

**SLOW DANCING (One Step)
INTRODUCTORY BASICS**

WALK 4 [CP] {QQQQ;} [forward or back]
SIDE CLOSE BASIC [CP]
 {QQQQ;} {Sd, Cl, Sd, Cl;} [can rotate CW]
SWAY BASIC {QQQQ;} [CP] [lead with hips]
 {QQQQ;} {Sd, Sd, Sd, Sd;} [can rotate CW]
PROMENADE WALK {QQQQ;}
 [SCP] {Fwd, Fwd, Fwd, Fwd/Fc Ptr;} [CP]

**TANGO
INTRODUCTORY BASICS**

WALK 2 {SS;} [CP]
 M: Fwd L, -, Fwd R, -;
 W: Bk R, -, Bk L, -;
TANGO DRAW {QQS;} [CP]
 M: Fwd L, Fwd & Sd R, Draw L to R with no wt chg, -;
 W: Bk R, Bk & Sd L, Draw R to L with no wt chg, -;
 [Draw occurs over last 2 beats of the measure]
CORTE & RECOVER {SS;} [CP]
 M: Bk & Sd L with lowering action, -, Rec R, -;
 W: Fwd R with lowering action, -, Rec L, -;
SIDE CORTE & RECOVER {SS;} [CP]
 M: Side L flexing supporting knee & turning to Reverse
 SCP leaving R leg extended with toe pointing to
 floor, -, Rec R turning to fc ptr in CP, -;
 W: Side R flexing supporting knee & turning to Reverse
 SCP leaving L leg extended with toe pointing to
 floor, -, Rec L turning to fc ptr in CP, -;
WALK & PICKUP {SS;} [Starts SCP and ends CP]
 M: Fwd L, -, Fwd R leading Ptr to trn 1/2 LF to CP, -;
 W: Fwd R, -, Fwd L turning 1/2 LF to CP, -;
TURNING TANGO DRAW {QQS;} [CP]
 M: Fwd L turning up to 1/4 LF, Sd R, Draw L to R, -;
 W: Bk R turning up to 1/4 LF, Sd L, Draw R to L, -;
 [Draw occurs over last 2 beats of the measure]
ROCK 3 {QQS;} [SCP] [Can start with either foot]
 M: Fwd L, Recover R, Fwd L, -;
 W: Fwd R, Recover L, Fwd R, -;
ROCK 3 / PICKUP {QQS;} [Starts: SCP & Ends: CP]
 M: Fwd R, Recover L, Fwd R, -;
 W: Fwd L, Recover R, Fwd L, swivel 1/2 LF on L to CP;

**SWING (JIVE)
INTRODUCTORY BASICS**

[Figures written for Triple Swing. For Single Swing,
replace each triple with a Single Slow step.]

BASIC ROCK [L Open Facing Pos]
 M: Rk Apt L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
 W: Rk Apt R, Rec L, Sd R/CI L, Sd R; Sd L/CI R, Sd L,
FALLAWAY ROCK [Starts in SCP & Ends in CP]
 M: Rk Bk L to SCP, Rec R to fc ptr, Sd L/CI R, Sd L;
 Sd R/CI L, Sd R,
 W: Rk Bk R to SCP, Rec L to fc ptr, Sd R/CI L, Sd R;
 Sd L/CI R, Sd L,
THROWAWAY [Starts: SCP & Ends: Left Open Facing Pos]
 M: Rk Bk L to SCP, Rec R, Sd L/CI R, Sd L, Sd R/CI L, Sd R
 making 1/4 LF turn on triples;
 W: Rk Bk R to SCP, Rec L, R/L, R making 1/2 LF turn, Sd &
 Bk L/CI R, Sd L ;
LINK ROCK [Starts in L Open Facing Pos & Ends in CP]
 M: Rk Bk L, Rec R, small chasse fwd L/R, L; Sd R/L, R ,
 W: Rk Bk R, Rec L, small chasse fwd R/L, R; Sd L/R, L,
 [Can turn as much as 1/2 RF]
CHANGE (PLACES) RIGHT TO LEFT [SCP]
 M: Rk Bk L to SCP, Rec R, Sd L/CI R, Sd L turning
 1/4 LF; Sd & Fwd R/CI L, Sd R to L Op Fcg Pos,
 W: Rk Bk R to SCP, Rec L, Sd R/CI L, Fwd R turning 3/4 RF
 under joined Lead hands; Sd & Bk L/CI R, Sd & Bk L,
CHANGE (PLACES) LEFT TO RIGHT [L Open Facing Pos]
 M: Rk Bk L, Rec R, Sd L/CI R, Sd L turning 1/4 RF;
 Sd R/CI L, Sd R to fc Ptr,
 W: Rk Bk R, Rec L, Fwd R/CI L, Fwd R turning 3/4 LF
 under joined Lead hands; Sd L/CI R, Sd L to fc Ptr,
CHANGE HANDS BEHIND BACK [L Open Facing Pos]
 M: Rk Apt L, Rec R, Fwd L/CI R, Fwd L turning 1/4 LF;
 Sd & Bk R/CI L, Sd R turning 1/4 LF to Fc Ptr,
 W: Rk Apt R, Rec L, Fwd R/CI L, Fwd R turning 1/4 RF;
 Sd & Bk L/CI R, Sd L turning 1/4 RF to Fc Ptr,
 [M changes W's R hand to his R hand on the 1st triple
 and back to his L hand on the 2nd triple.]
WINDMILL [BFLY] [Figure turns CCW 1/2]
 M: Rk Bk L , Rec R, Fwd L/CI R, Fwd L turning 1/4 LF;
 Sd R/CI L, Sd R turning 1/4 LF to Fc Ptr,
 W: Rk Bk R , Rec L turning 1/4 LF, Sd R/CI L, Sd R;
 Sd L/CI R, Sd L turning 1/4 LF to Fc Ptr,



