

INTRODUCTION TO LINE DANCING STEPS



Where's Your Weight? _____

Length of Stride/Size of Steps _____

The Basics:

Step _____

Touch _____

Step Touch _____

Step Slide _____

Side Together Side Touch _____

Grapevine _____

Weave _____

Heel, Step (Heel Switches) _____

Rock Step (Rock Recover) _____

Rocking Chair _____

Walk 3 & Touch (forward & back) _____

Forward Together Forward/Lock _____

Brush/Scuff _____

Jazz Square (Jazz Triangle) _____

Charleston _____

Fan _____

Hip Bumps _____

C Bumps _____

Hip Rolls _____

Skate _____

Toe & Heel Struts _____

Stomp _____

K & V Step _____

Up Up Down Down _____

Out, Out, In, In _____

Waltz Basic _____

Waltz Twinkle Step _____

Cross rock _____

Triple Steps:

Basic _____

Forward & Back _____

Side Together (Side Chasse) _____

Crossing Triple _____

Mambo Step _____

Coaster Step _____

Sailor Step (Sailor Shuffle) _____

Behind Side Cross _____

Kick Ball Change _____

Sugar Foot _____

Common Turns:

Step Turns (“Oh Crap” Turns - $\frac{1}{2}, \frac{1}{4}, \frac{3}{4}$) (Pivot Turns) _____

Push Turns/Paddle Turn _____

Monterey Turns _____

Cross/Unwind Turns _____
