

STEP / TERM	COUNT	DESCRIPTION	NOTES
ANCHOR STEP (1)	2	(1) STEP SLIGHTLY BACK ON TO BALL OF RIGHT FOOT (&) REPLACE WEIGHT ON TO LEFT FOOT (2) STEP SLIGHTLY BACK ON RIGHT FOOT	ANCHOR STEPS ARE SOMETIMES PERFORMED FORWARDS, USUALLY CROSSING RIGHT SLIGHTLY OVER LEFT, REPLACE, STEP FORWARD.
ANCHOR STEP (2)	2	(1) STEP RIGHT FOOT BEHIND LEFT HEEL (&) REPLACE WEIGHT ON TO LEFT FOOT (2) STEP SLIGHTLY BACK ON RIGHT FOOT	
APPLEJACK	1	(&) WITH THE WEIGHT ON THE LEFT TOE AND RIGHT HEEL, SWIVEL LEFT HEEL AND RIGHT TOE TO THE RIGHT (1) WITH THE WEIGHT ON THE LEFT TOE AND RIGHT HEEL, SWIVEL LEFT HEEL AND RIGHT TOE BACK TO THE CENTRE	AKA - FANCY FEET / SWIGGLE. USUALLY REPEATED TO THE LEFT. THEY ARE RARELY, IF EVER, PERFORMED SINGULARLY.
APPLEJACK (TRAVELLING)	2	(1) WITH THE WEIGHT ON THE LEFT TOE AND RIGHT HEEL, SWIVEL LEFT HEEL AND RIGHT TOE TO THE RIGHT (2) SWITCH THE WEIGHT TO THE LEFT HEEL AND RIGHT TOE, SWIVEL LEFT TOE AND RIGHT HEEL TO THE RIGHT	AKA – APPLES & PIGEONS / TICK TOCKS. THIS CAN CONTINUE MOVING RIGHT OR SWITCH TO TRAVEL LEFT.
BALL-CHANGE	1	(&) STEP ON TO THE BALL OF THE RIGHT FOOT IN PLACE (OR SLIGHTLY BACK) (1) STEP IN PLACE WITH THE LEFT FOOT	USUALLY IN THE FORM OF A “KICK-BALL-CHANGE”
BALL-CROSS	1	(&)STEP ON TO THE BALL OF THE RIGHT FOOT IN PLACE (OR SLIGHTLY BACK) (1) CROSS LEFT FOOT OVER RIGHT	-
BALL-STEP	1	(&)STEP ON TO THE BALL OF THE RIGHT FOOT IN PLACE (OR SLIGHTLY BACK) (1) STEP FORWARD ON TO THE LEFT	CAN BE DONE TRAVELLING BACK RATHER THAN FORWARD, SOMETIMES CALLED “BALL-BACK”
BASIC	4	(1) STEP RIGHT TO RIGHT SIDE (2) CLOSE LEFT BESIDE RIGHT (3) STEP RIGHT TO RIGHT SIDE (4) TOUCH LEFT TOE BESIDE RIGHT	AKA - SLOW CHASSE. THE TOUCH CAN BE CHANGED TO A SCUFF, KICK, HITCH, ETC.
BASIC (NIGHTCLUB) (1)	2	(1) STEP RIGHT TO RIGHT SIDE (2) ROCK BACK LEFT (SLIGHTLY BEHIND RIGHT) (&) RECOVER WEIGHT ON TO RIGHT FOOT	-
BASIC (NIGHTCLUB) (2)	2	(1) STEP RIGHT TO SIDE RIGHT (2) STEP ON TO THE BALL OF THE LEFT BEHIND RIGHT FOOT (&) CROSS RIGHT SLIGHTLY OVER LEFT	-

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STEP / TERM	COUNT	DESCRIPTION	NOTES
BASIC (RUMBA)	4	(1) ROCK FORWARD ON TO RIGHT FOOT (2) RECOVER WEIGHT ON TO LEFT FOOT (3) STEP SLIGHTLY BACK RIGHT (4) HOLD	SIMILAR TO A MAMBO STEP BUT GENERALLY DANCED SLOWLY TO RUMBA MUSIC.
BASIC (WALTZ)	3	(1) STEP FORWARD RIGHT (2) STEP ON TO THE BALL OF THE LEFT FOOT BESIDE THE RIGHT (3) STEP RIGHT TO PLACE	AKA – BALANCE. CAN ALSO BE DONE BACKWARDS AND SIDWAY (BACK, CLOSE, CLOSE OR SIDE, CLOSE, CLOSE)
BODY ROLL	2	(1) PUSH HIPS FORWARD WITH KNEES SLIGHT BENT (&) ALLOW THE STOMACH TO FOLLOW THE FLOW FROM THE HIPS PUSHING FORWARD (2) ALLOW THE CHEST TO FOLLOW THE FLOW FROM THE STOMACH PUSHING FORWARD (&) ALLOW THE HEAD TO FOLLOW THE FLOW FROM THE CHEST PUSHING FORWARD	THIS CAN BE DONE IN REVERSE FROM THE HEAD DOWNWARDS.
BOOGIE WALK	2	(1) STEP FORWARD ON TO RIGHT LETTING BOTH KNEES BEND AND LEAN SLIGHTLY TO THE RIGHT (2) STEP FORWARD ON TO LEFT LETTING BOTH KNEES BEND AND LEAN SLIGHTLY TO THE RIGHT	FEET DO NOT SWIVEL, THE KNEES DO THE WORK.
BRIDGE	-	SEE “TAG”	-
BROADWAY KICK	1	(1) KICK RIGHT LEG ACROSS LEFT AT 45°	CAN EITHER RETURN TO CENTRE AND REPEAT ON THE LEFT FOOT OR CROSS OVER LEFT AND KICK LEFT TOWARDS LEFT DIAGONAL.
BRUSH	1	(1) USE THE BALL OF THE FOOT TO BRUSH THE FLOOR AS THE FOOT SWINGS FORWARDS OR BACKWARDS	SOMETIMES USED INTERCHANGEABLY WITH “SCUFF”, HOWEVER A SCUFF USES THE HEEL.
