

“LineDancercise” Dance Concepts

Clock Reference: Many line dance step sheets use clock references to identify specific walls to face during the dance. The front wall is the 12:00 wall. The right side wall is the 3:00 wall. The back wall is the 6:00 wall. The left side wall is the 9:00 wall.

One-Wall Dance: Some dances are “one-wall” dances. This means that every time the pattern ends, you are facing the front wall, (or the 12:00 wall). When the pattern begins and ends facing the same wall this is known as a “one-wall” dance.

Two-Wall Dance: This means that you will begin the pattern at the front (12:00) wall and end the pattern facing the opposite wall. This wall is known as the back wall or the 6:00 wall. On the second repetition of the pattern you begin facing the back wall and end facing the front wall, and so on until the music ends.

Four-Wall Dance: In a four-wall dance, the pattern will begin facing the front (12:00) wall and end one-quarter wall to either the left (9:00) or right (3:00) side wall. The choreographer chooses the direction for the dance. The second pattern then begins on that side wall and ends on the back. The third pattern begins on the back and ends on the other side wall. The fourth pattern begins on that side wall and ends on the front wall. The dance continues to move one-quarter wall with each pattern until the music ends.

Syncopation: These are dance steps done on half counts of music so they are done twice as fast as normal counts. This would be counted, for example, as “One and Two”. This would be the same count as a “Cha, Cha, Cha” and is done quickly. Syncopation can occur in many different dance step combinations.

“LineDancercise” Glossary

Ball Step: This is a very quick step (usually a half count) in which the weight is placed only briefly on the ball of the foot and then immediately switched to the other foot. Imagine having a sore foot that hurt too much to bear your weight and it caused you to limp.

Cha, Cha, Cha: Any set of three steps done to two beats of music where the middle step has only half as much time as the first and last steps. (This is known as a syncopated step). This combination is found most often in Latin rhythms. These steps can be done in any direction.

Charleston: Set of steps in which you step forward on the first foot, then touch the toe of the second foot forward. Then step back on the second foot to the center and touch the toe of the first foot back. Continue to repeat these two steps as needed.

Chasse Left: Step left foot to left side. Step right beside left. Step left to left side. Weight ends on left.

Chasse Right: Step right foot to right side. Step left beside right. Step right to right side. Weight ends on right.

Close (left): Step left foot to left side taking weight. Step the right foot next to the left and take weight on the right

Close (right): Step right foot to right side taking weight. Step the left foot next to the right and take weight on the left.

Coaster Step: This set of three steps is usually done to the back. It is usually done by stepping back on one foot, stepping the second foot next to the first, and then stepping the first foot in the opposite direction, or forward. For example, a back, back, forward on either foot. This can be a “slow” coaster done to full counts, “one, two, three”. Or it is more commonly done as a syncopated combination

where three steps are done more quickly to two beats of music counted as “one and two”.

Cross Behind: Step with either foot behind the other foot taking weight on it.

Cross, Hold: Step one foot across the other and hold one beat of music before the next step is done.

Cross, Kick: Step one foot across the other and kick the other foot on the next beat of music.

Cross Over: Step one foot across and in front of the other foot taking weight on it.

Grapevine: See “Vine”.

Heel & Toe: On one count of music, touch heel forward. On next count of music, touch toe back. No weight on either touch.

Heel Strut: On one count of music, touch heel to the floor forward and leave toe up. On next count of music, drop toe down and take weight on that foot.

Hip Sways/Bumps Backward: Step backward onto one foot shifting weight over backward foot. On a return sway forward, leave both feet in place, but shift weight back onto original front foot. The sways would be done with a smooth rocking motion while the bumps would be sharper with more emphasis on the bump.

Hip Sways/Bumps Forward: Step forward onto one foot shifting weight over forward foot. On a return sway backward, leave both feet in place, but shift weight back onto original back foot. . The sways would be done with a smooth rocking motion while the bumps would be sharper with more emphasis on the bump.

