

# Ballroom Dance

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## Waltz

Count: 123

### LF (RF) Forward (Back) Change

- 1 LF (RF) forward (back)
- 2 RF (LF) side
- 3 LF (RF) close

### Box Step

- 123 LF Forward Change  
 456 RF Back Change  
 May turn to the left on both steps as in Left Turn.

### Right Turn (Corner Turn)

- Precede with LF Forward Change facing LOD.  
 123 RF Forward Change, turning right, ending back-  
 ing diagonal center  
 456 LF Back Change, turning right, completing  
 3/4 of a turn, ending facing new LOD  
 Follow with RF Forward Change.

### Left Turn

- Precede with RF Forward Change facing LOD.  
 123 LF Forward Change, turning left, completing  
 3/8 of a turn  
 456 RF Back Change, turning left, completing 3/4  
 of a turn  
 Follow with LF Forward Change.

### Forward Hesitation

- 1 LF forward
- 23 RF close to LF, keeping weight on LF; lead by  
 holding the frame steady to prevent the woman  
 from taking the side step
- 4 RF back
- 56 LF close to RF, keeping weight on RF

### Side Hesitation

- 1 LF side; lead by moving the frame to the left
- 23 RF close to LF, keeping weight on LF
- 4 RF side
- 56 LF close to RF, keeping weight on RF

## Promenade Hesitation

- 1 LF side; lead by opening up into Promenade Hold
- 23 RF close to LF, keeping weight on LF
- 4 RF forward, walking over LF
- 5 LF side, closing into Normal Hold
- 6 RF close

## Promenade Walk

- 123 First three counts of Promenade Hesitation
- 4 RF forward, walking over LF
- 5 LF forward in Promenade Hold
- 6 RF close  
Follow with Promenade Hesitation.

## Rotating Progressive

- Commence facing diagonal center
- 123456 Left Turn ending facing diagonal wall
- Twinkle:**
- 1 LF forward
  - 2 RF side leading by opening into Promenade Hold
  - 3 LF closes
  - 4 RF forward over LF
  - 5 LF side back into Normal Hold
  - 6 RF closes, now facing diagonal center

## Rotating Progressive Variation

- Commence facing diagonal center
- 123456 Left Turn ending facing diagonal wall
- Twinkle Variation:** There is a change of timing here
- 1 LF forward
  - 2 RF side leading by opening into Promenade Hold
  - 3 LF closes and slides behind the RF
  - 4 RF forward over LF
  - 5 LF side back into Normal Hold
  - & RF closes
  - 6 LF forward diagonal wall
- 123 RF Forward Change, ending backing LOD  
May follow with LF Back Change, etc.

## Underarm Turn (in Place)

- 123 LF Forward Change
- 456 RF Back Change; lead on 4 by raising the left arm and releasing the right hand
- 1 LF forward to the left, commencing to turn to the left
- 2 RF side, completing 1/4 turn
- 3 LF close, back into Normal Hold
- 456 RF Back Change

## Progressive Underarm Turn

- 123 LF Forward Change
- 4 RF forward; lead by lifting left hand and releasing right hand for woman to turn right underarm
- 5 LF small step forward
- 6 RF closes

## Serpentine

- 1 LF forward
  - 2 RF side; lead by twisting frame into offset position
  - 3 LF step in place
  - 4 RF forward outside woman's RF
  - 5 LF side
  - 6 RF step in place
- 123 Serpentine to the right as in 456  
Repeat but with RF closes on the last 3
  - 456 RF Back Change back into Normal Hold

## Vienese Waltz

Count: 123

Vienese Waltz is fast and requires precision in movements.

### Natural Turn

Commence facing diagonal center.

- 1 RF forward heel-toe along LOD to “power through”
- 2 LF forward stepping through and turn
- 3 RF closes backing diagonal center
- 4 LF back along LOD
- 5 RF side along LOD
- 6 LF closes

### Reverse Turn

Commence facing LOD to diagonal wall.

- 1 LF forward heel-toe along LOD to “power through”
- 2 RF forward stepping through and turn
- 3 LF crosses over RF, backing diagonal wall
- 4 RF back along LOD
- 5 LF side along LOD
- 6 RF closes

### Forward Change

Used for changing between Natural Turn and Reverse Turn.

- 1 LF (RF) forward
  - 2 RF (LF) diagonal forward
  - 3 LF (RF) closes
- Changed from facing diagonal wall to diagonal center or vice versa.

## Foxtrot

Count: 4/4; SSQQ; S=2 beats

### Basic Step

Commence with weight on RF.

- S LF forward
- S RF forward
- Q LF side
- Q RF close

### Quarter Turn

Commence with weight on RF, facing diagonally wall.

- S LF forward
- S RF forward, commencing to turn right
- Q LF side, continuing to turn, facing wall
- Q RF close, backing diagonally center
- S LF back
- S RF back, commencing to turn left
- Q LF side, continuing to turn, facing wall
- Q RF close, facing diagonally wall

### Rock Turn

Commence with weight on RF, facing diagonally wall.

- S LF forward; lead by pulling back
  - S Shift weight back to RF
  - Q LF side, turning left
  - Q RF close, completing 1/4 turn
- This figure could be danced without the turn.

### Promenade Walk

Precede with Basic Step or first half of Quarter Turn; lead by opening up into the Promenade Hold

- S LF side along LOD, pointing diagonally wall
  - S RF forward across LF along LOD
  - Q LF side
  - Q RF close, back into Normal Hold
- Follow with Basic Step or a Rock Turn to get back on LOD.

### Woman's Underarm Turn

Precede with Promenade Walk.

- S LF side as in Promenade Walk
- S RF cross as in Promenade Walk
- Q LF side along LOD; lead by raising left arm
- Q RF cross LF

Follow with another Promenade Walk.

### Corner (3/4) Right Turn

Precede with Promenade Walk, facing diagonally wall

- S LF side as in Promenade Walk
- S RF cross as in Promenade Walk, getting ready for the turn
- Q LF forward towards wall, cutting across LOD in front of the woman, backing LOD, finishing about 3/8 turn
- Q RF close, continuing to turn  
Follow with Promenade Walk and adjust to the new LOD.

### Amalgamation I

Precede with Quarter Turn. Commence facing diagonal wall. There is a change of timing here to SQQ. First, the **Twinkle**:

- S LF forward
- Q RF side, with half weight to indicate the change of timing, lead by opening into Promenade Hold
- Q LF side, pointing in LOD, closing RF without weight  
Right Turn:
  - S RF forward in LOD, commencing to turn right
  - Q LF forward cutting across LOD, turning right
  - Q RF step right behind LF with weight on balls of both feet, now backing LOD
- SQ Unwind the feet by turning in place to the right as the woman steps around the man
- Q LF forward diagonal center, in Promenade Hold  
Continuation:
  - S RF forward, close into Normal Hold
  - Q LF forward, close into an offset position
  - Q RF forward outside the woman
- Open Left Turn:**
  - S LF forward, commencing to turn left
  - Q RF side, turning left
  - Q LF back, turning left, while woman steps outside of man, now backing LOD
- S RF back, commencing to turn left
- Q LF side, turning left
- Q RF forward outside of the woman, turning left, ending facing diagonal wall  
May follow with Basic Step, Quarter Turn, etc.  
This amalgamation of figures is Waltz-like.

### Amalgamation II

Precede with Quarter Turn. Commence facing diagonal wall. There is a change of timing here.

- SQQ Twinkle
- Zig-Zag:**
  - S RF forward in LOD; lead the woman into offset position
  - Q LF forward diagonal wall in Normal Hold in offset position
  - Q RF forward outside woman, commencing to turn right
  - Q LF side in LOD, continuing to turn right
  - Q RF back along diagonal center, while the woman steps outside man
  - Q LF side in LOD, turning left
  - Q RF forward diagonal wall outside the woman
- Serpentine:**
  - S LF forward turning slightly left into offset position, now facing LOD
  - Q RF side
  - Q LF close
  - S RF forward outside woman
  - Q LF side
  - Q RF close
  - SQQSQQ Repeat  
Box Step exit:
    - SQQ Repeat Serpentine to the right
    - S RF back turning left
    - Q LF side
    - Q RF close, now facing the new LOD
  - Or exit into Twinkle:
    - S LF forward outside the woman; unlike before where the left arm draws in to the offset position for Serpentine to the left, lead the woman into the Promenade Hold by holding the left arm firm and let her back to the right
    - Q RF side
    - Q LF close, now in Promenade Hold facing new LOD
- Promenade Pivot Turn:**
  - SQQ same as Promenade Walk starting on the second S
  - S LF forward in LOD
  - S RF forward diagonal wall and pivot to the right to backing LOD
  - Q LF side and pivot to the right, now facing LOD
  - Q RF small step while the woman finishes her turn and moves into Promenade Hold
  - SSQQ Promenade Walk

## Quickstep

Count: SQQS

### Quarter Turn and Chasse

Commence facing diagonal wall.