BUMP	-	SEE “HIP BUMPS”	
CAMEL STEP	2	(1) STEP RIGHT FOOT FORWARD AT 45° (2) SLIDE LEFT FOOT UP BESIDE RIGHT TAKING THE WEIGHT	CAN BE REPEATED NUMEROUS TIMES TRAVELLING FORWARD.

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CAMEL WALK	4	(1) STEP RIGHT FOOT FORWARD AT 45° (2) SLIDE LEFT FOOT UP BESIDE RIGHT TAKING THE WEIGHT (3) STEP RIGHT FOOT FORWARD AT 45° (4) TOUCH LEFT TOE BESIDE RIGHT FOOT	THIS STEP CAN ALSO END WITH A SCUFF, BRUSH, KICK, ETC. IT CAN ALSO TURN, GENERALLY ON THE LAST COUNT – TURNING ON THE BALL OF THE RIGHT FOOT WHILST HITCHING THE LEFT KNEE.
CHA CHA CHA	2	(1) STEP IN PLACE RIGHT (&) STEP IN PLACE LEFT (2) STEP IN PLACE RIGHT	AKA - TRIPLE STEP. CAN ALSO BE USED TO DESCRIBE SHUFFLES AND CHASSÉS WHEN TRAVELLING FORWARD, BACK OR SIDWAYS.
CHARLESTON OR CHARLESTON SWINGS	4	(1) SWING RIGHT LEG OUT TO RIGHT IN A SEMI-CIRCLE FORWARD AND TOUCH RIGHT TOE FORWARD (2) SWING RIGHT LEG OUT TO RIGHT IN A SEMI-CIRCLE BACK AND STEP RIGHT SLIGHTLY BACK (3) SWING LEFT LEG OUT TO THE LEFT IN A SEMI-CIRCLE BACK AND TOUCH LEFT TOE BACK (4) SWING LEFT LEG OUT TO THE LEFT IN A SEMI-CIRCLE FORWARD AND STEP LEFT TO PLACE	CAN BE DANCED WITHOUT THE SWINGS, TOUCH FORWARD, STEP BACK, TOUCH BACK, STEP FORWARD.
CHARLESTON KICK	4	(1) KICK FORWARD RIGHT FOOT (2) STEP BACK ON THE RIGHT FOOT (3) TOUCH LEFT TOE BACK (4) STEP FORWARD LEFT	SEQUENCE CAN BE CHANGED TO “STEP, KICK, BACK, TOUCH”
CHASE TURN (¼)	2	(1) STEP FORWARD ON THE RIGHT FOOT (&) PIVOT ¼ TURN LEFT CHANGING WEIGHT TO LEFT FOOT (2) STEP FORWARD ON THE RIGHT FOOT	AKA – PIVOT TURN STEP / STEP TURN STEP.
CHASE TURN (½)	2	(1) STEP FORWARD ON THE RIGHT FOOT (&) PIVOT ½ TURN LEFT CHANGING WEIGHT TO LEFT FOOT (2) STEP FORWARD ON THE RIGHT FOOT	CHASE ¼ TURNS OFTEN END WITH A CROSS RATHER THAN A STEP FORWARD. SOMETIMES CALLED “CHASE ¼ CROSS” OR “CHASE CROSS”

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STEP / TERM	COUNT	DESCRIPTION	NOTES
CHASE TURN (¾)	2	(1) STEP FORWARD ON THE RIGHT FOOT (&) PIVOT ¾ TURN LEFT CHANGING WEIGHT TO LEFT FOOT (2) STEP RIGHT FOOT TO RIGHT SIDE	
CHASE TURN (FULL)	2	(1) STEP FORWARD ON THE RIGHT FOOT (&) PIVOT ½ TURN LEFT CHANGING WEIGHT TO LEFT FOOT (2) MAKE ½ TURN LEFT STEPPING BACK ON TO THE RIGHT FOOT	
CHASSÉ	2	(1) STEP RIGHT TO RIGHT SIDE (&) CLOSE LEFT TO RIGHT (2) STEP RIGHT TO RIGHT SIDE	AKA - SIDE SHUFFLE / SIDE TRIPLE – CHASSÉS CAN BE USED TO DESCRIBE SHUFFLES IN ANY DIRECTION, HOWEVER SIDE SHUFFLE IS NOW THE STANDARD. CAN TURN ¼ ON EITHER COUNT 1 OR 2
CHUG	1	(1) SCOOT FORWARD ON THE RIGHT FOOT WITH LEFT FOOT RAISED (HOOKED OR HITCHED, ETC)	AKA - SCOOT
CLOSE	1	WITH WEIGHT ON LEFT AND FEET APART (1) STEP RIGHT FOOT BESIDE LEFT TAKING WEIGHT	AKA - TOGETHER
COASTER STEP	2	(1) STEP BACK RIGHT (&) CLOSE LEFT TO RIGHT (2) STEP FORWARD RIGHT	AKA - COASTER
CORKSCREW	1	WITH RIGHT FOOT CROSSED OVER LEFT (1) UNWIND ¾ OR FULL TURN LEFT, ENDING WITH THE LEFT FOOT CROSSED OVER THE RIGHT	SIMILAR TO “UNWIND”, HOWEVER LEGS SHOULD BE CROSSED AT THE END OF THE TURN MEANING YOU COULD (IF YOU WISHED) UNWIND BACK THE OPPOSITE WAY.
CROSS	1	(1) STEP RIGHT FOOT EITHER IN FRONT OR BEHIND THE LEFT FOOT	AKA – ACROSS (WHEN CROSSING INFRONT) / BEHIND (WHEN CROSSING BEHIND)
CROSS SHUFFLE	2	(1) CROSS RIGHT FOOT OVER LEFT (&) STEP LEFT SLIGHTLY TO LEFT SIDE (2) CROSS RIGHT OVER LEFT	AKA – CROSSING TRIPLE / SAMBA CROSS (NOT CROSS SAMBA) / CROSS VOLTA
DEVELOPÉ	1	WITH LEG HITCHED (1) IN A SMOOTH ACTION, EXTENDED RIGHT LEG FORWARD WITH TOE POINTED	-
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STEP / TERM	COUNT	DESCRIPTION	NOTES
DIAMOND TURN	4	FACING LEFT DIAGONAL (10:30) (1) STEP FORWARD RIGHT (&) TURN ¼ RIGHT STEPPING BACK LEFT (1:30) (2) STEP BACK RIGHT (3) STEP BACK LEFT (&) TURN ¼ RIGHT STEPPING FORWARD RIGHT (4:30) (4) STEP FORWARD LEFT	AKA – SAMBA WEAVE / SAMBA DIAMOND ½ DIAMOND DESCRIBED, REPEAT SEQUENCE FOR A FULL DIAMOND. COUNT 1 IS SOMETIMES REPLACED WITH A CROSS.
