

BASIC LINE DANCE STEPS	
VINE	<p>3 count move with the second step behind. <i>Ex: 1. Step LEFT to left</i> <i>2. Step RIGHT behind LEFT,</i> <i>3. Step Left to left.</i></p> <p>The fourth count after a vine varies. It can be a hook, a kick or a touch, etc.</p>
HOOK	<p>Foot of one leg is raised and crossed over the other leg just below the knee. Toes are pointing down. Legs will look like a "4" or a backwards 4 depending on whether it is a right or left hook.</p>
HITCH	<p>Knee is raised straight up so leg forms an upside down L shape. The bottom part of leg hangs straight down from the knee and top part of leg is parallel to the ground.</p>
SHUFFLE	<p>3 steps to 2 counts of music. It can move forward, backward, or to either side. It can also be done in place. It is actually a step-ball-step. <i>Ex: 1 Step forward on R foot</i> <i>& Step ball of L foot next to R foot</i> <i>2 Step forward on R foot</i></p>
TOUCH	<p>One foot touches the ground usually next to the other foot. Weight is on the other foot. The foot in the touch will be used next.</p>
SCUFF/BRUSH	<p>Scuffs are done with the heel. Foot swings forward with just the heel touching the ground. Brushes are done with the ball of the foot and can be done across, forward, backward.</p>
JAZZ SQUARE	<p>(Also called JAZZ BOX) 4 count move. One of the counts is a crossing step. It can be the 1st or 2nd count. <i>Ex: Step forward R. Cross step L over R</i> <i>Step back on R Step L next to R.</i></p> <p>or</p> <p><i>Cross step R over L. Step back on L.</i> <i>Step back on R. Step L next to R.</i></p> <p>Jazz squares can be done to <u>either side, left or right.</u> They may also turn 1/4 turn either way. The turn is usually done on the 3rd count. [There are a few dances with a 1/2 turn on the third count]</p>
PIVOT	<p>A pivot is a 2 count move. Touch one toe forward on the first count. Pivoting on the ball of the other foot, you turn on the 2nd count. Weight will end on the stationary foot which is forward after the pivot.</p> <p>If you put your LEFT toe forward you will turn RIGHT. If you put your RIGHT toe forward, you will turn Left. Pivots are usually 1/4 or 1/2 turn.</p>
STOMP	<p>Foot is put down flat with force. If it is a STOMP UP weight remains on the other foot. If it is a STOMP DOWN weight is taken by the foot you stomped.</p> <p>A HEEL STOMP is done just with the heel.</p>
STRUTS	<p>Struts are a 2 count move. There are two kinds: In a HEEL TOE strut, you touch the heel down on count 1 and drop the toe on count 2. In a TOE HEEL strut the toe is touched down first and heel dropped second.</p>

WEAVE	<p>A weave a sideways move in which one foot will cross alternately in front and behind the other foot.</p> <p><i>Ex: Step R to side, cross L in front, step R to side, cross L behind, step R to side.....etc.</i></p> <p>Weaves can be several counts long and can start either with a side step, a cross in front or a cross behind.</p>
HEEL TWISTS	<p>Weight is on the balls of both feet. Heels are moved either right or left and then usually back to center. Toes stay in place.</p> <p><i>Ex: Twist heels right, center, left, center</i></p>
HEEL SPLITS	<p>Also called HEEL SPREADS. With weight on toes, heels are spread apart and back together.</p>
TOE SPLITS	<p>Similar to above. With weight on heels, toes are spread apart and back together.</p>
WALK	<p>Is just what it says. Walks may be forward or backward.</p>
FAN	<p>With weight on one foot, the toe of the other foot is moved out to the side and back. This is also a 2 count move.</p>
ROCKS	<p>This is a 2 count move. You step forward, back, or side on one foot on count 1 with weight rocking onto it. The stationary foot will lift slightly off the floor. On count 2 you shift the weight to the other foot.</p>
SAILOR SHUFFLE	<p>This is a 3 step move to 2 counts of music: 1&2, 3&4, etc. Also called a sailor step. The first step is behind, second to the side on the & count, and third step is next to other foot. It can be done L or R.</p> <p><i>Ex: 1. Step L foot behind the R & Step ball of R to right side 2 Step L next to R</i></p>
BALL CHANGE	<p>Step down on the ball of one foot raising other foot. Step down on other foot. (A shuffle is really a step-ball-step.) Can be done on either foot.</p> <p><i>Ex: & Step on ball of R next to L raising L 2 Step on L next to R</i></p>
KICK BALL CHANGE/ HEEL BALL CHANGE	<p>Do a kick and then a ball change as in #2. Or do a heel touch and then a ball change. It can be done on either foot</p> <p><i>Ex: 1. Kick R forward (or touch R heel fwd) & Step of ball of R next to L raising L 2. Step on L next to R</i></p>
COASTER STEP	<p>Also done to the count of 1&2. Second step is always a step together with the first step. The third step is in the opposite direction of the first two. It is used to quickly change direction.</p> <p>A back coaster steps back first.</p> <p><i>Ex: 1 Step back on L & Step R back next to L 2 Step forward on L</i></p> <p>A forward coaster steps forward first:</p> <p><i>Ex: 1 Step forward on L. & Step R fwd next to L 2 Step back on L</i></p>
MONTEREY TURN	<p>This is a 4 count move. It is usually done starting on the right. Touch R to right side. Bring R in as you make a 1/2 turn to the right, pivoting on the ball of the L, and step it next to the L foot. Touch the L to the left side. Step L next to</p>

	<p>R. The half turn</p> <p><i>Ex: 1 Touch R toe to right</i></p> <p><i>2 Pivoting 1/2 to right, bring R next to L and step on it.</i></p> <p><i>3-4 Touch L toe to L, step L next to R</i></p>
<p>CROSS/UNWIND</p>	<p>Also called an unwind. Usually a 2 count move. Cross one foot over the other stepping down on it. Turn 1/2 turn on balls of both feet so feet are uncrossed. Most are 1/2 but there are 3/4 and full turn spins. Weight can end on either foot. Check dance sheet.</p> <p><i>Ex: 1 Cross R over L putting weight on it.</i></p> <p><i>2. Unwind 1/2 to left on balls of both feet.</i></p>
<p><i>Step description courtesy of Lana Harvey Wilson, keedance@juno.com, (520) 797-7295</i></p>	
<p>See Videos of Basic Dance Steps from Paula Messier's Site</p>	