Prep LF forward on the 4th beat

S RF forward outside woman's RF, commencing to turn right; step in-line on the first set after Prep

Q LF side, turning right facing wall

Q RF close, continuing to turn right

S LF side and back, backing diagonal center; woman's step is in-line

S RF back, commencing to turn left

Q LF side, facing wall

Q RF close, continuing to turn left

S LF side and forward, facing diagonal wall

### Lock Step

S RF forward outside woman's RF

Q LF forward; left shoulder leads by pushing the left shoulder forward to force the woman's lock step but holding direction and indicating no turning

Q RF step behind heel of LF

S LF forward

### Tipo Chasse (Corner Turn)

S RF forward outside woman's RF, commencing to turn right

Q LF forward and side, cutting across the LOD, turning right to backing LOD

Q RF close

S LF back to the side, turning right backing diagonal wall

There is a change of timing here.

Q RF side and forward in the new LOD, continuing turning

Q LF close, facing diagonal wall along the new LOD

S RF forward heel to toe and the body rises to lead the lock step

Q LF forward

Q RF lock step behind heel of LF

S LF forward

There is a total of 3/4 right turn.

## Left Turn

There is a change of timing. Commencing facing diagonal wall. SQQSQQ as in Tipo Chasse

S RF forward without the body rising

S LF forward

Q RF side, starting to turn left

Q LF close, continuing to turn

S RF back to the right, turning

Q LF side, turning

Q RF close, turning

S LF forward to the left, turning

End facing diagonal wall again.

# Tango

Count: 2/4; SSQQS; S=1 beat  
Normal Hold or the closer Tango Hold

## Basic Step

Commence facing in LOD with weight on RF.  
S LF forward  
S RF forward  
Q LF forward  
Q RF side  
S LF close; the QQS constitute the Tango Close

## Promenade Basic

Precede with Basic Step; lead by opening into to Promenade position on the last S. The new direction travel is facing center.  
S LF forward  
S RF forward over LF  
Q LF small step forward, swinging woman around to the left, back into Tango Hold in the face-to-face position  
Q RF side  
S LF close, now facing center  
Follow with Open Left Turn to get back on LOD or, at a corner, Basic Step onto the new LOD.

## Back Corte

S LF back slightly to the left, weight on LF, RF pointing forward, facing forward, body turning to left  
S Replace weight onto RF  
QQS Tango Close

## Open Left Turn

The timing is changed to QQSQQS. Precede with Promenade Basic.  
Q LF forward, commencing to turn left; lead by forcing this quick forward  
Q RF side, continuing to turn  
S LF back, completing 3/8 turn  
Q RF back, continuing to turn  
Q LF side, continuing to turn  
S RF close, completing 3/4 turn

## Basic with Rock Steps

There is a change of timing.  
S LF forward  
S RF forward  
Q LF forward to the left; lead by turning the frame to the left  
Q RF back to the right, continuing to turn to the left  
Q LF forward to the left, continuing to turn  
Q RF back to the right, continuing to turn  
An 1/2 turn to 3/4 turn results from this figure.  
Follow with Basic Step.

## Grand Fan

Commence in Promenade Basic with direction of travel facing center.  
S LF forward  
S RF forward over LF  
Q LF small step forward, starting to release right hand, open up and turn right  
Q Turn to the right by pivoting on the LF, now facing wall; RF side  
S LF close; in a variation, point the LF to the left after the close and stretch the right hand out and up to the right  
S LF forward to the left, facing wall, turning left by pivoting on LF, while the RF traces out a semi-circle on the floor, now facing center  
S RF forward, closing into Promenade Hold  
QQS Tango Close as in Promenade Basic, back into Tango Hold

## Swivel

The timing is changed to QQSS.  
Q LF forward, commencing to turn left  
Q RF side and back; lead by pulling the woman to the right for her to step outside  
S LF back; the woman swivels  
S Replace weight onto RF; the woman swivels  
A 1/4 turn results at this point.  
QQSS Repeat the figure  
QQS Tango Close  
A half turn results from this set, so avoid this figure when starting along LOD.

## Offset Basic and Double Fan

There is a change in timing. Precede with Basic Step.  
S LF forward slight left outside of the woman

S RF forward outside the woman; the lead for offset is clear with this step  
 Q LF forward  
 Q Replace weight to RF; lead by pulling woman back and to the right  
 S LF back while the woman fans  
 S Replace weight to RF while the woman fans  
 QQSS Repeat the fan  
 QQS Tango Close

Q LF side closing into Normal Hold  
 S RF close with a forceful tap  
 QQSSQQS same as the last steps in Sway and Fan

### **Offset Basic, Twist and Fan**

Precede with Basic Step. Commence along LOD.

S LF forward and slightly left  
 S RF forward outside the woman  
 Q LF forward and left  
 Q RF side now facing diagonal center; lead by pushing the left hand out to let the woman take a step back on the RF  
 Q LF step right over RF, with body twisting to the right  
 Q RF side, with body twisting to the left; now facing center  
 S LF back while the woman fans  
 S Replace weight on RF while woman fans  
 QQS Tango Close

### **Sway and Fan**

Commence in LOD in Tango Hold. There is a change in timing in the first half to SSQQ.

S LF side, bending left knee like in a slight side lunge  
 S Replace weight onto RF, bending right knee like in a side lunge  
 Q LF step over behind the RF in the direction of wall  
 Q RF side  
 S LF step to the right over RF with body facing diagonal wall; turn left by pivoting on LF, while the RF traces out a semi-circle on the floor, now facing diagonal center  
 S RF forward  
 QQS Tango Close  
 Repeat the figure to get on the right beat again.

### **Quick Promenade and Fan**

There is a change in timing. Commence in Promenade Hold. The direction of travel is backing wall.

S LF forward  
 Q RF forward over LF; lead by moving the frame to the left with the quick step

## Argentine Tango

Count: Timing is extremely flexible. Music often changes.

The hold is similar to Normal hold but with right hand further in and down towards the woman's waist. The woman should look to her right. Step with the ball of foot first.

### Salida (Basic Step)

- 2 LF side
- 3 RF forward outside of woman
- 4 or Q LF forward
- 5 or Q RF close; lead the woman to while the woman cross her LF over her RF, called **Cusada**
- 6 LF forward
- 7 or Q RF side
- 8 or Q LF close; 678 is called **Resolution**
- 1 RF back

### Ocho

Precede with steps 2-5 of Salida.

- 6 LF back; lead by pulling the woman in and slightly to the left so that she steps forward out of Cusada and then by turning the woman counterclockwise for her to dance the Ocho, a step similar in spirit to Swivel in Tango
- 7 RF close, turning the woman clockwise to lead her to swivel in the other direction.  
May repeat this figure. Follow with Resolution or steps 2-5 of Salida.

### Modified Ocho

Precede with steps 2-4 of Salida.

- 5 RF close to crossing behind the LF
- 6 LF diagonal forward; same lead as in Ocho
- 7 RF close, body turned slightly to the right  
Follow with Resolution.

### Variation of Ocho

- 2 LF side, RF close and shift weight onto RF
- 3 LF forward
- 4 RF forward
- 5 LF forward touching the crossed LF of the woman, but without shifting weight to the LF
- 6 Shift weight onto LF and turning right; lead woman into an Ocho
- 7 RF close, as the second half of Ocho  
Follow with Ocho or Tango Close or steps 2-5 of Basic Step.

## Back Ocho

- 2 LF side
- & RF close with weight; lead by turning the woman to her left into somewhat an offset position
- 3 LF side very slightly forward
- & RF close without weight; the woman dances the Back Ocho to man's right
- 4 RF side very slightly forward
- & LF close without weight; the woman dances the Back Ocho to man's left
- 5& Repeat 3&
- 6 RF side
- & LF close with weight  
Continue with 3 of Salida.

## Palida

Commence facing LOD.

- 1 LF side
- & RF close with weight; lead by turning the woman to her left into somewhat an offset position
- 2 LF side
- & RF close without weight. The same steps up to here as in Back Ocho.
- 3 RF diagonal forward contacting the left of woman's LF; body weight mostly on LF, partially on RF; woman's body weight on ball of RF
- 4 LF forward walking around woman from to her left front to to her right front; loosen frame so that the woman remains stationary
- 5 Slide the woman's LF to the left with RF, turning the woman 1/4 to the right, back into face-to-face position  
May repeat 45
- 6 Pull the woman in and up and turn her CCW to lead an Ocho. Her RF steps over man's extended RF.
- 7 RF close to LF  
Follow with Resolution turning left to facing LOD again.

# Cha Cha

Count: 234&1

## Basic Step

Commence with weight on RF.

- 1 LF side (only on the first set)
- 2 RF back
- 3 Replace weight to LF
- 4 RF small step side
- & LF small step towards RF
- 1 RF small step side; 4&1 constitute the RF Chasse
- 2 LF forward
- 3 Replace weight to RF
- 4&1 , LF Chasse

## Side-by-Side (New York)

Precede with first half of Basic Step, lead by releasing right arm into left Side-by-Side Hold.

- 2 LF forward, turning right, with right arm stretching out
- 3 Replace weight to RF, commencing to turn left
- 4&1 LF Chasse, facing forward; release left hand and switch into right Side-by-Side Hold; 234&1 constitute the Right Side-by-Side
- 2 RF forward, turning left, facing LOD, with left arm stretching out
- 3 Replace weight to LF, commencing to turn right
- 4&1 RF Chasse
- 234&1 Right Side-by-Side

Follow with Basic Step, Arch Turn, Pivot Turn, Fallaway. Or go into Double Hold to be ready for Chase.

