

## ***Dance terms***

### **RF**

Right foot

### **LF**

Left feet

---

## **A**

### ***Across Left***

RF cross in front of LF

### ***Across Right***

LF cross in front of RF

### ***Applejack***

The feet are slightly apart. The weight is on the heel of one foot and the ball of the other. Then the toes and heels swing outside, and the feet return to center.

---

## **B**

### ***Back / Backward / Behind***

Behind

### ***Ball cross***

for exemple:

LV ball of the foot on the ground

Keep the weight on you RV

RV hop over LF

### ***Box step (Rumba box)***

for exemple

LF step to the left

RF next to LF

LF step forward

RF step to the right

LF step next to RF

RF step back

### ***Brush***

a sweep with your LF of RF the ball of the foot forward or behind

### ***(Bunny) Hop***

a leap forward

---

## **C**

### ***Cha Cha Step (Tripple Step)***

Forward: RF step forward, LF step next to RF, RF step forward

Behind: RF step behind, LF next to RF, RF step behind

Right: RF step to the righ, LF next to RF, RF step to rhe right

Left: LF step to the left, RF next to LF, LF step to the left

### ***Charleston***

RF step forward,

wave LF forward tap toe LF in frond,

wave LF to the back and put LF down

RF tap toe behind.

### ***Chassé***

RF step to the right, LF next to RF, RF step to the right, LF Tap or put next to RV

### ***Circle hips***

rotate your hips in a circle

### ***Coaster step***

behind (right) = RF step back, LF next to RF, RF step forward

behind (left) = LF step back, RF next to LF, LF step forward

forward (right) = RF step forward, LF next to RF, RF step back

forward (left) = LF step forward, RF next to LF, LF step back

### ***Cross***

for exemple

RF over LF

### ***Cross Shuffle***

Right: LF Cross over RF, RF to the right LF cross over RF

Left: RF cross over LF, LF step to the left RF cross over LF

### ***Cross Unwind***

for exemple

RF cross over LF

turn 1/4 left

---

## **D**

### ***Diagonal***

for exemple

RF step to right front corner

LF next to RF

LF step back to left corner (starting place)

RF next to LF

### ***Dorothy step***

RF diagonal to right

LF cross close behind RF

RF step forward

LF diagonal to left

RF cross close behind LF

LF step forward

### ***Drag***

for example dragging the LF next to the RF

---

## **E**

### ***Elvis Knee***

bent knee inward toward the other knee

---

## **F**

### ***Flick***

you wipe the ball of your foot across the ground and then, for example, cross your foot behind your other leg.

### ***Full Turn***

a whole turn

---

## **G**

### ***Grapevine (Vine)***

for example:

RF step aside to the right

LF behind RF

RF step aside to the right

LV tap next to RF

---

## **H**

### ***Heel***

Put LF or RF heel in front

### ***Heel Grind***

turn on the heel of the LF or RF

### ***Heel Toe***

for example:

RF touch heel, RF touch toe

### ***Heel twist***

Stand on the ball of your foot and turn your heel outwards

***Hitch***

raising the knee

***Hitch-Kick***

for example:

RF raising the knee, RF put knee down, RF kick forward

***Hold***

a rest count

***Hook***

one leg with bent knee in front of the other leg

---

I

---

J

***Jazz-box***

for example:

1. RF cross over LF
2. LF step back
3. RF step to the right,
4. LF step next to RF

***Jump***

A jump with both feet forward at the same time

***Jumping Jack***

A jump with both feet slightly apart, then a jump with crossed legs.

Example:

LF + RF jump forward

Jump with RF cross over LF

---

**K**

***K step***

1. RF step to right front corner
2. LF tap toe next to RF
3. LF step back to left corner (starting place)
4. RF tap toe next to LF
5. RF step back to right corner
6. LF tap toe next to RF
7. LF step to front left corner (starting place),
8. RF tap toe next to LF

***Kick***

for exemple

LV slightly off the ground and give a little kick

***Kick Ball Change Step***

for exemple

RF kick

RF put back (to position)

LF slightly of the ground

LF next to RF

---

## **L**

### ***Lock step***

for example

RF step forward

LF cross close behind RF

RF step forward

---

## **M**

### ***Mambo***

for example

Forward: RF step forward, weight to LF, RF step back

Behind: RF step behind, weight to LF, RF step back

Left: LF step left, weight to RF, LF step back

Right: RF step right, weight on LF, RF step back

(Looks like a Rock)

### ***Monterey turn***

For example

Monterey on the place (Toe Switch):

RF touch to the right side

RF step back to centre (starting place)

weight on RF,

LF touch to the left side

LF step back to centre (starting place)

weight on LF.

1/8 Monterey:

RF touch to the right

RF turn 1/8 to the right and step back

LF touch outside left and put next to RF

1/2 Monterey:

RF touch to the right

RF turn 1/2 to the right and step back

LF touch outside left and put next to RF

---

**N**

---

**O**

***Out***

LF step to the left side

RF step to the right side

---

**P**

***Pivot***

1/2 turn

RF step forward

turn 1/2 to the left with the weight on the LF

1/4 turn

RF step forward

turn 1/4 to the left with the weight on the LF

***Point***

for exemple

RF step in frond

LF tap to the left side

LF put in front of RF

RF tap to the right side

---

## **Q**

---

## **R**

### ***Rock***

for example

RF step forward, weight on LF

### ***Rock & Cross***

for example

RF step to the right

Put the weight on LF

RF Cross over LF

### ***Rocking chair***

With weight on LF use RF to step forward

rocking your weight on the RF then put weight back on the LF

step RF backward rocking weight on the RF then weight back to the LF

---

## **S**

### ***Scuff***

Sweep your LF or RF heel forward

### ***Shuffle***

1. RF step slightly forward
2. LF slide so the toe is lined with the instep of RF
3. RF step slightly forward

Reverse:

1. RF Step back,
2. LF slide heel in line with instep of RF
3. RF step slightly back .

### **Side**

step aside

### **Side to side**

step RF to the right, LF tap next to RF, LF step to the left, tap RF next to left

### **Skate**

A slide step with the pattern of the letter C

for exemple

RF slide with the letter C pattern to the right corner in front with the weight on RF

LF slide with the letter C pattern to the left corner in front with the weight on LF

### **Skate with a turn**

This is the same steps as above. But now for a 1/4 turn, place your RF in a 1/4 turn and skate or walk with your LF

### **Step Turn**

for example:

RF Step forward, push off with RF to make: a full turn, 1/2, 1/4 or 1/8 for a turn to the left, weight falls to LF

---

T

### ***Toe strut***

for example:

RF put toe down, RF put heel down with weight on RF

### ***Touch***

a tap next to the foot

### ***Triple step (Cha Cha step)***

Forward: RF step forward, LF step next to RF, RF step forward

Behind: RF step behind, LF next to RF, RF step behind

Right: RF step to the right, LF next to RF, RF step to the right

Left: LF step to the left, RF next to LF, LF step to the left

---

### **U**

---

### **V**

### ***V step***

step RF to right front corner, step LF out to left side (out-out) Step RF back to original position, step LF next to right (in-in)

---

### **W**

### ***Weave***

You can do the weave in a count of: 4, 6 and 8

for example in a count of 4

1. RF cross over LF
2. LF step aside
3. RF cross behind LF
4. LF step aside

- For the count of 6 follow the steps from 1 and 2 again

---

- For the count of 8 follow the steps from 1 to 4 again

---

### **X**

---

Y

---

Z

---