
EXTENDED VINE	<b><i>Read Grapevine, below, first.</i></b>

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	An extended vine usually continues in one direction (right or left) for 8 beats. Instead of the foot touching or brushing beside the other foot on the 4 <sup>th</sup> beat, the foot crosses <b>over</b> the right,(4 <sup>th</sup> beat), steps side with the right,(5 <sup>th</sup> beat), step left foot <b>behind</b> right,(6 <sup>th</sup> beat), step side with the right(7 <sup>th</sup> ), touch, brush or other movement designated with the left.
GRAPEVINE or VINE	A moving step to the side (right or left) – a Right Vine: step side right with right foot,(1 beat) step left foot <b>behind</b> right,(2 <sup>nd</sup> beat) step side right with right foot,(3 <sup>rd</sup> beat) left foot then either touches or brushes beside right.(4 <sup>th</sup> beat). Left vine: step side left with left foot, step right foot <b>behind</b> left, step side left with left foot, right foot then either touches or brushes beside left. See also <b>EXTENDED VINE</b> and also <b>WEAVE</b> .
HEEL SWITCHES	Right heel forward touching the floor, bring right foot back to hop and change your weight so that you can quickly place your left heel forward on the floor.
HITCH TURN	A HITCH is lifting the leg at the knee. This can be followed by a HOP, a COASTER STEP, or a TURN. With a HITCH TURN you use the momentum of making the hitch to turn a quarter. Done right or left.
HOP	Jump and land on same foot. If doing a HITCH with the right leg, the HOP will be done with the left foot.
JAZZ BOX (or Box Step)	Can be Left or Right leading: Right over left, step back with left, step right to right side, close left to right foot. (often done with ¼ turn).
KICK	A quick thrust forward of leg in the air (not touching floor).
KICK BALL CHANGE	Kick forward, as above, before making the change of weight from the ball of one foot to the other foot.
LOCK STEP	Right step forward, bring left leg tightly behind right leg, step forward with right leg. Left step forward, bring right leg tightly behind left leg, step forward with left leg.
MAMBO STEP	A quick step forward and back with same foot. Can be a right mambo, left mambo or side mambo. Side mambo is a quick step sideways and back with same foot.
MONTEREY TURN	A method of turning either half way round or a complete turn. To make a full turn clockwise, do four alternate side touches turning a quarter each time you do a side touch (right, left, right left). A side touch is simply putting one foot out to the side (lightly touching floor) and bringing it back in beside other foot.)
PADDLE TURNS	Using one foot to push the body round in small quarter turns whilst weight remains on other foot.
PIVOT TURN	Using the weight on both feet to make either a quarter or half turn
POINT	A step where the right or left foot points to the side.
ROCK	With right foot step forward, rock weight onto this foot and then rock back so that weight moves to left foot. Feet are not lifted. Can be done with left foot as a forward rock. Can also be done as a rock back and as a rock sideways.

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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
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	right toe next to left, (7)step right to right side, (8)touch left toe next to right
SAILOR STEP	Step right foot back behind left foot, (&) step left foot to left side, step right foot next to left
SCISSORS	Step sideways with right foot. Using the SLIDE or DRAG motion as mentioned above, the left leg slides to meet the right leg and weight is moved to left foot as the right leg crosses to step in front of left leg.
SCUFF	Like a BRUSH except the heel strikes the floor with greater force.
SHUFFLE	Similar to LOCK STEP but the legs are not placed tightly behind. So a RIGHT SHUFFLE is step forward with the right, move the left up to near the right heel (not behind it) and step forward again on the right. A LEFT SHUFFLE is step forward with the left, move the right up to near the left heel (not behind it) and step forward again on the left. A RIGHT <b>CROSS SHUFFLE</b> means you step your right foot in front of your left leg at a slight diagonal, make a small step forward diagonally with your left foot and step forward again diagonally on your right. A LEFT CROSS SHUFFLE moves in the opposite diagonal, leading with the left foot.
STOMP	Lift designated foot up and return to floor quickly with some force so that the stomp is heard. The stomping foot is the foot used for the next move as there is no weight change.
SWEEP	The right or left leg moves in an arc behind, or in front of, the other leg. This usually takes up two or three beats.
TOE STRUT	Place the ball of the foot down before bringing down the heel. This counts as two beats. Can be forward or backward.
TAP	The toe of the free foot taps the floor but without transfer of weight.
TOUCH	Often used at the end of a vine where just the toe of the foot comes to rest beside the other foot.
TRIPLE TURNS	Three steps used in a SHUFFLE movement but used to make a turning movement, usually a half turn. TWO triple turns would usually make a full turn (coming back to the wall you started the movement on)
WEAVE	Very similar to the Grapevine, the difference being that (moving to the right) after the step to the right, the left leg can cross <b>behind or over</b> the right leg and then continues alternately for 4 or 8 counts.
WEIGHT CHANGE	To shift weight from the weighted foot to the unweighted foot.

Not everyone will describe the steps in the same way – and there are even variations to these basic steps!