## Fallaway

Precede with Right Side-by-Side. Lead by holding right hand palm to palm and push out on 4&1.

- 2 RF back, opening to the right
  - 3 Replace weight to LF, turning left to facing forward
  - 4&1 RF Chasse, switching into left Side-by-Side Hold
  - 2 LF back, opening to the left
  - 3 Replace weight to RF, turning right to facing forward
  - 4&1 RF Chasse
- Repeat the figure. Follow with left Pivot Turn.

## Pivot Turn

Precede with Right Side-by-Side.

- 2 RF forward, turning left; lead by pushing out the left hand palm to palm with fingers pointing to the side in the right Side-by-Side Hold
  - 3 Pivot 1/2 turn to the left on ball of both feet and replace weight to LF, now facing right
  - 4&1 RF Chasse, completing the turn
- May continue the figure with a Right Pivot Turn and then another Left Pivot Turn. Brushing the right hand upon the right turn and the left hand upon the left turn.

## Arch Turn

Precede with Side-by-Side or Cross-Over Break.

- 2 RF back; lead by raising the left hand and releasing the right hand
- Same steps as in Basic Step. The woman's steps are the same as in Pivot Turn.

## Cross-Over Break

Precede with first half of Basic Step.

- 2 LF forward to the right outside of the woman; lead by twisting the frame clockwise to the desired cross-over direction
  - 3 Replace weight to RF
  - 4&1 LF Chasse
- Continue with a Left Cross-Over Break and another Right Break. May finish with a Arch Turn.

## Chase

Precede with first half of Basic Step in Double Hold.

- 2 LF forward; lead by lowering arms and releasing hold
  - 3 Sharp right half turn, shifting weight onto RF, swinging out right arm
  - 4 LF small step forward
  - & RF small step forward towards heel of LF
  - 1 LF small step forward; 4&1 constitutes LF Forward Chasse
  - 2 RF forward
  - 3 Sharp left half turn, shifting weight onto LF, swinging out left arm
  - 4&1 RF Forward Chasse
- Repeat with another Chase. Finish with the second half of Basic Step

## Cross Body Lead

- 2 LF forward
- 3 Replace weight to RF, turning left; lead by lowering the left hand hold to chest level
- 4 LF back and left, continuing to turn left
- & RF closes completing 1/4 turn
- 1 LF small step to side
- 2 RF back
- 3 Replace weight to LF, turning left
- 4 RF side, continuing to turn left
- & LF closes completing 1/2 turn by now
- 1 RF small step to side

## Cha Cha Turn

Commence with Cross Body Lead with variation on the last 4&1.

- 4 RF side; lead by raising left hand up and left and releasing the right hand to let the woman turn to the left
  - & LF closes
  - 1 RF small step side
- Follow with Right Side-by-Side.

## Sweetheart

Precede with first half of Basic Step and switch hold into Handshake Hold or from Left Pivot Turn and catch the woman's right hand in the right hand.

- 2 LF forward
  - 3 Replace weight to RF, pull the woman in to the right
  - 4&1 LF Chasse in place while the woman moves to the man's right; catch the woman's left hand so that the hands are over the woman's shoulders
  - 2 RF back
  - 3 Replace weight to LF
  - 4&1 RF Chasse in place while the woman moves to the left in front of the man
  - 2 LF back
  - 3 Replace weight to RF
  - 4&1 LF Chasse in place while the woman moves to the right
  - 2 RF back, releasing left hand to let the woman unwind
  - 3 Replace weight to LF
  - 4&1 LF Chasse and place woman's right hand in the left hand
- Follow with second half of Basic Step and back into Normal Hold.

## Kick and Swivel

Precede with Right Side-by-Side and hold the right hand in the same way as the left hand.

- 2 RF kick to the left
  - 3 RF lands and swivel to the right on both feet with bent knees
  - 4 Swivel to the left
  - 1 Swivel to the right
- May repeat the figure, i.e., Right Side-by-Side and then Kick and Swivel. Then finish with Right Side-by-Side.

## Double Underarm Turn

Precede with first half of Basic Step, facing wall, in Double Hold.

- 2 LF back
  - 3 Replace weight to RF, commencing to turn right; lead by lifting right arm up and back
  - 4 LF forward across LOD, turning right, backing LOD
  - & RF close towards LF, continuing to turn
  - 1 LF small step, backing wall
  - 2 RF back
  - 3 Replace weight to LF, commencing to turn left
  - 4 RF forward across LOD, turning left, backing LOD
  - & LF close towards RF, continuing to turn
  - 1 RF small step, facing wall, right arm lowered
- May repeat the same turn.
- 2 LF back
  - 3 Replace weight to RF
- 4&1 LF Chasse

## American Rhumba

Count: 4/4; QQS; S=2 beats

### Basic Step

Commence with weight on RF.

- Q LF side
- Q RF close
- S LF forward
- Q RF side
- Q LF close
- S RF back

### Forward Rock

Precede with first half of Basic Step.

- Q RF forward; lead by pushing woman forward
  - Q Replace weight to LF
  - S Replace weight to RF
  - Q LF forward
  - Q Replace weight to RF
  - S Replace weight to LF
- Follow with second half of Basic Step.

### Backward Rock

Precede with Basic Step.

- Q LF back; lead by pulling woman back
  - Q Replace weight to RF
  - S Replace weight to LF
  - Q RF back
  - Q Replace weight to LF
  - S Replace weight to RF
- Follow with Basic Step.

### Forward Cross-Over Break

Precede with first half of Basic Step.

- Q RF side
  - Q LF close
  - S RF side, pointing forward right, lead by twisting the body slightly
  - Q LF forward right outside of woman's LF, in a shoulder-to-shoulder position, facing slightly to the right
  - Q Replace weight to RF
  - S LF side, facing forward
  - Q RF forward left outside of woman's RF, facing slightly to the left
  - Q Replace weight to LF
  - S RF side
- May repeat another set.

To get out: RF back on the last S; follow with Basic Step.

### Backward Cross-Over Break

Precede with Forward Cross-Over Break with RF back on last S. Lead by pulling back.

- Q LF back, facing slightly to the left
- Q Replace weight to RF
- S LF side, facing forward
- Q RF back left, facing slightly to the right
- Q Replace weight to LF
- S RF side, facing forward

May repeat another half set.

To get out: LF forward on S of first half of the figure; follow with second half of Basic Step.

### Side-by-Side (New York)

Precede with first half of Basic Step.

- Q RF side
- Q LF close; lead by releasing the right hand
- S RF side, pointing diagonally to the right, beginning to open up
- Q LF forward in the side-by-side position, now facing right with right arm extending to the side
- Q Replace weight onto RF
- S LF side, facing each other; take the woman's left hand
- Q RF forward to the left side in the side-by-side position, now facing left
- Q Replace weight onto LF
- S RF side

Repeat. Finish with the second half of Basic Step or Spot Turn after the last Right Side-by-Side.

### Spot Turn

Precede with Right Side-by-Side.

- Q RF forward to the left, facing left; lead by holding left hand palm to palm and pushing it out
  - Q Pivot 1/2 turn on ball of both feet and replace weight onto LF, keeping the right hand behind the back close to the body
  - S RF side, completing the turn
- Follow with Basic Step but with LF closing before stepping to the left on Q. Or follow with Right Spot Turn and then Underarm Turn.

## Underarm Turn

Precede with Right Spot Turn.

- Q RF back; lead by lifting left hand; the woman's foot pattern is the same as in Spot Turn
- Q Replace weight onto LF
- S RF side and LF closes without touching RF  
Follow with Basic Step.

## Arch Turn

Precede with first half of Basic Step.

- Q RF side
- Q LF close; prepare the lead by releasing the right hand
- S RF back; lead by raising the left hand; the woman walks in a circle completing 3/4 turn
- Q LF side
- Q RF close
- S LF forward, commencing to turn
- Q RF side, turning 1/4 to the left
- Q LF close
- S RF back, back into Normal Hold  
Follow with Basic Step or lead into a Forward Cross-Over Break with RF stepping to the side on the last S.

## Three-Step Usher-In

Precede with first half of Basic Step.

- Q RF side
- Q LF close
- S RF back; lead by raising the left hand;
- Q LF side
- Q RF close
- S LF forward; the woman walks two steps and pivots to facing man  
Back into Normal Hold and follow with Basic Step. Or switch into Double Hold at shoulder level and lead into Open Fallaway.

## Loop Turn

Precede with first half of Basic Step.

- Q RF side; lead by raising the left hand up and to the right and releasing the right hand
- Q LF close
- S RF side, now in Left-Hand Hold
- Q LF back
- Q Replace weight onto RF
- S LF side; lead by raising the left hand
- Q RF back
- Q Replace weight onto LF while the woman dances a spot turn

- S RF side, back into Normal Hold  
Follow with the Basic Step or Picture Step.

## Closed Fallaway

Precede with first half of Basic Step.

- Q RF side
- Q LF close
- S RF side; lead by opening up into Promenade Hold
- Q LF back to the right, with body opening up more
- Q Replace weight onto RF
- S LF side, now facing each other
- Q RF back to the left, release right hand and extend to the side, point forward the left hand hold, and open up the body positions
- Q Replace weight onto LF
- S RF side, closing the body position into Normal Hold  
May repeat a set. Follow with Basic Step.