**Introductory
Dance
Basics**

Slow Dancing
Waltz
Foxtrot
Rumba
Cha Cha
Tango
Swing

Fall 2004

LEARN TO DANCE

Instructors:
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Centre Region Parks & Recreation

ABBREVIATIONS

Fwd: Forward
 Bk: Back
 Sd: Side
 Cl: Close
 Tch: Touch
 M: Man
 W: Woman
 L (R): Left (Right)
 LOD: Line Of Dance (CCW)
 CP: Closed Position
 OP: Open Position
 LOP: Left Open Position
 SCP: Semiclosed Position
 BFLY: Butterfly Position
 XLIB: Cross L in Back
 XRIF: Cross R in Front

LF (RF): L (R) Face
 Rk: Rock
 Rec: Recover
 Fc: Face
 Ptr: Partner
 CW (CCW): (Counter) Clockwise
 Wt: Weight
 Chg: Change
 S (Q): Slow (Quick) Step
 Trn: Turn or Turning
 ; Semicolon indicates the end of a measure
 , Comma divides a measure into counts or beats
 - Dash indicates a hold count
 / Slash divides a beat into two steps

FOXTROT [SQQ]

INTRODUCTORY BASICS [All CP]

BOX;;

M: Fwd L, -, Sd R, CI L; Bk R, -, Sd L, CI R;
W: Bk R, -, Sd L, CI R; Fwd L, -, Sd R, CI L;

(LEFT) TURNING BOX;;

M: Fwd L (turn up to 1/4 LF), -, Sd R, CI L;
Bk R (turn up to 1/4 LF), -, Sd L, CI R;
Fwd L (turn up to 1/4 LF), -, Sd R, CI L;
Bk R (turn up to 1/4 LF), -, Sd L, CI R;
W: Bk R (turn up to 1/4 LF), -, Sd L, CI R;
Fwd L (turn up to 1/4 LF), -, Sd R, CI L;
Bk R (turn up to 1/4 LF), -, Sd L, CI R;
Fwd L (turn up to 1/4 LF), -, Sd R, CI L;

PROGRESSIVE BOX;;

M: Fwd L, -, Sd R, CI L; Fwd R, -, Sd L, CI R;
W: Bk R, -, Sd L, CI R; Bk L, -, Sd R, CI L;

FORWARD RUN 2; [can start with either foot]

M: Fwd L, -, Fwd R, Fwd L;
W: Bk R, -, Bk L, Bk R;

LEFT TURNS;; [5/8 to 3/4 turn over 2 measures]

M: Fwd L (turning LF), -, Sd R (trn LF), CI L;
Bk R (trn LF), -, Sd L (trn LF), CI R;
W: Bk R (trn LF), -, Sd L (trn LF), CI R;
Fwd L (trn LF), -, Sd R (trn LF), CI L;

HOVER;