Jazz Box (Left): Begin with weight on the right. Cross left foot over right and taking weight. Step backward on right taking weight. Step the left to the left side taking weight. Step the right next to the left taking weight.

Jazz Box (Right): Begin with weight on the left. Cross right foot over left and taking weight. Step backward on left taking weight. Step the right to the right side taking weight. Step the left next to the right taking weight.

Kick: With weight on one foot, kick the other foot in the air.

Lock Step (Backward): A set of three steps done to two beats of music, counted for example as "one and two". This is known as syncopation. In this set, the first foot steps back on "one", the second foot steps across and in front of the first foot on "and", then the first foot steps back again on "two".

Lock Step (Forward): A set of three steps done to two beats of music, counted for example as "one and two". This is known as syncopation. In this set, the first foot steps forward on "one", the second foot steps behind and in back of the first foot on "and", then the first foot steps forward again on "two".

Quarter Turn Left: Change direction from forward to one wall to the left and then step forward. (On a clock the change would be from 12:00 to 9:00).

Quarter Turn Right: Change direction from forward to one wall to the right and then step forward. (On a clock the change would be from 12:00 to 3:00).

Quarter Pivot Left: First Step forward on right foot. Change direction one wall to the left by rotating left on the ball of right. Change weight to left foot. (From 12:00 to 9:00)

Quarter Pivot Right: First Step forward on left foot. Change direction one wall to the right by rotating right on the ball of left. Change weight to right foot. (From 12:00 to 3:00)

Rock, recover: Sway forward on one foot shifting weight forward. Sway backward onto the other foot shifting weight back. In combination this is called a “rock step” and can be done in any direction.

Shuffle: A set of three steps also known as a “cha, cha, cha” or a “triple step”. This can be done in any direction or sometimes within a turn. The set is usually done by stepping first on one foot, then stepping the second foot next to the first, and then by stepping the first foot in the same direction again.

Shuffle to Diagonal: This is a triple step usually syncopated and counted “one and two”. It is done to an angle towards either the right or left corner. See Shuffle.

Shuffle Quarter Turn: A triple step or shuffle that includes one-quarter turn in either direction. The direction of the turn should follow the leading foot.

Shuffle Half Turn: A triple step or shuffle that includes one-half turn in either direction. The direction of the turn should follow the leading foot.

Skate Steps: Forward steps that resemble ice skating. For example, starting with feet side by side, for a right skate, slide the right foot forward and curving out toward the right diagonal before taking weight on it. For a left skate, slide the left foot from inside curving out toward the left diagonal before taking weight.

Step & Clap: On one count of music, execute any step taking weight and clap at the same time.

Step or Walk Forward: Step forward and take weight on that foot.

Step or Walk Backward: Step backward and take weight on that foot.

Stomp: A heavy step on either foot taking weight on it. This step usually makes noise.

Stomp Up: A heavy step on either foot but no weight is transferred to this foot following the stomp. The same foot is usually used for the next step.

Toe Strut: On one count of music, touch toe to the floor and leave heel off the floor. On next count of music, drop heel down and take weight on that foot.

Touch: Place foot or toe forward or to the sides, but do not take weight on it.

Touch & Clap: On one count of music, execute any touch with no weight and clap at the same time.

Touch Heel: On one count of music, place heel of foot forward and leave toe up.

Touch Toe: On one count of music, place toe of foot backward and leave heel off the floor.

Vine or "Grapevine": A series of steps to either side (right or left) with the trailing foot alternating behind and then in front of the leading foot. For example, in a right vine, each step on the R foot is to the right side. The L foot alternates starting behind, in front, behind, in front, etc. The final step of the "vine" may be one of numerous options, (for example, a touch, a brush, a scuff, a stomp, etc.) at the choice of the choreographer.

Weave: This is almost the same as a Vine or "Grapevine" except that the trailing foot begins by first crossing in front of the leading foot.