## Open Fallaway

Precede with Three-Step Usher-In but catch the woman's left hand at the end.

- Q RF side
- Q LF close
- S RF side, opening the body to the left a little
- Q LF back, releasing left hand with body towards the left
- Q Replace weight onto RF
- S LF side, now facing each other; catch woman's right hand with left hand and release woman's right hand
- Q RF back with body towards the right
- Q Replace weight onto LF
- S RF side, now facing each other; catch woman's left hand with right hand and release woman's left hand
- Q LF back, with body towards the left
- Q Replace weight onto RF
- S LF side, now facing each other; left hand palm to palm with woman's right hand without releasing woman's left hand  
Push left hand out to lead a Spot Turn.

## Natural Top Turn

Precede with first half of Basic Step.

- Q RF side
- Q LF close
- S RF side, pointing forward; release right hand into Left-Hand Hold

- Q LF back, pushing left hand out but holding
  - Q Replace weight to RF
  - S LF forward, turning 1/4 to the right, back to Normal Hold
  - Q RF toe swing to the outside of LF heel, turning
  - Q LF small step side to untangle, turning
  - S RF toe to LF heel, turning
  - Q LF open
  - Q RF toe
  - S LF open
  - Q RF toe
  - Q LF open
  - S RF close to LF
- Follow with Basic Step.

### Cross Body Lead

- Precede with first half of Basic Step.
- Q RF side
  - Q LF close
  - S RF back to the right, commencing to turn left; lead by turning frame to the left and lowering the left hand from normal eye level to shoulder level.
  - Q LF small step side, now completed 1/4 turn; move the frame from right to left to guide the woman's step forward
  - Q RF close, continuing to guide as the woman steps forward and pivots
  - S LF forward and left, starting to turn left
  - Q RF side, now completed the full 1/2 turn
  - Q LF close
  - S RF back
- Follow with Basic Step or Cuban Walk.

### Cuban Walk

- Precede with Cross Body Lead. On the last S, release right hand, start the backward walk, and move into the open side-by-side position.
- Q LF back
  - Q RF back
  - S LF back
  - Q RF back
  - Q LF back
  - S RF back; The tip of the foot should be kept on the floor for as long as possible. The backward walk follows a circle centered on the hand hold. The woman walks forward.
- May repeat the set. On the last QQS, take smaller steps to let the woman close in.
- QQSQQS Backward Rock to close up

### Picture Step

- Precede with Loop Turn but switch into Handshake Hold at the end.
- Q LF back
  - Q Replace weight onto RF, and begin to raise right hand up and to the right
  - S LF forward left, turning 1/4 to the right, letting the woman enter under the arch, placing the left hand on woman's left shoulder to stop the woman from turning more than 1/2 turn
  - Q RF back
  - Q Replace weight onto LF, and begin to let the woman unwind
  - S RF side, turning 1/4 to the left, lowering the right hand Repeat the set.
  - Q LF back
  - Q Replace weight onto RF, and begin to raise right hand up and to the right
  - S LF forward left, turning 1/4 to the right, letting the woman turn under the arch
  - Q RF forward, walking around the woman
  - Q LF forward, keeping the right hand up to let the woman turn under the arch
  - S RF forward, lowering the right hand to place the woman's hand in the left hand to go back into Normal Hold
- About 1 1/2 to 1 3/4 turns are completed by now. Follow with Basic Step.

## Mambo

Count: 2341

Mambo is similar to International Rhumba, but faster.

### Basic Step

- 2 LF forward
- 3 Replace weight onto RF
- 41 LF side
- 2 RF back
- 3 Replace weight onto LF
- 41 RF side

### Underarm Turn to the Left

Precede with Basic Step.

- 2 LF back, releasing right hand and pushing out left hand
- 3 Replace weight onto RF
- 41 LF side
- 2 RF back, raising left arm to lead
- 3 Replace weight onto LF
- 41 RF side

### Fallaway

Precede with Underarm Turn to the Left.

- 2 Take woman's left hand, release left hand hold; LF back, opening to the left
  - 3 Replace weight onto RF
  - 41 LF side, back to face-to-face
  - 2 Take woman's right hand, release right hand hold; RF back, opening to the right
  - 3 Replace weight onto LF
  - 41 RF side, back to face-to-face
- 2341 Repeat Fallaway to the Left.

Follow with the second 2341 of Underarm Turn to the Left.

## Salsa

Count: QQS

Leads usually occur on the Slow.

### Basic Step

- Q LF back behind heel of RF
- Q Replace weight onto RF
- S LF side
- Q RF back
- Q Replace weight onto LF
- S RF side

### Side-by-Side

Precede with Basic Step. Lead on S by letting of right arm and opening up to the right.

- Q LF forward to the right, turning right, facing right
  - Q Replace weight onto RF, turning left, facing each other
  - S LF side, letting go of the left and catching woman's left hand in right hand
  - Q RF forward to the left, turning left, facing left
  - Q Replace weight onto LF, turning right, facing each other
  - S RF side
- May follow with Pivot Turn.

### Pivot Turn

Precede with Side-by-Side. Lead by not taking woman's right hand.

- Q LF forward to the right, turning right, facing right
  - Q Pivot on both feet turning right, now facing left
  - S LF side
- Complete with second half of Basic Step

### Woman's Underarm Turn

QQS Footwork same as in first half of Basic Step. Lead on S by raising the left hand.

QQS Footwork same as in second half of Basic Step.

### Woman's Triple Underarm Turn

QQSQQS Same as Woman's Underarm Turn. On last S (or slightly earlier), woman's right arm is held by man's raised left hand. Lead by using the right hand, with palm out, thumb size

down, at face level, to pull woman's right elbow to the right.

QQS Footwork same as in first half of Basic Step.  
The woman's footwork same as Pivot Turn. Lead on S by pushing the woman's left shoulder to the left.

QQS Footwork same as in second half of Basic Step.  
Follow with Basic Step or repeat.

## Mambo Step

Precede with Basic Step. Lead by push the frame forward.

Q LF forward  
Q Replace weight onto RF  
S LF side  
Q RF back  
Q Replace weight onto LF  
S RF side

## Cross Body Lead

Precede with Mambo Step.

Q LF forward  
Q Replace weight onto RF  
S LF side, turning left and opening up. Lead by lowering left hand to waist level.  
Q RF back, now facing left. Woman steps forward on LF.  
Q Replace weight onto LF, continuing to turn left. Woman pivots on RF to the counterclockwise.  
S RF side, closing into Normal Hold.  
Follow with Mambo Step or Chase.

## Chase

Precede with Mambo Step or Cross Body Lead.  
Lead by lowering and releasing both hands.

Q LF forward  
Q Pivot on both feet to the right  
S LF forward  
Q RF forward  
Q Pivot on both feet to the left  
S RF forward  
May repeat a set or two. Exit with Mambo Step and back into Normal Hold.

## Samba

Count: 1a2

Samba has a bouncing motion with both sides of the hip moving in unison, unlike in other Latin dances such as Rhumba or Cha Cha. Samba is a traveling dance, but the orientation of the figures is a bit confusing for me at the time of writing.

## Basic Step

1 LF forward ball to heel  
a RF closes with weight on ball, i.e. a pressure step  
2 LF step in place ball to heel  
2 RF back  
a LF closes  
2 RF step in place  
May gradually turn left in this figure.

## Side Whisk

1 LF side; lead by moving the frame to the left  
a RF behind LF, toe to heel, toe slightly turned out  
2 Replace weight to LF  
2 RF side  
a LF behind RF  
2 Replace weight to RF

## Woman's Underarm Turn

Precede with Side Whisk.

1 LF side; lead by raising the left hand and releasing the right hand while the woman does a spot turn  
a RF behind LF  
2 Replace weight to LF  
Finish with second half of Side Whisk.

## Samba Walk

Precede with Side Whisk. Lead by pushing the left hand out into a very open Promenade Hold so that both are facing left.

1 LF forward  
a Rock back, replacing weight to RF  
2 Replace weight to LF  
2 RF forward  
a Rock back onto LF  
2 Replace weight to RF  
1a22a2 Repeat  
To exit,  
1 LF forward, turning right

- a2 close into Side Whisk to exit.
- Or,
- 1a2 Raise the left hand to lead a Woman's Underarm Turn to exit.
- Or, on the last 2a2,
- 2 RF forward, turning right
- a LF side, close into Normal Hold face to face.
- 2 RF close. Raise the left hand hold and lean to the right to lead into a Promenade Botofoco.

### Forward Botofoco

Commence in LOD. Precede with Basic Step. Imagine two parallel lines along LOD.

- 1 LF forward on the right line; lead by twisting the frame into an offset position, so that the woman dances a Backward Botofoco
- a RF pressure step side
- 2 Replace weight to LF and LF points diagonal center
- 2 RF forward diagonal center onto the left line
- a LF pressure step side
- 2 Replace weight to RF and points diagonal wall
- 1 LF forward diagonal wall onto the right line
- Repeat a few times. To exit:
- 2 RF forward diagonal center onto the left line
- a LF closes
- 2 RF step in place
- 1 LF back
- a RF closes
- 2 LF step in place
- 2 RF forward
- a LF closes
- 2 RF step in place
- Follow with Basic Step.