DIG	-	SEE “HEEL DIG”	-
DIVA WALK	2	(1) STEP FORWARD WITH THE RIGHT FOOT, SWEEPING LEFT FOOT FORWARD IN A SEMI-CIRCLE (2) STEP FORWARD WITH THE LEFT FOOT, SWEEPING RIGHT FOOT FORWARD IN A SEMI-CIRCLE	-
DOROTHY STEP	2	(1) STEP FORWARD RIGHT (2) LOCK LEFT BEHIND RIGHT FOOT (&) STEP SLIGHTLY FORWARD ON THE RIGHT FOOT	AKA - WIZARD STEP / WIZARD OF OZ. THIS IS A SYNCOPATED LOCK STEP, HOWEVER THE “QUICK” COUNT COMES ON THE LAST STEP, NOT THE SECOND.
DRAG	1+	WITH WEIGHT ON LEFT FOOT AND FEET APART (1) SLIDE RIGHT FOOT TOWARDS LEFT	AKA – DRAW / SLIDE. THIS CAN BE DONE OVER A NUMBER OF COUNTS AS SPECIFIED BY THE SCRIPT.
DRAG (HEEL DRAG)	1+	WEIGHT ON LEFT FOOT AND FEET APART (1) WITH HEEL TOUCHING THE FLOOR AND TOES POINTING UP; SLIDE RIGHT FOOT TOWARDS LEFT	THIS CAN BE DONE OVER A NUMBER OF COUNTS AS SPECIFIED BY THE SCRIPT.
DWIGHT STEP	2	(1) SWIVEL LEFT HEEL TO THE RIGHT AS YOU TOUCH THE RIGHT TOE TO LEFT INSTEP (2) SWIVEL LEFT TOE TO THE RIGHT AS YOU TOUCH THE RIGHT HEEL TO LEFT INSTEP	AKA - DWIGHT YOAKAMS / SUGARFOOT SWIVELS
ELECTRIC KICKS	4	(1) STEP/JUMP FORWARD ON TO RIGHT LEG, KICKING LEFT FOOT BACK (2) RECOVER BACK ON TO LEFT, KICKING RIGHT FOOT FORWARD (3) STEP/JUMP BACK ON TO RIGHT LEG, KICKING LEFT FOOT FORWARD (4) RECOVER FORWARD ON TO LEFT, KICKING RIGHT FOOT BACK	SHOULD FEEL LIKE A HIGH ENERGY ROCKING CHAIR WITH ADDED KICKS!

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STEP / TERM	COUNT	DESCRIPTION	NOTES
ENGLISH CROSS	4	(1) STEP FORWARD ON TO RIGHT FOOT (2) STEP FORWARD ON TO LEFT FOOT (&) TURN ¼ LEFT STEPPING SLIGHTLY BACK ON BALL OF RIGHT FOOT (3) CROSS LEFT FOOT OVER RIGHT (4) TURN ¼ RIGHT STEPPING FORWARD ON TO RIGHT FOOT	
FALL AWAY ½ TURN	4	(1) STEP RIGHT TO RIGHT SIDE (2) TURN ⅛ LEFT STEPPING BACK LEFT (&) STEP BACK RIGHT (3) TURN ¼ LEFT STEPPING FORWARD LEFT (4) STEP FORWARD RIGHT (&) TURN ⅛ LEFT STEPPING LEFT SLIGHTLY OVER RIGHT	--
FAN	2	KEEPING RIGHT HEEL IN PLACE (1) SWIVEL RIGHT TOE TO RIGHT SIDE (2) SWIVEL RIGHT TOE BACK TO CENTRE	AKA - FOOT FAN / TOE FAN / FLARE
FIGURE FOUR	2	(1) RIGHT LEG SWINGS FORWARD (2) SWING RIGHT LEG BACK/ACROSS LEFT LEG (BENT AT THE KNEE)	FROM THE SIDE, YOUR LEGS SHOULD FORM A FIGURE 4.
FIGURE OF EIGHT VINE	10	(1) STEP RIGHT TO RIGHT SIDE (2) CROSS LEFT BEHIND RIGHT (3) TURN ¼ RIGHT STEPPING FORWARD RIGHT (4) STEP FORWARD LEFT (5) PIVOT ½ TURN RIGHT CHANGING WEIGHT ON TO RIGHT FOOT (6) TURN ¼ RIGHT STEPPING SIDE LEFT (7) CROSS RIGHT BEHIND LEFT (8) TURN ¼ LEFT STEPPING FORWARD LEFT (9) STEP FORWARD RIGHT (10) PIVOT ½ TURN LEFT CHANGING WEIGHT ON TO LEFT FOOT	FIGURE OF EIGHT VINES OFTEN FINISH AFTER 8 COUNTS MAKING ONLY 1 FULL TURN. FOR A FULL FIGURE 8, TURN A FURTHER ¼ STEPPING SIDE RIGHT OR PIVOT A FURTHER ¼ TURN LEFT.
FISH TAIL	4	(1) STEP RIGHT FOOT BACK TOWARDS RIGHT DIAGONAL (2) TOUCH LEFT TOE BESIDE RIGHT (3) STEP LEFT FOOT BACK TOWARDS LEFT DIAGONAL (4) TOUCH RIGHT TOE BESIDE LEFT	SIMILAR TO HANDBAG STEPS, BUT TRAVELLING BACKWARDS.