M: Fwd L, -, Fwd & Sd R (rising), Rec L (SCP);
W: Bk R, -, Bk & Sd L (rising), Rec R (SCP);

PICKUP;

M: Fwd R, -, Sd L, CI R;
W: Fwd L (Turning 1/2 LF to CP), -, Sd R, CI L;

WALTZ

INTRODUCTORY BASICS [All CP]

SIDE, DRAW, TOUCH (L & R);; [Also FWD & BACK]

M: Sd L, Draw R to L (no wt chg), tch R;
Sd R, Draw L to R (no wt chg), tch L;
W: Sd R, Draw L to R (no wt chg), tch L;
Sd L, Draw R to L (no wt chg), tch R;

BOX;;

M: Fwd L, Sd R, CI L; Bk R, Sd L, CI R;
W: Bk R, Sd L, CI R; Fwd L, Sd R, CI L;

BOX FINISH; [Can turn up to 1/4 Left Face]

M: Bk R, Sd L, CI R;
W: Fwd L, Sd R, CI L;

(LEFT) TURNING BOX;;;

M: Fwd L (turn up to 1/4 LF), Sd R, CI L;
Bk R (turn up to 1/4 LF), Sd L, CI R;
Fwd L (turn up to 1/4 LF), Sd R, CI L;
Bk R (turn up to 1/4 LF), Sd L, CI R;
W: Bk R (turn up to 1/4 LF), Sd L, CI R;
Fwd L (turn up to 1/4 LF), Sd R, CI L;
Bk R (turn up to 1/4 LF), Sd L, CI R;
Fwd L (turn up to 1/4 LF), Sd R, CI L;

LEFT TURNS;; [3/4 to full turn over 2 meas.]

M: Fwd L (turning LF), Sd R (turning LF), CI L;
Bk R (turning LF), Sd L (turning LF), CI R;
W: Bk R (turning LF), Sd L (turning LF), CI R;
Fwd L (turning LF), Sd R (turning LF), CI L;

PROGRESSIVE BOX;;

M: Fwd L, Sd R, CI L; Fwd R, Sd L, CI R;
W: Bk R, Sd L, CI R; Bk L, Sd R, CI L;

FORWARD WALTZ; [can start with either foot]

M: Fwd L, Fwd & Sd R, CI L;
W: Bk R, Bk & Sd L, CI R;

DIP & RECOVER;;

M: Bk L (lower), Hold, Hold; Fwd R, Tch L, Hold;
W: Fwd R (lower), Hold, Hold; Bk L, Tch R, Hold;

CLOSED HOVER; [CP for entire figure]

M: Fwd L, Fwd & Sd R (rising), Bk L;
W: Bk R, Bk & Sd L (rising), Fwd R;

RUMBA [QQS]

INTRODUCTORY BASICS

SIDE WALKS (L & R);; [Bfly]

M: Sd L, CI R, Sd L, Tch R; Sd R, CI L, Sd R, Tch L;
W: Sd R, CI L, Sd R, Tch L; Sd L, CI R, Sd L, Tch R;

BOX;; [CP or Bfly]

M: Sd L, CI R, Fwd L, -; Sd R, CI L, Bk R, -;
W: Sd R, CI L, Bk R, -; Sd L, CI R, Fwd L, -;

CUCARACHA; [Bfly] [Can start with either foot]

M: Rk Sd L, Rec R, CI L, -;
W: Rk Sd R, Rec L, CI R, -;

BASIC;; [Bfly]

M: Fwd L, Rec R, Sd L, -; Bk R, Rec L, Sd R, -;
W: Bk R, Rec L, Sd R, -; Fwd L, Rec R, Sd L, -;

FENCE LINE; [Bfly] [Can start with either foot]

M: Cross Lunge (XLIF), Rec R, Sd L, -;
W: Cross Lunge (XRIF), Rec L, Sd R, -;

NEW YORKER; [Bfly] [Can start with either foot]

M: XLIF turning RF to LOP, Rec R to Fc Ptr, Sd L, -;
W: XRIF turning LF to LOP, Rec L to Fc Ptr, Sd R, -;

TIME STEP; [Fc Ptr] [Can start with either foot]

M: (no hands joined) XLIB, Rec R, Sd L, -;
W: (no hands joined) XRIB, Rec L, Sd R, -;

HAND TO HAND; [Bfly] [Can start with either foot]

M: XLIB turning LF to OP, Rec R to Fc Ptr, Sd L, -;
W: XRIB turning RF to OP, Rec L to Fc Ptr, Sd R, -;

CIRCLE BOX;; [CP or Bfly] (W circle RF under lead hds)

M: Sd L, CI R, Fwd L, -; Sd R, CI L, Bk R, -;
W: (Forward) R, L, R, -; L, R, L, -;

LARIAT;; [Sd by Sd Pos.]