### Backward Botofoco Movement

- 1 RF back onto the left line backing diagonal wall
- a LF side
- 2 Replace weight onto RF and RF points backing diagonal center
- 2 LF back onto the right line backing diagonal center
- a RF side
- 2 Replace weight onto LF and LF points backing diagonal wall

### Promenade Botofoco

Essentially the same footwork as in Forward Botofoco.

If precede with Basic Step, do

- 1 LF forward. Woman's RF back.
- a RF pressure step side. Lead by moving the frame to the right and opening slightly into Promenade Hold.
- 2 Replace weight onto LF
- 2a2a2 Similar steps
- 2a2 Open the Promenade Hold further and go into Samba Walk. On a, hold the left hand firm so that the woman does not close in and go into a Botofoco step to the man's right, but steps into Samba Walk.

### Shadow Botofoco

Precede with Samba Walk in LOD.

- 2 RF forward in LOD; lead by drawing the left hand in
- a LF side in direction of center, body facing diagonal wall; lead by pushing the left hand out and releasing the right hand
- 2 Replace weight to RF; lead by raising the left hand; now the man is behind the woman
- 1a2a2 Forward Botofoco along LOD; the right arm is bent and at eye level
- Repeat once, by agreement.
- 1 LF closes; lead the woman into a right pivot turn
- a RF pressure step back
- 2 Replace weight onto LF, backing into Promenade Hold
- 2a2 Samba Walk

## Merengue

Count: 12345678.

Merengue as a club dance has few rules. The timings listed are more suggestions than rules.

### Basic Side

- 1 LF side step foot-knee-hip with characteristic Latin hip motion
  - 2 RF close foot-knee-hip
- 345678 Repeat  
Same movements for Basic In Place, Basic Forward, Basic Backward, Basic Left Turn, and Basic Right Turn

### Sunrise

Precede with Basic Side.

- 1234 Basic Backward, sliding arms into loose Double Hold at waist level with no tension in the arms
- 5678 Basic Forward, raising arms in front and arc out and down

### Loop Turn into Front-to-Back

- 1-4 From Double Hold raise left hand up and across to lead woman to turn left.
- 1-8 In the woman-man front-back position, dance Basic Step with variations such as lowering and raising body or swirling the hips.
- 1-4 Release left hand to unwind woman or raise left hand to back out.  
Man may raise right hand up and lead himself into a loop turn into man-woman front-back position.

### Woman's Underarm Turn

From Close Hold or Double Hold

- 1-8 Basic In Place, raising the left arm and releasing the right hand for woman's underarm turn to her right

### Underarm Turn to Walk Around

- 1-4 Lead the Woman's Underarm Turn
- 5-12 Place right hand (thumb down) on her back to guide her to walk around.

### Checked Underarm Turn

- 1-4 Half way through Woman's Underarm Turn when woman's back towards man, place right hand on her upper arm to stop the turn to the right.
- 5-8 Woman turns to the left after the check.

### Magic Hand to Cross-Hand Hold

- 1-4 From Double Hold, place both hands close and lead the Woman's Underarm Turn.
- 5-8 Half way through the turn when hands are above woman's head, switch hands and into Cross-Hand Hold.

### Cross-Hand Turns

- 1-4 From Cross-Hand Hold with right hands on top, raise right hand to lead the woman to turn right, so that the right arm goes over her head. Now in woman-man front-back position.
- 5-8 Woman continues the turn, so that the left arm goes over her head. Lower the hands into Cross-Hand Hold with left hands on top.
- 1-4 Raise the left hand and turn left under the arm into man-woman front-back position.
- 5-8 Continue the turn and the right arm goes over man's head. Lower the hands into Cross-Hand Hold with right hands on top.  
Turns are to the left for Cross-Hand Hold with left hands on top; and are to the right with right hands on top. Both man and woman can turn and in either direction. A turn by one person switches the hand hold position. Repeat or follow with other Cross-Hand Hold figures.

### Combing Hair

- 1-4 From Cross-Hand Hold, raise top hand towards man's head and over to back of neck. Release and catch the hand below.
- 5-8 Repeat with the other hand.  
May do the same to over woman's head.

### Head Through

- 1-8 From Cross-Hand Hold, raise both hands towards man's head and over to the back of neck. Move forward and place head through the loop. Release hands and back to close Normal Hold.

## Pick Up a Quarter

- 1-4 Woman's Underarm Turn
- 5-8 Turn left and place left hand over shoulder and release woman's hand.
- 1-4 Catch woman's right hand with right hand into Right-Right Hold.
- 5-8 Continue to turn left so that the right hand is folded in the back. Bend down as if to pick up a quarter and turn below woman's arm.
- 1-4 Raise right hand to lead a Woman's Underarm Turn.

## Pick Up a Quarter in Cross-Hand

Start from Cross-Hand Hold with left hands on top.

- 1-4 Man turns to the left so that left arm goes over head. Man is now to the right in front of woman. His left hand folded in the back.
- 5-8 Continue to turn left and bend down as if to pick up a quarter and turn below woman's arm.
- 1-8 Follow with Cross-Hand Turns.

## Fake Out and Walk Around

May precede with Pick Up a Quarter. Get into Cross-Hand Hold.

- 1-4 Face the same direction shoulder to shoulder, with woman to the left. Raise hands to place right hand behind man's neck and left hand behind woman's neck.
- 5-12 Release right hand and keep right arm up and coiled to allow woman's walk-around. Release left hand but keep hand on woman's left should. Gently sweep left arm to right to lead woman to walk around clockwise. Woman's right hand traces around man's body.

## Cross-Hand Hold Rock Steps

Start from Cross-Hand Hold.

- 1 LF back opening to left shoulder to shoulder with woman on the right
- 2 Replace weight to RF
- 1 LF in place or slight to the side back to face to face
- 2 RF back opening to right shoulder to shoulder with woman on the left
- 1 Replace weight to LF
- 2 RF in place or slight to the side back to face to face

## Palm-to-Palm Swivel

- 1 Swivel to the left with most of the weight on LF right arm forward
- 2 Swivel to the right with most of the weight on RF left arm forward
- 1 Swivel to the left
- 2 Spot turn to the right with weight on RF or spot turn to the left with weight on LF

## Normal Hold Swivel

Open the hold to the left.

- 1 Basic Step for man. Open frame on the left; pressure in the right hand to lead woman to swivel to the right.
- 2 Basic Step for man. Close frame on the left to lead woman to swivel to the left.

## Pretzel

Start from Double Hold.

- 1-4 Raise left hand and turn left under the left arm, into back to back position.
- 5-8 Raise right hand over woman's head back to front, now right shoulder to right shoulder facing opposite directions. Man's left arm folded in the back.
- 1-4 Raise right hand and turn left so that right arm goes over head back to front. Now back to face to face position.
- 1-16 Immediately follow with a Loop Turn into Front-to-Back.  
Woman may dance the man's part.

## Goncho

In Close Normal Hold.

- 12 LF forward; replace weight on RF
- 12 LF back; replace weight on RF
- 12 LF forward; replace weight on RF
- 12 LF back and sit down on the feet, with body slightly twisting to the left. Woman's left leg hooks to man's right leg.

## Close Hold Turns

Tight Normal Hold with body contact. May double count the beats.

- 1 LF forward with left shoulder thrusting forward to turn right.
- 2 RF, continuing to turn right.

## Paso Doble

Count: 1234

### Basic Step (Sur Place)

- 1 RF tap in place
- 2 LF tap in place
- 345678 Repeat  
May turn to the right.

### Promenade Link

Commence facing LOD.

- 1 RF step in place with slight stamp and the body lowers a little, i.e. Appel
- 2 LF side in Promenade position turning 1/8 to left; lead by drawing in the left hand and then extend to normal position to the left
- 3 RF forward and across, continuing to turn left
- 4 LF close, now facing center  
Follow with Chasse.

### Chasse

Precede with Promenade Link. Commence facing center.

- 1 RF to side, with the left hand hold at head level, body curved right, eyes looking right
- 2 LF closes
- 3 RF to side
- 4 LF closes
- 1 RF to side, with the left hand hold at waist level, body curved left, eyes looking left
- 2 LF closes
- 3 RF to side
- 4 LF closes  
Repeat the first 4 counts, Chasse curved right.

### Open Promenade

Precede with Chasse. Commence facing center.

- 1 RF Appel back with foot twisted inward, commencing to turn left; lead by pulling the woman in
- 2 LF forward to the left into the woman
- 3 RF side in direction of center, now backing LOD, and pivot on RF to the left, opening up into Promenade Hold
- 4 LF side along LOD, now facing wall
- 5 RF left across LF along LOD, swinging the woman around, now facing LOD
- 6 LF closes, back into Normal Hold
- 7 RF side

8 LF closes

### Sixteen

Commence facing wall.

- 1 RF Appel
- 2 LF side slightly forward, commencing to turn right
- 3 RF forward diagonal wall, cutting across the woman
- 4 LF side along LOD, turning right; left hand hold is drawn in at eye level, now backing LOD
- 5 RF back along LOD
- 6 LF back
- 7 RF back step right behind the LF, turning right
- 8 LF closes, now facing center
- 123 RF, LF, RF Sur Place; swing the woman to the left and leaning left as if swinging a cape
- 456 LF, RF, LF Sur Place; swing to the right
- 78 RF, LF Sur Place

### Grand Circle

Commence facing wall.