FLICK	1	(1) KICK RIGHT HEEL BACKWARDS – USUALLY AT A 45° ANGLE	FLICK IS SOMETIMES USED TO DESCRIBE A SHARP/LOW KICK.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
FOOT BOOGIE	4	(1) USE RIGHT HEEL TO SWIVEL RIGHT TOE TO RIGHT SIDE (2) USE RIGHT TOE TO SWIVEL RIGHT HEEL TO RIGHT (3) USE RIGHT TOE TO SWIVEL RIGHT HEEL TO LEFT (4) USE RIGHT HEEL TO SWIVEL RIGHT TOE BACK TO PLACE	A "DOUBLE FOOTBOOGIE" CAN BE DONE BY SWIVELLING THE LEFT FOOT OUT AT THE SAME TIME, MIRRORING THE RIGHT FOOT.
GRAPEVINE	3 - 4	(1) STEP RIGHT TO RIGHT SIDE (2) CROSS LEFT FOOT SLIGHTLY BEHIND RIGHT (3) STEP RIGHT TO RIGHT SIDE (4) TOUCH LEFT BESIDE RIGHT	AKA – VINE, FREEZE OR FRIEZE. A BASIC GRAPEVINE IS "SIDE, BEHIND, SIDE", HOWEVER IT IS USUALLY FINISHED WITH A TOUCH, SCUFF, KICK, ETC.
GRAPEVINE (EXTENDED)	4+	(1) STEP RIGHT TO RIGHT SIDE (2) CROSS LEFT FOOT SLIGHTLY BEHIND RIGHT (3) STEP RIGHT TO RIGHT SIDE (4) CROSS LEFT FOOT OVER RIGHT	CAN CONTINUE ON AFTER THE CROSS BY STARTING THE SEQUENCE AGAIN. SOMETIMES ERRONEOUSLY CALLED A "WEAVE", HOWEVER WEAVERS ALWAYS START WITH A CROSS.
GRIND WALK	2	(1) DIG RIGHT HEEL FORWARD (TOES POINTING SLIGHTLY LEFT) (2) DROP TOES TO THE FLOOR WHILST TWISTING THEM OVER TO THE RIGHT SIDE	AKA - SUZIE Q
HANDBAG STEPS	4	(1) STEP RIGHT TO RIGHT SIDE (2) TOUCH LEFT TOE BESIDE RIGHT (3) STEP LEFT TO LEFT SIDE (4) TOUCH RIGHT TOE BESIDE LEFT	IMAGINE YOUR GRAN DANCING AROUND HER HANDBAG AT A DISCO!
HEEL BOUNCE	1	(&) WITH THE WEIGHT ON THE BALLS OF BOTH FEET, RAISE HEELS OFF THE FLOOR (1) DROP BOTH HEELS TO THE FLOOR	
HEEL CLICKS	1	WITH WEIGHT ON THE BALLS OF BOTH FEET (&) SWIVEL HEELS APART (1) BRING HEELS BACK TO CENTRE KNOCKING THEM TOGETHER	SIMILAR TO "PIGEON TOES", HOWEVER THIS IS USUALLY DONE OVER 1 COUNT (&1) AND THE HEELS SHOULD MEET TO MAKE A SOUND.
HEEL DIG	1	(1) PLACE RIGHT HEEL FORWARD AT 45°	HEELS CAN BE POSITIONED IN VARIOUS PLACES – FORWARD, SIDE, ACROSS, ETC

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STEP / TERM	COUNT	DESCRIPTION	NOTES
HEEL GRIND	2	(1) DIG RIGHT HEEL FORWARD ROCKING THE WEIGHT ON TO IT AND SWIVEL TOES FROM LEFT TO RIGHT (2) RECOVER WEIGHT ON TO LEFT FOOT	
HEEL JACK (1)	1	(&) STEP RIGHT FOOT DIAGONALLY BACK TO RIGHT SIDE (1) DIG LEFT HEEL FORWARD 45°	
HEEL JACK (2)	2	(&) STEP RIGHT FOOT DIAGONALLY BACK TO RIGHT SIDE (1) DIG LEFT HEEL FORWARD 45° (&) STEP LEFT TO PLACE (2) STEP RIGHT BACK TO PLACE	COUNT 2 CAN BE REPLACED WITH A TOUCH, HITCH, ETC.
HEEL STRUT	2	(1) DIG RIGHT HEEL FORWARD (2) DROP TOE TO FLOOR TAKING THE WEIGHT	
HEEL SWING	2	(1) SWIVEL HEEL OF RIGHT FOOT IN TOWARDS LEFT FOOT USING THE BALL OF THE RIGHT FOOT (2) SWIVEL HEEL OF RIGHT FOOT BACK TO PLACE	
HEEL SWIVELS	2	WITH WEIGHT ON BALLS OF BOTH FEET (1) SWIVEL BOTH HEELS TO THE RIGHT (TOES REMAIN IN PLACE) (2) SWIVEL BOTH HEELS BACK TO PLACE	AKA – HEEL TWISTS
HEEL TAPS/DROPS	1	WITH WEIGHT ON LEFT FOOT (&) RAISE RIGHT HEEL OFF THE FLOOR, LEAVING TOE/BALL TOUCHING THE FLOOR (1) DROP HEEL TO FLOOR	
HINGE ½ TURN (TRAD)	1-2	(1) STEP RIGHT TO RIGHT SIDE (2) MAKE ½ TURN LEFT ON THE BALL OF THE RIGHT FOOT, STEPPING LEFT OUT TO LEFT SIDE	
HINGE ½ TURN (MODERN)	1-2	(1) MAKE ¼ TURN LEFT STEPPING BACK ON TO RIGHT FOOT (2) MAKE ¼ LEFT STEPPING LEFT TO LEFT SIDE	
HIP BUMPS	1	(1) PUSH RIGHT HIP OUT TO RIGHT SIDE.	CAN ALSO BE DONE FORWARD & BACK.
HIP GRIND	1-2	WITH RIGHT FOOT SLIGHTLY FORWARD (1) BEND KNEES SLIGHTLY AS YOU PUSH HIPS DOWN AND FORWARD (2) STRAIGHTEN KNEES AS YOU PULL HIPS BACK TO CENTRE	SHOULD GO DOWN & UP IN A CIRCULAR MOTION.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
HIP ROLLS	-	ROLL HIPS IN A CIRCULAR MOTION IN THE RELEVANT DIRECTION (CLOCKWISE OR COUNTER-CLOCKWISE)	THIS CAN GO OVER ANY NUMBER OF COUNTS.