M: Cucaracha (L & R);; (Retain Lead Hands)
W: (Walk clockwise around M) R, L, R, -; L, R, L, -;

WALK; [OP] [Can start with either foot]

M: Fwd L, Fwd R, Fwd L, -;
W: Fwd R, Fwd L, Fwd R, -;

FORWARD BASIC; & BACK BASIC; [Bfly]

M: Fwd L, Rec R, Bk L, -; Bk R, Rec L, Fwd R, -;
W: Bk R, Rec L, Fwd R, -; Fwd L, Rec R, Bk L, -;

CHASE;;; [Bfly]

M: Fwd L trn 1/4 RF, Rec R trn 1/4 RF, Fwd L, -;
Fwd R trn 1/4 LF, Rec L trn 1/4 LF, Fwd R, -;
Forward Basic; Back Basic;
W: Forward Basic;
Fwd L trn 1/4 RF, Rec R trn 1/4 RF, Fwd L, -;
Fwd R trn 1/4 LF, Rec L trn 1/4 LF, Fwd R, -;
Back Basic;

CHA CHA [QQQ&Q]

INTRODUCTORY BASICS

BASIC;; [Bfly]

M: Fwd L, Rec R, Sd L/CI R, Sd L;
Bk R, Rec L, Sd R/CI L, Sd R;
W: Bk R, Rec L, Sd R/CI L, Sd R;
Fwd L, Rec R, Sd L/CI R, Sd L;

CUCARACHA; [Bfly] [Can start with either foot]

M: Rk Sd L, Rec R, (in place) L/R, L;
W: Rk Sd R, Rec L, (in place) R/L, R;

FENCE LINE; [Bfly] [Can start with either foot]

M: Cross Lunge (XLIF), Rec R, Sd L/CI R, Sd L;
W: Cross Lunge (XRIF), Rec L, Sd R/CI L, Sd R;

NEW YORKER; [Bfly] [Can start with either foot]

M: XLIF trn RF to LOP, rec R to fc ptr, Sd L/CI R, Sd L;
W: XRIF trn LF to LOP, rec L to fc ptr, Sd R/CI L, Sd R;

TIME STEP; [Fc Ptr] [Can start with either foot]

M: (no hands joined) XLIB, Rec R, Sd L/CI R, Sd L;
W: (no hands joined) XRIB, Rec L, Sd R/CI L, Sd R;

HAND TO HAND; [Bfly] [Can start with either foot]

M: XLIB trn LF to OP, rec R to Fc Ptr, Sd L/CI R, Sd L;
W: XRIB trn RF to OP, rec L to Fc Ptr, Sd R/CI L, Sd R;

FORWARD BASIC; [Bfly]

M: Fwd L, Rec R, Bk L/CI R, Bk L;
W: Bk R, Rec L, Fwd R/CI L, Fwd R;

BACK BASIC; [Bfly]

M: Bk R, Rec L, Fwd R/CI L, Fwd R;
W: Fwd L, Rec R, Bk L/CI R, Bk L;

LARIAT;; [Sd by Sd Pos.]

M: Cucaracha (L & R);; (Retain Lead Hands)
W: (Walk clockwise around M) R, L, R, L, R; L, R, L, R, L;

CHASE;;; [Bfly]

M: Fwd L trn 1/4 RF, rec R trn 1/4 RF, fwd L/cl R, fwd L;
Fwd R trn 1/4 LF, rec L trn 1/4 LF, fwd R/cl L, fwd R;
Forward Basic; Back Basic;
W: Forward Basic;
Fwd L trn 1/4 RF, rec R trn 1/4 RF, fwd L/cl R, fwd L;
Fwd R trn 1/4 LF, rec L trn 1/4 LF, fwd R/cl L, fwd R;
Back Basic;

WALK; [OP] [Can start with either foot]

M: Fwd L, Fwd R, Fwd L/CI R, Fwd L;
W: Fwd R, Fwd L, Fwd R/CI L, Fwd R;