- 1 RF Appel
- 2 LF side slightly forward, commencing to turn right
- 3 RF forward diagonal wall, cutting across the woman
- 4 LF side along LOD, turning right; left hand hold is drawn in at eye level, now backing LOD, continuing to turn right
- 5 RF side in LOD, lifting the left arm to lead the woman's turns on 678, and releasing the right arm and holding at shoulder level, now facing center, continuing to turn right
- 6 LF forward across RF in LOD, now body facing diagonal center
- 7 RF forward in LOD
- 8 LF forward across RF in LOD
- 9 RF forward diagonal center into the woman, catching woman in right hand into Promenade Hold
- 10 LF forward in direction of center
- 1 RF forward with weight
- 23456 turning left leading the woman to walk around while shifting weight onto LF; left hand hold at chest level; lifting the right hand hold so that the body arches to the left; the woman should be to the right of the direction the man's body faces
- 7 RF forward across LF in direction of wall, swinging the woman around
- 8 LF closes, back into Normal Hold facing wall

- 9 RF side
- 10 LF closes

### Amalgamation of Turns

Commence facing wall.

- 1 RF Appel
- 2 LF side slightly forward, commencing to turn right
- 3 RF forward diagonal wall, cutting across the woman
- 4 LF side along LOD, turning right; left hand hold is drawn in at eye level, now backing LOD
- 5 RF toe to heel behind LF
- & pivot turn on toe of RF and heel of LF, ending with weight on LF, now facing LOD; the body arches right on 5&
- 6 RF forward diagonal wall, cutting across the woman
- 7 LF side along LOD, turning right, now backing LOD; the body arches left on 67
- 8&9,10 same as 5&67
- 11& same as 5&
- 12 RF step in place, now facing LOD but slight to diagonal center
- 1 LF forward
- 2 RF forward
- 3 LF forward
- 4 RF points forward left without weight
- & RF retract and step in place
- 5 LF point to the side without weight
- 6 LF close
- 7 RF side
- 8 LF close

## Lambada

This is the less steamy version without body contact.

Count: QQS

The upper body should stay level with most of the body motion in the hips.

### Basic Step

- Q LF small step left
- Q RF small step left without closing
- S LF small step left; RF may do a small side kick
- Q RF small step right
- Q LF small step right without closing
- S RF small step right; LF may do a small side kick

### Sotada

- Q LF side step; lead by exerting force on the left hand, moving frame to the right and opening up
- Q Replace weight onto RF
- S LF close
- Q RF side step, opening to the right
- Q Replace weight onto LF
- S RF close
- May repeat the figure. To get out:
- Q LF side step, as before
- Q Replace weight onto RF, as before; lead the Woman's Underarm Turn by lifting left hand
- S LF forward, turning right
- Q RF back, continuing turning right
- Q Replace weight onto LF
- S RF slight side; the right hand should maintain contact with the woman's waist during the turn

### Double-Hold Loop

Precede with the Basic Step.

- Q LF back; lead by sliding down right arm and lower left into Double Hold
- Q Replace weight onto RF, raising hands and commencing to turn right
- S LF forward outside woman, turning a half right; now the hands are crossed
- Q RF back
- Q Replace weight onto LF, raising hands and commencing to turn left
- S RF forward, turning a half left; now the hands are not crossed but should be together

May repeat this figure. To get out, let go right hand and use the Woman's Underarm Turn as in getting out of Sotada.

## Swing

Count: 1&23&456

Swing Hold: left hand in Left-Hand Hold, right hand in Normal Hold but lower.

### Basic Step

- 1 LF small step side
- & RF step towards LF
- 2 LF step; 1&2 constitute the Left Triple Step
- 3&4 Right Triple Step
- 5 LF back
- 6 Replace weight to RF; 56 is the Rock Step

### Open Up

Precede with Basic Step in Swing Hold or Double Hold

- 1&2 Turning left on Left Triple Step; lead by tilting the frame to the left
- 3&4 Release right hand to open up into Left-Hand Hold, having completed 1/4 turn
- 56 Rock Step

### Into Swing Hold

Commence in Left-Hand Hold.

- 1&2 Left Triple Step but step forward; lead by lowering the left hand and moving to the side and placing the right hand in Swing Hold
- 3&456 same as in Basic Step

### Arch Turn

- 1&2 Left Triple; lead on 1 by rolling the left hand in the woman's hand and raising the arm into palm-to-palm, releasing right hand if in Double Hold
  - 3&4 Right Triple
  - 56 Rock Step, lowering left hand which is now on the top
- Follow with a Loop Turn to get out of the awkward hand hold.

### Loop Turn

- 1&2 Left Triple Step; lead on 1 by raising the left hand up and to the right; move forward to the left side of the woman and turn right by 1/4 turn

3&4 Right Triple Step; continue to move forward and turn right by 1/4 turn pivoting a little on 3 on LF; put the right hand on the woman's back and slide down to catch the woman's left hand into a Double Hold again; the man and the woman have exchanged places.

56 Rock Step

Use this step to change from Left-Hand Hold into Double Hold.

### Double Loop Turn

1&2 Left Triple Step same as in Loop Turn

3&4 Keep the left arm up; Right Triple Step under the arch turning left

56 Rock Step, lowering the left arm

### Loop Turn around Waist

1&2 Left Triple Step same as in Loop Turn

3&4 Right Triple Step turning to the left; lowering left hand hold to waist level and letting go of woman's right hand to let it trace around the waist

56 Rock Step, catching woman's right hand

### Right-Right Hold Loop Turn

Commence in Right-Right Hold

1&2 Left Triple Step; lead on 1 by raising the right hand up and to the right;

3&4 Right Triple Step, turning to the left and lowering the right hand behind the back, placing woman's right hand in the left hand behind the back. Or, simple Right Triple Step in place and place the woman's right hand in the left hand.

56 Rock Step

### Man's Behind the Back Turn

1&2 Left Triple Step, turning left by 1/8 of a turn; lead by placing the woman's right hand in the right hand

3&4 Right Triple Step, continuing to turn to complete the half turn, placing woman's right hand in the left hand behind the back.

56 Rock Step

### Push and Spin

1&2 Left Triple

3 RF small step to the side; lead by push the hand out firmly

& Pivot on the left foot for a full turn

4 RF step

56 Rock Step

### Sweetheart

Commence in Double Hold.

1&2 Left Triple; lead by raising left hand up and to the right and drawing the woman in with the right hand

3&4 Right Triple; take appropriate step size to match the woman's movement; lower the left hand

56 Rock Step

1&2 Left Triple; lead by raising the left hand to unwind

3&4 Right Triple; lower the left hand

56 Rock Step

### Sweetheart Variation

There is a change in timing. Commence in left hand hold.

1&2 Left Triple Step; lead as in Sweetheart

34 RF Rock Step forward; lead by placing the right hand on woman's back and pushing her forward

5&6 Right Triple Step unwind the woman as in Sweetheart

78 Rock Step

### Fake Out

Commence in Double Hold.

1&2 Left Triple, turning left slightly; lead by raising both hands to the side and placing the left hand behind the neck while the right hand goes behind the woman's neck; look into each other

3&4 Right Triple, letting go of the left hand while the right hand slides down the woman's right arm

56 Rock Step with Handshake Hold

Follow with Right-Right Hold Loop Turn or Windmill.

### Windmill

Commence in Handshake Hold, possibly from Fake Out. The timing is always a triple for this figure.

1 LF step forward along the circle of rotation; lead by twisting the body to the right so that the right hand moves to the right, and by touching the woman's back with the left hand

& Step on RF

2 Step on LF

- 1 RF step forward along the circle, turning the body to the left so that the right hand moves to the left; the woman's left hand will touch the man's back
  - & Step on LF
  - 2 Step on RF
- May repeat the figure a few times.  
There are a few possible exiting figures. The first is a Loop Turn. The second is:
- 1&2 Left Triple Step, turning left; lead as in Loop Turn
  - 3&4 Right Triple Step, continuing to turn left to complete a half turn and placing the woman's right hand in the left hand as in Man's Behind the Back Turn
  - 56 Rock Step
- The third is:
- 1&2 Left Triple Step, turning left; lead as in Loop Turn; same as immediately above
  - 3&4 Right Triple Step, placing the right hand behind the neck as if in Fake Out, letting the woman's right hand slide down the man's left arm
  - 56 Rock Step
- Follow with Right Hand Hold Loop Turn or Sliding Door.