HIP TRUST	2	WITH FISTS CLENCHED AND ARMS BENT AT THE ELBOW (AS IF SKIING) (1) PUSH HIPS FORWARD AS YOU PULL YOUR ARMS BACK (2) RETURN HIPS TO CENTRE AS YOU PUSH YOUR ARMS FORWARD	AKA – HIP ROCKS. TRADITIONALLY DONE BY MEN IN PLACE OF A SHIMMY.
HITCH	1	(1) RAISE RIGHT KNEE TO FORM AN “L” SHAPE. BOTTOM PART OF THE LEG HANGS STRAIGHT DOWN FROM THE KNEE WITH THE THIGH AND FOOT SOMEWHAT PARALLEL TO THE FLOOR	SOMETIMES DANCED WITH A HOP IN FASTER/CAJUN STYLE DANCES.
HOLD	-	DO NOTHING – HOLD YOUR POSITION	THIS CAN GO OVER ANY NUMBER OF COUNTS.
HOP	1	(1) WITH WEIGHT ON THE RIGHT FOOT, HITCH LEFT KNEE AND JUMP/HOP ON THE SPOT LANDING BACK ON THE RIGHT LEG	SIMILAR TO SCOOT, HOWEVER YOU DO THIS ON THE SPOT.
HOOK	1	(1) BRING RIGHT FOOT ACROSS LEFT LEG AT SHIN HEIGHT	AKA – BRUSH UP
JAZZ BOX	4	(1) CROSS RIGHT FOOT OVER LEFT (2) STEP BACK ON THE LEFT FOOT (3) STEP RIGHT TO RIGHT SIDE (4) STEP LEFT TO PLACE	AKA - JAZZ SQUARE / SHADOW’S STEP. THIS CAN ALSO BE DANCED BY STEPPING FORWARD FOR COUNT 1 AND THEN DANCING COUNTS 1-3.
JAZZ BOX CROSS	4	(1) CROSS RIGHT FOOT OVER LEFT (2) STEP BACK ON THE LEFT FOOT (3) STEP RIGHT TO RIGHT SIDE (4) CROSS LEFT FOOT OVER RIGHT	
JAZZ BOX TOUCH	4	(1) CROSS RIGHT FOOT OVER LEFT (2) STEP BACK ON THE LEFT FOOT (3) STEP RIGHT TO RIGHT SIDE (4) TOUCH LEFT TOE BESIDE RIGHT	
JAZZ JUMP	1	(&) SPRING BACK ON TO RIGHT FOOT TOWARDS RIGHT DIAGONAL (1) STEP LEFT TO LEFT SIDE (SHOULDER WIDTH APART)	CAN ALSO MOVE FORWARDS
JAZZ TOUCHES	2	(1) TOUCH BALL OF RIGHT FOOT OUT TO RIGHT SIDE (&) CLOSE RIGHT TO LEFT (2) TOUCH BALL OF LEFT FOOT OUT TO LEFT SIDE	SIMILAR TO POINT SWITCHES, BUT SHOULD FEEL SLIGHTLY LOOSER. CAN CONTINUE SWITCHING FROM SIDE TO SIDE.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
JUMPING JACKS	2	(1) JUMP WITH BOTH FEET LANDING A SHOULDER WIDTH APART (2) JUMP WITH BOTH FEET LANDING TOGETHER	SOMETIMES ENDS WITH FEET CROSSED.
"K" STEP	8	(1) STEP RIGHT FORWARD TOWARDS RIGHT DIAGONAL (2) TOUCH LEFT TOE BESIDE RIGHT (3) STEP LEFT BACK TOWARDS LEFT DIAGONAL (4) TOUCH RIGHT TOE BESIDE LEFT (5) STEP RIGHT BACK TOWARDS RIGHT DIAGONAL (6) TOUCH LEFT TOE BESIDE RIGHT (7) STEP LEFT FORWARD TOWARDS LEFT DIAGONAL (8) TOUCH RIGHT TOE BESIDE LEFT	THIS SHOULD MIMIC THE SHAPE OF THE LETTER K.
KICK	1	(1) KICK FORWARD WITH THE RIGHT FOOT	THIS SHOULD BE QUITE LOW, APPROX. 45° ANGLE FROM LEFT LEG UNLESS STATED OTHERWISE.
KICK-BALL-CHANGE	2	(1) KICK FORWARD WITH RIGHT FOOT (&) STEP ON TO THE BALL OF THE RIGHT FOOT IN PLACE (OR SLIGHTLY BACK) (2) STEP IN PLACE WITH THE LEFT FOOT	
KICK-BALL-CROSS	2	(1) KICK FORWARD WITH RIGHT FOOT (&) STEP ON TO THE BALL OF THE RIGHT FOOT IN PLACE (OR SLIGHTLY BACK) (2) CROSS LEFT FOOT OVER RIGHT	
KICK- OUT- OUT	2	(1) KICK FORWARD WITH RIGHT FOOT (&) STEP RIGHT TO RIGHT SIDE (2) STEP LEFT TO LEFT SIDE, FEET SHOULD BE A SHOULDER WIDTH APART	
KNEE KNOCKS	1	(&) KEEPING FEET TOGETHER, SPLIT KNEES APART (AS IF YOU HAVE A FOOTBALL BETWEEN THEM) (1) BRING KNEES BACK TOGETHER	KNEES DO NOT ACTUALLY NEED TO TOUCH.
KNEE POPS	2	(1) RAISE RIGHT HEEL OFF THE FLOOR AS YOU TURN THE RIGHT KNEE IN OVER LEFT KNEE (2) LOWER RIGHT HEEL BRING KNEE BACK TO PLACE	
KNEE ROLLS	1	(1) WITH RIGHT HEEL RAISED OFF THE GROUND, ROLL RIGHT KNEE CLOCKWISE LOWERING HEEL AS IT RETURNS TO PLACE	LEFT KNEE WOULD ROLL COUNTER-CLOCKWISE.

