

BASIC LINE DANCE STEPS

- BOX STEP/JAZZ BOX/JAZZ SQUARE:

- Right box step:
1. step forward w/right foot
 2. cross left foot over right foot
(weight is on left foot)
 3. step straight back w/right foot
(weight is on right foot)
 4. bring left foot next to right

reverse footwork going to left. Most box steps are 4 counts.

- Brush: A smooth swing of the leg to the front or back. As the leg swings, the foot lightly brushes the floor. Since a brush takes one count and leaves the foot in the air, another move/count is required to return the foot to the floor.
- Cha cha step: A cha cha step involves a contra hip movement (Cuban hip) and is more of a weight change than a foot movement, although foot movement can occur. A cha cha can be referred to sometimes to two types: triple step and shuffle step, although, you will see that a shuffle step is different.

A cha cha step: can move forwards, backwards, or from side to side. The right-left-right forward right cha cha involves:

1. step forward on the right foot
& then on the ball of the left foot (placing your weight on your left foot)
2. Then immediately place your weight on the right
Foot moving forward.

Simply reverse the above for a left-right-left foot cha cha.

- Change of weight: moving the weight from your weighted leg to your free leg.
- Chug: a scoot forward or sideways on one foot while the other foot is held in a raised position. (also called a scoot, skooch, or hop)
- Coaster step: rock forward on your right foot, rock back on your left foot and then do a small cha cha cha backwards (R,L,R). Reverse this for a left foot coaster step.
- Cross: The free foot will step across in front or behind the opposite foot. A cross step is most generally accepted as stepping across “in front” of the other foot. If the foot goes behind the other foot, the most accepted call is a “hook” (not to be confused with “boot hook” where the foot is raised in front of the other shin.)
- Dig: A hard touch of the heel or toe of the unweighted foot to the floor as if “digging” a shallow hole with the foot.
- Drag: Slowly move your free foot next to your supporting foot. (also called “draw” or “slide step”)
- Fan Brush: A brush where the free leg swings diagonally across the weighted foot then sweeps around in a circular motion back to the free leg side before moving on to the next step.
- Grapevine: A three step pattern (usually) used to move sideways across the dance floor. The pattern is characterized by the grapevine like path the feet trace on the dance floor. The step is performed:

- Step to the right (or left) with appropriate foot for the direction you are going (putting your weight on that leg)
- Cross behind your right foot with you left foot (putting your weight on your left foot)
- Step again right with your right foot (weight on your right foot)
- Touch your left foot next to your right with weight staying on the right.

*A grapevine is typically a three count move and is most often finished with a fourth count via “touch”, “scoot”, “brush”, “heel tap”, “step”, or “kick” to name a few.

- Heel Splits: A separating of the heels by swiveling on the balls of your feet, which are together at the start of the heel splits.
- Hip swivel: A swinging motion of the hips from side to side. Also called hip bump, hip wiggle, or hip swing.
- Hitch: A lifting on one leg with the knee bent so the lower leg hangs straight down. This can be combined with a scoot or a turn.
- Hitch kick: A kick and a ball change to the counts of 1 and 2.
- Hold: No movement while waiting for the next step or beat of music.
- Home: the home position is left foot beside right foot (your original starting place).
- Hook: The un-weighted foot is swung in front or back of the weighted foot so as to form a hook shape at the knee. Lift your heel up bending your knee and almost touching the shin on the opposite leg.
- Hop: A simple jump into the air from the weighted foot and landing on the same foot.
- Jump: Leaping into the air off both feet and landing on both feet.
- Kick ball change: A quick three step pattern usually done in two beats of music characterized by a small kick forward of one foot. That foot is immediately set back down beside the stationary foot and weight is transferred to the ball of the kicking foot while slightly lifting the stationary foot and immediately transferring the weight back to the stationary foot.

- Kick ball change (cont)
 - Step 1: The lower leg is flicked forward from the flexed knee
 - Step 2: The free foot (having flicked) is moved under the body and slightly further back than the standing foot. Only the ball of the foot is used.
 - Step 3: The opposite foot is then lifted just clear of the floor and the weight replaced onto it.
- Knee pop: Move your left or right knee forward and then backwards by raising and lowering your heel from and back to the floor.
- Point: To point your free foot to the left, right, forwards, backwards, or crosswise.
- Rock Step: A step either forward or backward followed by a weight transfer back to the foot that remained in place.
- Rolling Grapevine: A grapevine type pattern, which incorporates a ½ turn or more throughout the entire motion of the steps.
- Scuff: A gentle kick forward while scuffing the heel on the dance floor.
- Shuffle: A quick three step pattern characterized by a short step forward with one foot, sliding the other foot alongside the first and another step forward with the first foot. (see cha cha)
- Slap: A slap of a foot or knee with the opposite hand.
- Slide Step: To slowly bring the free foot back together with the weighted foot by sliding, or dragging, it along the floor. Do not lift the foot off the floor.
- Squiggle: To walk your foot to the side in a toe, heel, toe motion.
- Stamp: Similar to a stomp though not as loud and without a weight transfer.
- Step: Transferring your weight from one foot the other.
- Step turn: A step forward with the weight on both feet followed by a swiveling on the balls of the feet either a ¼ or ½ turn. This step is led with the opposite foot from the intended direction of rotation, for example a pivot to the left, would start with a step forward on the right and then swivel to the left. Also called a pivot, military turn, military pivot and step pivot.
- Stomp: A loud stomp of the foot on the floor with a weight transfer to the stomping foot. However, the weight could be evenly distributed over both feet if a further step move is to follow immediately after the stomp.
- Switch: A small hop executed while one foot is forward. During the hop, the forward foot is returned to the “home” position and the opposite foot is “switched” to the forward position.
- Tap: A touch of the heel or toe to the floor in a given direction without putting weight on that foot. Also called a TOUCH.
- Together: Moving your free foot next to the foot in place
- Twist: With both feet together, move your heels in a given direction by placing your weight on the balls of your feet.