### Egg Beater (Windmill Variation)

- 1&2 LF forward as in the Windmill but with no triple stepping
  - 3&4 RF forward while LF pivoting to the left
- In the subsequent 1&2's RF pivots to the right

### Sliding Door

- There is a change in timing. Commence in Left-Hand Hold and lead in the previous Rock Step by tucking the left hand to the right.
- 1&2 Left Triple Step forward, sliding behind the woman; turn to the right for almost a half turn, with the right hand gliding behind the woman to catch her left hand
  - 34 RF Rock Step back, completing the half turn
  - 1&2 Right Triple Step forward, sliding in front of the woman; turn to the left for almost a half turn, placing the woman's left hand in the left hand (or is it releasing the hand behind the back and then catch it?)
  - 34 Rock Step, completing the half turn

### Kicks

- Commence in Swing Hold.
- 1&2 Left Triple Step
  - 3&4 Right Triple Step
  - 5 LF back, opening up to the left
  - 6 RF back and side, into a very open Promenade Position so that both are facing the side
  - 1 LF small kick forward
  - 2 RF small kick forward
  - 3 close into Swing Hold, facing each other; LF small kick slightly to the left outside of woman's RF
  - 4 RF small kick forward between woman's feet
  - 56 Rock Step

### Behind the Back

- Commence with Basic Step in Swing Hold.
- 1&23&456 Open Up
  - 1&2 Left Triple, coming very close towards the woman; the woman should come forward on this step; lead by placing the left hand with the woman's right hand behind the woman's back
  - 3 LF side, taking woman's right hand with the right hand behind the woman's back; be ready to unwind the woman in a right turn
  - 4 RF close, unwinding the woman
  - 5&6 Right Triple, raising the right hand up to the left for a woman's underarm turn to the right
  - 78 Rock Step, now in Handshake Hold
  - 1&2 Left Triple, pushing the right hand forward to lead another woman's right turn
  - 3&4 Right Triple
  - 56 Rock Step, back into Left-Hand Hold

## Jidy Bug (Single-Step Swing)

The figures are almost identical to Swing, but the Triple Step is replaced by a slow side step.

Count: SSQQ=1&2 3&4 5 6

### Basic Step

S LF side  
S RF side  
Q LF back  
Q Replace weight to RF; QQ is the Rock Step

### Open Up

Similar to the same figure in Swing.

### Into Swing Hold

Similar to the same figure in Swing.

### Arch Turn

S LF side; lead by raising the left hand  
S RF side  
QQ Rock Step  
The woman is now at the left side of the man.  
Follow with a Loop Turn.

### Loop Turn

S LF side; lead by raising the left hand up and to the right  
S RF side; put the right hand on the woman's back and slide down to catch the woman's left hand into a double hold; there is no exchange of places between the man and the woman.  
QQ Rock Step

### Man's Behind the Back Turn

S LF forward side, turning left; lead by placing the woman's right hand in the right hand  
S RF side, continuing to turn, placing behind the back woman's right hand in the left hand  
QQ Rock Step

### Sweetheart

Commence in Double Hold  
S LF side; lead by raising left hand up and to the right and drawing the woman in with the right hand  
S RF side; lower the left hand

QQ Rock Step  
S LF side; lead by releasing the left hand to let the woman unwind  
S RF side  
QQ Rock Step  
S LF side; lead a woman's left turn by extending the right arm to get out of the right hand hold  
S RF side  
QQ Rock Step

### Promenade Kick

Commence in Left-Hand Hold.  
S LF forward; lead by lowering the left hand to draw the woman closer  
S RF side into the Swing Hold  
QQ Rock Step, opening up into a very open Promenade Position so that both are facing the side  
Q LF small kick forward  
Q RF small kick forward  
Q close into Swing Hold, facing each other; LF small kick outside of woman's RF  
Q RF small kick between woman's feet  
QQ Rock Step  
Repeat the same figure.

## West Coast Swing

A slot dance  
Count: 123&45&6

### Basic Step

Normal hold with left arm more relaxed and lower, facing wall

- 1 LF back behind RF, pulling frame to the right and opening up frame
- 2 Replace weight on RF, turning left, facing LOD
- 3&4 Step in place on LF, RF, LF, releasing right arm and extending left arm as the woman moves backing LOD
- 5&6 Step in place on RF, LF, RF, in Left-Hand Hold

### Sugar Push

- 1 LF back; lead by pulling the woman in
- 2 RF back, catching right hand if preceded with Basic Step
- 3 LF back to the RF and step in place  
& RF step in place, pushing arms forward
- 4 LF forward
- 5&6 Step in place RLR  
Repeat or follow with Tuck and Turn.

### Tuck and Turn

Commence facing LOD.

- 1 LF back, pointing center, stepping outside of the slot, body turning left; leading by pulling both hands to the left
  - 2 RF close
  - 3 LF tap, releasing right hand and raising left arm
  - 4 LF forward, pointing backing LOD, perpendicular to RF, stepping into the slot
  - 5&6 Step in place RLR, lowering left arm with hand holding in an awkward position facing down
- 1 LF back, body turning right
  - 2 RF side, stepping outside of the slot, raising left arm to allow lady move in the slot
- 3&4 Step in place LRL, continuing turning right
  - 5&6 Step in place RLR, continuing turning right, lowering left arm into normal hand hold

## Whip

This is an 8-count step. Precede in Left-Hand Hold.

- 1 LF back, slightly pulling the woman in
- 2 RF forward outside of slot to the left, with right arm catching the woman into Normal Hold, commencing to turn
- 3&4 LRL, half turn to the right with feet slightly apart at the end so that the woman may step between the feet
- 5 Place RF toe behind LF heel to the left
- 6 Pivot to the right on the toes of RF and the heel of LF to make a half turn, “whipping” the woman outward, releasing right hand and into Left-Hand Hold
- 7&8 Step in place RLR

## Hustle

Count: 2/4; 12&3  
Somewhat a slot dance

### Basic in Place

Commence in Double Hold. Left-hand Hold is okay.

- 1 LF forward; lead by raising the hands
- 2 Replace weight onto RF, lowering arms to normal waist level
- & LF back with a quick rock
- 3 Replace weight back to RF

### Basic Turn

- 1 LF forward, turn right; lead by lowering hands and stretching out with bodies now close to each other
- 2 RF step behind LF, continuing to turn
- & LF back
- 3 Replace weight onto RF

### Loop Turn

- 1 LF forward to the left side of woman. Turn right. Lead by releasing right hand if in Double Hold and by raising left hand to the right.
- 2 RF step behind LF, continuing to turn
- & LF back
- 3 Replace weight back to RF

### Arch Turn

- 1 LF forward to the right side of woman. Turn left. Lead by raising the left hand up to the left.
- 2 RF step behind LF, continuing to turn
- & LF back
- 3 Replace weight back to RF  
Follow with Loop Turn.

### Back Turn

- 1 LF forward left, turn left; lead by releasing right hand if in Double Hold and by taking woman's right hand in the right hand
- 2 RF forward, moving right hand behind the body
- & LF back, placing woman's right hand in the left hand
- 3 Replace weight back to RF  
Follow with a Loop Turn.

## Waist Turn

- 1 LF forward. Turn left. Release right hand if in Double Hold. Place the woman's right hand at the right side of waist.
- 2 RF forward. Continue to turn left.
- & LF back.
- 3 Replace weight onto RF. Catch woman's right hand in right hand.  
Follow with Back Turn except the woman's right hand is already in the right hand.

### Man's Arch Turn

Commence in Left Hand Hold.

- 1 LF forward. Raise the left hand and move under the arch turning left.
- 2 RF forward.
- & LF back. Lower the left hand.
- 3 Replace weight onto RF.  
Foot work similar to the Back Turn.

### Man's Loop Turn

Commence in Double Hold or Left Hand Hold.

- 1 LF forward. Raise the right hand up to the left. Release the left hand. Turn left.
- 2 RF forward.
- & LF back. Lower the right hand.
- 3 Replace weight onto RF. The right hand hold ends with man's hand on top. Catch woman's right hand and hold with man's hand on top.  
Follow with Pretzel.

### Pretzel

Precede with Man's Loop Turn.

- 1 LF forward, turning left. Raise the left hand and walk under the arch. The arch goes over the man's head from the front to the back. The woman moves clockwise around the man. Right hand gets to the back.
- 2 RF step.
- & LF back. Lower the left hand.
- 3 Replace weight onto RF. Now man and woman facing opposite direction with man's left shoulder and woman's right shoulder next to each other.
- 1 LF forward, turning right. Raise the left hand and the arch goes over the woman's head from her front to her back. Now man and woman are back to back.

- 2 RF step. Raise the right hand and the arch goes over the woman's head from her back to her front.
- & LF back.
- 3 Replace weight onto RF. Now man and woman facing opposite direction with man's right shoulder and woman's left shoulder next to each other.
- 1 LF forward, turning left. Raise the right hand over head. The arch goes over the man's head from the back to the front.
- 2 RF step.
- & LF back. Lower the right hand.
- 3 Replace weight onto RF. Now face to face in Double Hold with man's hands on top. Follow with Loop Turn to get out of the awkward hand hold.

### Left Turns in Normal Hold

Precede with Basic Turn. Commence facing forward.