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LINDY STEP	4	(1) STEP RIGHT TO RIGHT SIDE (&) CLOSE LEFT TO RIGHT (2) STEP RIGHT TO RIGHT SIDE (3) ROCK BACK LEFT (SLIGHTLY BEHIND RIGHT) (4) RECOVER WEIGHT ON TO RIGHT FOOT	AKA - CHASSE, BACK ROCK
LOCK STEP	4	(1) STEP FORWARD RIGHT (2) CROSS LEFT BEHIND RIGHT (3) STEP FORWARD RIGHT (4) TOUCH LEFT BESIDE RIGHT	CAN ALSO FINISH WITH SCUFFS, BRUSHES, KICKS, ETC.
LUNGE	2	(1) PRESS WEIGHT ONTO RIGHT FOOT BENDING THE KNEE (2) RECOVER WEIGHT ON TO LEFT FOOT	CAN BE PERFORMED SIDEWAYS OR FORWARDS.
MAMBO STEP (FORWARD)	2	(1) ROCK FORWARD ON TO RIGHT FOOT (&) RECOVER WEIGHT ON TO LEFT FOOT (2) STEP RIGHT FOOT BACK TO PLACE	ALL MAMBO STEPS FOLLOW THE SAME PRINCIPLE OF ROCK, RECOVER, PLACE.
MAMBO STEP (BACK)	2	(1) ROCK BACK ON TO RIGHT FOOT (&) RECOVER WEIGHT ON TO LEFT FOOT (2) STEP RIGHT FOOT BACK TO PLACE	
MAMBO STEP (SIDE)	2	(1) ROCK RIGHT FOOT OUT TO RIGHT SIDE (&) RECOVER WEIGHT ON TO LEFT FOOT (2) STEP RIGHT FOOT BACK TO PLACE	
MAMBO (CROSS)	2	(1) CROSS ROCK RIGHT OVER LEFT (&) RECOVER WEIGHT ON TO LEFT FOOT (2) STEP RIGHT FOOT TO PLACE (OR SLIGHTLY TO THE RIGHT SIDE)	
MARCH	2	(1) STEP IN PLACE RIGHT AS YOU HITCH LEFT KNEE SLIGHTLY (2) STEP IN PLACE LEFT AS YOU HITCH RIGHT KNEE SLIGHTLY	
MASH POTATO	1	WITH WEIGHT ON THE BALL OF THE LEFT FOOT (&) SWIVEL BOTH HEELS APART SLIDING RIGHT FOOT SLIGHTLY BACK (1) SWIVEL BOTH HEELS BACK IN WHILST STEPPING RIGHT FOOT BEHIND LEFT PLACING THE WEIGHT ON THE BALL OF THE RIGHT FOOT	REPEAT THE SEQUENCE ON THE LEFT FOOT. THESE ARE USUALLY REPEATED AT LEAST ONCE ON EACH FOOT.
MILITARY TURN	2	SEE "PIVOT"	

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STEP / TERM	COUNT	DESCRIPTION	NOTES
MONTEREY ¼ TURN	4	(1) POINT RIGHT TOE OUT TO RIGHT SIDE (2) MAKE ¼ TURN RIGHT ON THE BALL OF THE LEFT FOOT AS YOU CLOSE THE RIGHT FOOT TO LEFT (3) POINT LEFT TOE TO LEFT SIDE (4) CLOSE LEFT FOOT TO RIGHT	EXAMPLE SHOWN IS A ¼ TURN, HOWEVER CAN BE PERFORMED IN ⅛, ½, ¾ AND FULL TURNS BY CHANGING THE TURN ON COUNT 2.
MULE STEP	2	(1) CROSS RIGHT FOOT BEHIND LEFT (&) STEP SLIGHTLY TO LEFT SIDE ON THE BALL OF THE LEFT FOOT (2) PUSH OFF ON THE BALL OF THE LEFT FOOT, STEPPING RIGHT SLIGHTLY TO RIGHT SIDE	AKA – HOOK & PUSH.
PADDLE ⅛ / ¼ TURN	-	SEE “PIVOT TURN”	
PADDLE TURN (1)	2	(1) STEP RIGHT SLIGHTLY FORWARD AND TO THE RIGHT WITH TOES TURNED OUT (&) ROCK OUT TO LEFT SIDE ON THE BALL OF THE LEFT FOOT, TURNING ⅛ TURN RIGHT (2) STEP RIGHT SLIGHTLY FORWARD AND TO THE RIGHT WITH TOES TURNED OUT (&) ROCK OUT TO LEFT SIDE ON THE BALL OF THE LEFT FOOT, TURNING ⅛ TURN RIGHT	CONFUSINGLY, PADDLE TURN CAN BE USED TO DESCRIBE SEVERAL TURNS IN LINE DANCING. THE IDEA IS THAT ONE FOOT STAYS PLANTED IN PLACE WHILST THE OTHER IS USED LIKE A PADDLE/OAR OF A BOAT TO PUSH YOU AROUND.
PADDLE TURN (2)	2	(&) HITCH RIGHT KNEE IN TOWARDS LEFT LEG WHILST TURNING ⅛ TURN LEFT. (1) TOUCH THE BALL OF THE RIGHT FOOT OUT TO THE RIGHT SIDE (&) HITCH RIGHT KNEE IN TOWARDS LEFT LEG WHILST TURNING ⅛ TURN LEFT. (2) TOUCH THE BALL OF THE RIGHT FOOT OUT TO THE RIGHT SIDE	¼ TURNS ARE DESCRIBED, BUT CAN BE DONE IN VARYING ROTATIONS.
PENCIL TURN	2	(1) STEP FORWARD ON THE RIGHT FOOT (2) MAKE A FULL TURN RIGHT ON THE BALL OF THE RIGHT FOOT, WITH LEFT TOE POINTING DOWN, JUST OFF THE GROUND	FULL TURN SHOWN, BUT CAN ROTATE ¾ OR 1+ TURNS. SOMETIMES FEET ARE KEPT TOGETHER WITH KNEES SLIGHTLY BENT.

BEGINNER	IMPROVER	INTERMEDIATE	ADVANCED
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STEP / TERM	COUNT	DESCRIPTION	NOTES
PHRASED	-	<p>WHEN A DANCE IS SAID TO BE "PHRASED", IT CAN HAVE 2 MEANINGS</p> <p>(1) THE DANCE IS CONTAINS TAGS OR RESTARTS TO ENSURE THE MAIN BODY OF THE DANCE FITS TO THE PHRASING OF THE MUSIC. IF THE DANCE DID NOT HAVE THESE, YOU WOULD "DANCE THROUGH" THE PHRASING AND CAN SOMETIMES MAKE THE DANCE FEEL ODD.</p> <p>OR MORE OFTEN;</p> <p>(2) THE DANCE IS SPLIT IN TO PARTS TO FIT EXACTLY TO THE MUSIC. THE DANCE MAY CONTAIN SEVERAL DANCE PATTERNS WHICH ARE USUALLY VERSE AND CHORUS. SECTIONS WILL BE NAMED (A), (B), (C) ETC. THE VERSE IS OFTEN (A), THE CHORUS (B) AND THE BRIDGE (C). SECTIONS ARE ADDED TOGETHER FOR THE OVERALL DANCE COUNT – I.E. IF (A) =32 COUNSTS, (B) =32 COUNTS, (C) = 16 COUNTS, THE DANCE WOULD BE 76 COUNTS.</p>	
PHRASED	-	<p>WHEN A DANCE IS SAID TO BE "PHRASED", IT CAN HAVE 2 MEANINGS</p> <p>(1) THE DANCE IS CONTAINS TAGS OR RESTARTS TO ENSURE THE MAIN BODY OF THE DANCE FITS TO THE PHRASING OF THE MUSIC. IF THE DANCE DID NOT HAVE THESE, YOU WOULD "DANCE THROUGH" THE PHRASING AND CAN SOMETIMES MAKE THE DANCE FEEL ODD.</p> <p>OR MORE OFTEN;</p> <p>(2) THE DANCE IS SPLIT IN TO PARTS TO FIT EXACTLY TO THE MUSIC. THE DANCE MAY CONTAIN SEVERAL DANCE PATTERNS WHICH ARE USUALLY VERSE AND CHORUS. SECTIONS WILL BE NAMED (A), (B), (C) ETC. THE VERSE IS OFTEN (A), THE CHORUS (B) AND THE BRIDGE (C). SECTIONS ARE ADDED TOGETHER FOR THE OVERALL DANCE COUNT – I.E. IF (A) =32 COUNSTS, (B) =32 COUNTS, (C) = 16 COUNTS, THE DANCE WOULD BE 76 COUNTS.</p>	
PIGEON TOES	2	<p>WITH WEIGHT ON THE BALLS OF BOTH FEET</p> <p>(1) SWIVEL BOTH HEELS APART</p> <p>(2) SWIVEL BOTH HEELS BACK TOGETHER</p>	AKA – HEEL SPLITS, BUTTERMILK, TEXAS SPREAD, BUTTERFLIES
PIVOT TURN	2	<p>(1) STEP FORWARD ON THE RIGHT FOOT</p> <p>(2) MAKE ½ TURN LEFT TRANSFERRING THE WEIGHT ON TO THE LEFT FOOT</p>	PIVOTS CAN BE ⅛, ¼, ½ OR ¾. FULL PIVOTS ARE KNOWN AS SPIRAL TURNS. PIVOT ⅛ OR ¼ ARE SOMETIMES CALLED PADDLE TURNS.
PIVOT TURN (OPEN PIVOT)	2	<p>(1) STEP FORWARD ON THE RIGHT FOOT</p> <p>(2) MAKE ½ TURN RIGHT, STEPPING BACK ON TO LEFT FOOT</p>	OPEN PIVOT IS NOT WIDELY USED TERMS, I USE IT TO DESCRIBE A TURN IN THE DIRECTION OF THE LEADING FOOT. THEY CAN TURN ⅛, ¼ OR ½. ¾ OPEN PIVOT CAN BE MADE BY FIRST TURNING ¼ ON COUNT 1.

BEGINNER	IMPROVER	INTERMEDIATE	ADVANCED
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STEP / TERM	COUNT	DESCRIPTION	NOTES
PIVOT (TRAVELLING PIVOT)	4	(1) STEP FORWARD ON RIGHT FOOT (2) MAKE ½ TURN RIGHT, STEPPING BACK ON TO LEFT FOOT (3) MAKE ½ TURN RIGHT, STEPPING FORWARD ON RIGHT FOOT (4) MAKE ½ TURN RIGHT, STEPPING BACK ON TO LEFT FOOT	THIS FEELS LIKE A ROLLING VINE TRAVELLING FORWARDS.
POINT	1	(1) TOUCH THE TOE OF THE RIGHT FOOT IN THE NOMINATED DIRECTION; USUALLY SIDE OR FORWARDS	AKA – TOE TOUCH / TOE POINT
PONY STEP	2	(1) STEP BACK ON TO RIGHT FOOT, HITCHING LEFT KNEE (&) STEP BALL OF LEFT FOOT TO PLACE (2) STEP BACK ON TO RIGHT FOOT, HITCHING LEFT KNEE	
PRISSY WALK	2	(1) STEP RIGHT FOOT FORWARD, SLIGHTLY IN FRONT OF LEFT (2) STEP LEFT FOOT FORWARD, SLIGHTLY IN FRONT OF RIGHT	AKA – SASSY WALKS
RAMBLE	3+	(1) WITH WEIGHT ON BOTH TOES, SWIVEL BOTH HEELS RIGHT (2) WITH WEIGHT ON BOTH HEELS, SWIVEL BOTH TOES RIGHT (3) WITH WEIGHT ON BOTH TOES, SWIVEL BOTH HEELS RIGHT	AKA – HEEL TWISTS / HEEL SWIVELS. USUALLY ENDS WITH A CLAP OR SIMILAR FOR COUNT 4.
RESTART	-	RESTART CAN HAVE TWO MEANINGS. (1) TO FIT THE MUSIC A RESTART APPEARS DURING A DANCE TO SPECIFICALLY BLEND WITH THE MUSIC IN WHICH CASE THE CHOREOGRAPHY IS STOPPED AT A PARTICULAR MUSICAL POINT AND THE DANCE ROUTINE RESTARTS EITHER FROM THE BEGINNING OR FROM A DESIGNATED POINT. (2) TO RESTART (REPEAT) THE ROUTINE A POINT IN A DANCE ROUTINE WHEN THE CHOREOGRAPHY ENDS E.G.32 COUNTS. AS THE SONG CONTINUES THE DANCE ROUTINE WILL SIMPLY 'RESTART' FROM THE BEGINNING AND KEEP RESTARTING UNTIL THE MUSIC ENDS. OFTEN REFERRED TO AS "REPEAT."	