- 1 LF forward as in Basic in Place, while the woman moving to the right turning left
- 2 Replace weight back to RF; lead by releasing right arm and go into Normal Hold. The hold at this point is very open.
- & LF back with a quick rock
- 3 Replace weight back to RF
- 1 LF forward turning left, exerting pressure on the right hand to lead the woman to move to left (forward for her) and drawing the woman into a closer hold
- 2 RF side continuing to turn left, now facing left
- 3 LF points to left without weight Repeat 123 three times. End facing forward again.
- 1 LF forward
- 2 Replace weight onto RF, letting woman's left hand slide down and into Double Hold
- & LF quick rock back
- 3 Replace weight onto RF

### New York Walk and Larry's Turn

Commence facing center in Swing Hold

- 1 LF forward, pivoting to the left, similar to Left Turn in Normal Hold
- 2 Drop RF, now facing wall
- & LF side rock step
- 3 Replace weight onto RF
- 12&3 Repeat, now facing center
- 1 LF forward, pivoting to the left, releasing right hand
- 2 Drop RF, now facing woman in Left Hand Hold, backing LOD

- & LF forward Mambo Rock
- 3 Replace weight onto RF
- 12&3 LRLR New York Walk backwards with right arm extended to the side
- 12&3 Repeat New York Walk  
To get out of New York Walk
- 1 LF small step back, dropping left arm into J
- 2 Drop RF, back into Swing Hold
- &3 LF side rock  
Or initiate Larry's Turn
- 1 LF small step back, dropping left arm into J and pushing out and releasing left hand to let the woman turn right
- 2 Drop RF, raising the left hand
- &3 LF side rock, catching the woman's left hand over her left shoulder and putting the right hand on her right shoulder blade
- 1 LF forward, pivoting to the left; raise the left hand for the woman to start turning right
- 2 Drop RF, and move the raised left hand to between the man and the woman to allow the woman to continue to turn, now facing LOD
- &3 LF side rock; the woman has complete 1 1/2 turn and is facing LOD now  
May repeat 12&3 twice
- 1 LF forward, pivoting the left; raise the left hand
- 2 Drop RF, placing the left hand behind neck and place right hand around the woman under her should blade
- & LF side rock step, releasing the left and dropping to waist level ready for woman's right hand
- 3 Replace weight onto RF, catching the woman's right hand, and back into Swing Hold, now facing center

# Polka

Count: 1&2&3&4&

## Right Turn (Basic Step)

Commence facing wall.

- 1 LF large step to the left, commencing to turn right
- & RF close, turning right
- 2 LF side and forward, continuing to turn
- & LF small hop, pivoting, now facing center
- 3 RF small step to the right
- & LF close, turning right
- 4 RF side, continuing to turn
- & RF small hop, now facing wall

## Left Turn

Commence facing wall.

- 1 LF small step to the left, commencing to turn left
- & RF close, turning left
- 2 LF side, continuing to turn
- & LF small hop, pivoting, now facing center
- 3 RF large step to the right
- & LF close, turning left
- 4 RF side and forward, continuing to turn
- & RF small hop, now facing wall

## Promenade

Commence facing wall. May precede with Right Turn.

- 1 LF side, opening body, without releasing left hand
  - & RF close
  - 2 LF forward in LOD
  - & LF hop into facing LOD
  - 3 RF forward
  - & LF close
  - 4 RF forward
  - & RF hop, closing body into face to face
- May repeat. Follow with Right Turn or Left Turn.

## Open Promenade

Commence facing wall. Precede with Right Turn or Promenade.

- 1 LF side, opening body
- & RF close
- 2 LF forward in LOD, releasing left hand and stretching out

- & LF pressure step into facing LOD
  - 3 RF forward in LOD
  - & LF close
  - 4 RF forward
  - & RF pressure step, closing body into face to face
- Repeat. But on subsequent 1, LF side, left hand touch palm to palm with woman's right hand
- In Open Promenade Variation, repeat the figure facing LOD without closing the body explicitly. Follow with Right Turn or Left Turn. With Right Turn, on 1, LF step forward and side into the woman. With Left Turn, on 1, pull the woman to the left to initiate the left turn.

## Woman's Underarm Turn

Precede with Promenade, Open Promenade, or Side-by-Side.

- 1 LF side, lifting the left hand
- & RF close
- 2 LF forward in LOD
- & LF pressure step into facing LOD
- 3 RF forward in LOD
- & LF close
- 4 RF forward
- & RF pressure step, closing body into face to face

## Double Turn

Precede with Open Promenade.

- 1 LF side, pushing out the left hand in palm to palm, and pressuring the right hand hold to lead the woman to turn right
  - & RF close
  - 2 LF forward in LOD
  - & LF pressure step, commencing to pivot to the left, with body now facing diagonal center
  - 3 RF forward in LOD
  - & LF close, now facing center
  - 4 RF side
  - & RF pressuring step, 1/2 pivot turn to the left, now facing wall
- Follow with Open Promenade.

## Side-by-Side

Precede with Double Turn or Woman's Underarm Turn, and catch her left hand instead of going into the usual hold. Or precede with Open Promenade, and slide the right hand out into hand to hand hold. Commence in Double Hold at eye level, facing wall.

- 1 LF side
- & RF close

- 2 LF forward in LOD, releasing left hand and stretching out
- & LF pressure step into facing diagonal center
- 3 RF forward in LOD, right hand extending in the front in LOD
- & LF close
- 4 RF forward
- & RF pressure step, closing body into face to face and catching her right hand
- May repeat the figure. This figure opens up more than Open Promenade.
- The Backward Side-by-Side is:
- 1 LF side,
- & RF close
- 2 LF side in LOD, releasing right hand and stretching out
- & LF pressure step, pivoting to the right into backing diagonal wall
- 3 RF back and side, left hand extending in the front backing LOD
- & LF close
- 4 RF side
- & RF pressure step, pivoting left, closing body into face to face and catching her left hand
- Follow with Woman's Underarm Turn.

### Zig Zag

- 1 LF side; lead with shoulder leaning to the left
- & RF close
- 2 LF side slightly forward
- & LF pressure step or small hop
- 3 RF side; lead with shoulder leaning to the right
- & LF close
- 4 RF side slightly forward
- & RF pressure step or small hop
- Follow with Right Turn.

### Front Heel Toe

Precede with Open Promenade without closing, facing LOD at the end.

- 1 LF heel to floor, with light hop on RF, leading by lowering the body slightly and slowing on the previous 3&4&
- & LF toe to floor to the right over RF, with light hop on RF
- 2 LF heel to floor, with light hop on RF
- & LF toe to floor over RF, with light hop on RF
- 3& same as 2&
- The light hop on RF is optional.
- 4 LF forward
- & RF close
- 5 LF forward

- & LF pressure step
- 1 RF heel to floor, with light hop
- & RF toe to floor to the left over LF
- 2&3& same as 1&
- 4 RF forward
- & LF close
- 5 RF forward
- & RF pressure step
- Follow with Open Promenade.

### Side Heel Toe

- 1 LF heel to left, body leaning down to the left
- & LF toe to the right
- 2 LF step left
- & RF close
- 3 LF step left
- & LF small hop
- 4 RF heel to right, body leaning down to the right
- & RF toe to the left
- 5 RF step right
- & LF close
- 6 RF step right
- & RF small hop

# Charleston

A line dance.

Count: 12345678

Hold: Loose Normal Hold with right hand hold to the side of woman's left arm

## Basic Step

- 1 LF forward
  - 2 RF forward without weight
  - 3 RF back
  - 4 LF back without weight
- 5678 same as 1234

On each count, the feet are turned out like penguin's. On each & between two count S, the feet are turned in like pigeon's.

Partnered Basic Step is the same for men and counts differently for women.

## Partnered Progressive

- 1 LF forward
- 2 RF forward
- 3 LF forward
- 4 RF forward without weight
- 5 RF back
- 6 LF back
- 7 RF back
- 8 LF back without weight

## Kick

- 1 LF forward
- 2 RF kick forward
- 3 RF back
- 4 LF slide back, body bending down forward with left hand almost touching the floor

## Partnered Kick

- 1 LF side
  - 2 RF kick to the left over LF
  - 3 RF side
  - 4 LF kick to the right over RF
- May repeat.

## Hop

- 1 hop on both feet to right forward with arms stretching out to the side at shoulder level
- 2 hop to forward
- 3 hop to left forward
- 4 hop to forward

- 5 hop to left forward
- & hop to forward
- 6 hop to left forward
- & hop to forward
- 7&8& same as 5&6&

Partnered Hop: lead by twisting the frame.

## Flash

- 1 LF point to the left with toe to the floor; arms go from retracted position at shoulder with fists to extended position up and out with hands open facing forward, as if signaling flashing lights
  - 2 same as 1
  - 3 LF step to the right behind RF
  - & RF side
  - 4 LF closes and step to just in front of RF
  - 5 RF to the right with toe pointing to the floor; arms and hands same as in 1
  - 6 same as 5
  - 7 RF step to the left behind LF
  - & LF side
  - 8 RF closes and step in front of LF
- Partnered Flash: lead into Double Hold first.

## Slap

- 1 right hand slaps right side
  - & left hand slaps left side
  - 2 right hand slaps right side of knee, bending down
  - & left hand slaps left side of knee
  - 3 right hand taps floor, squatting
  - & left hand taps floor
  - 4 clap, standing up
  - & clap
- Repeat

## Left (Right) Circle

12345678 steps to the left tracing out a circle with left (right) hand in the air with index finger pointing up

## Hug

- 1 right hand over left lower leg, bending down
- 2 left hand over right lower leg
- 3 right hand over waist, standing up
- 4 left hand over waist
- 5 right hand over left shoulder
- 6 left hand over right shoulder
- 7 right hand up and open
- 8 left hand up and open

## Crazy Leg

- 1 LF forward
- & right knee up with RF turned out to the right
- 2 RF turn in
- & RF turn out as in & after 1
- 3 RF forward
- & left knee up with LF turned out to the left
- 4 LF turn in
- & LF turn out as in & after 3
- 5&6&7&8& repeat
- 1 RF back
- &2& same as in &4& before
- 3 LF back
- &4& same as in &2& before
- 5&6&7&8& repeat