ROCK, RECOVER	2	(1) STEP RIGHT FOOT IN NOMINATED DIRECTION (2) REPLACE WEIGHT BACK ON TO LEFT FOOT	AKA – CHECK STEP
ROCKING CHAIR	4	(1) ROCK FORWARD ON TO RIGHT FOOT (2) RECOVER WEIGHT ON TO LEFT FOOT (3) ROCK BACK ON TO RIGHT FOOT (4) RECOVER WEIGHT ON TO LEFT FOOT	A REVERSE ROCKING CHAIR WOULD START ROCKING BACK, THEN FORWARD.
RODEO KICKS	2	(1) KICK FORWARD WITH RIGHT FOOT (2) KICK OUT TO RIGHT SIDE WITH RIGHT FOOT	FOR MORE ENERGETIC SONGS, TRY A LITTLE BOUNCE AS YOU KICK FOR ADDED FUN!

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STEP / TERM	COUNT	DESCRIPTION	NOTES
ROGER RABBIT	2	(1) JUMP FORWARD ON TO RIGHT FOOT, KICKING LEFT FOOT BACK AND PUMPING CHEST FORWARD (&) STEP LEFT FOOT TO PLACE AS YOU HITCH RIGHT KNEE CONTRACTING CHEST INWARDS	USUALLY THEN REPEATED ON THE OPPOSITE FOOT.
ROLLING VINE	4	(1) MAKE ¼ TURN RIGHT STEPPING FORWARD ON TO RIGHT FOOT (2) MAKE ½ TURN RIGHT STEPPING BACK ON TO THE LEFT FOOT (3) MAKE ¼ TURN RIGHT STEPPING RIGHT TO RIGHT SIDE (4) TOUCH LEFT TOE BESIDE RIGHT	CAN BE REPLACED BY REGULAR GRAPEVINES FOR THOSE WHO DO NOT LIKE TO TURN.
RUMBA BOX	8	(1) STEP RIGHT TO RIGHT SIDE (2) CLOSE LEFT FOOT TO RIGHT (3) STEP RIGHT FOOT FORWARD (4) HOLD (5) STEP LEFT TO LEFT SIDE (6) CLOSE RIGHT FOOT TO LEFT (7) STEP BACK LEFT (8) HOLD	SOMETIMES THE RUMBA BOX WILL START WITH THE FORWARD STEP, RATHER THAN SIDE STEP. OFTEN, THE HOLDS ARE REPLACED WITH TOUCHES.
RUMBA BOX (½)	4	(1) STEP RIGHT TO RIGHT SIDE (2) CLOSE LEFT FOOT TO RIGHT (3) STEP RIGHT FOOT FORWARD (4) HOLD	
RUNNING LOCK STEPS	4	(1) STEP FORWARD RIGHT (&) CROSS LEFT BEHIND RIGHT (2) STEP FORWARD RIGHT (&) STEP LEFT FORWARD (3) CROSS RIGHT BEHIND LEFT (&) STEP FORWARD LEFT (4) STEP FORWARD RIGHT	AKA – SYNCOPATED LOCK STEPS / EXTENDED LOCK STEPS
RUNNING MAN (REGULAR)	2	(1) STEP FORWARD ON TO RIGHT FOOT (&) SCOOT BACK TO PLACE WITH RIGHT AS YOU HITCH THE LEFT KNEE (2) STEP FORWARD ON TO LEFT FOOT (&) SCOOT BACK TO PLACE WITH LEFT AS YOU HITCH THE RIGHT KNEE	RUNNING MAN STEPS ARE USUALLY PERFORMED ON EACH FOOT IN A SEQUENCE.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
RUNNING MAN (STREETWISE)	2	(1) JUMP FEET APART, RIGHT FOOT FORWARD TO RIGHT DIAGONAL AND LEFT FOOT BACK TO LEFT DIAGONAL (&) SCOOT RIGHT FOOT BACK TO PLACE AS YOU HITCH THE LEFT KNEE (2) JUMP FEET APART, LEFT FOOT FORWARD TO LEFT DIAGONAL AND RIGHT FOOT BACK TO RIGHT DIAGONAL (&)SCOOT BACK TO PLACE WITH LEFT AS YOU HITCH THE RIGHT KNEE	
SAILOR HEEL	2	SEE NOTES ON "VAUDEVILLE"	
SAILOR STEP	2	(1) CROSS RIGHT FOOT BEHIND LEFT (&) STEP LEFT SLIGHTLY TO LEFT SIDE (2) STEP RIGHT FOOT TO PLACE	AKA "SAILOR SHUFFLE" "CROSS-BALL-CHANGE" "BEHIND-BALL-CHANGE". SAILOR STEPS CAN TURN UP TO 1 WHOLE ROTATION – THE TURN WOULD HAPPEN ON THE "&" COUNT. WHEN MAKING A BIG TURN SUCH AS $\frac{3}{4}$, YOU WOULD MAKE $\frac{1}{2}$ TURN ON "&" AND A FURTHER $\frac{1}{4}$ ON "2"
SAMBA STEP	2	(1) CROSS RIGHT FOOT OVER LEFT (&) ROCK LEFT FOOT OUT TO LEFT SIDE (2) RECOVER WEIGHT ON TO RIGHT FOOT	AKA - CROSS SAMBA. NOT TO BE CONFUSED WITH "SAMBA CROSS"
SCISSOR KICK	2	(1) KICK FORWARD WITH THE RIGHT LEG (2) BRING THE RIGHT LEG TO PLACE AS YOU KICK FORWARD WITH THE LEFT LEG	
SCISSOR STEP	4	(1) STEP RIGHT TO RIGHT SIDE (2) CLOSE LEFT TO RIGHT (3) STEP RIGHT FOOT INFRONT OF LEFT (4) HOLD	A CLAP IS OFTEN PERFORMED ON COUNT 4 AS YOU HOLD.
SCUFF	1	(1) SWING THE RIGHT FOOT FORWARD ALLOWING THE HEEL TO GENTLY HIT THE FLOOR	SOMETIMES USED INTERCHANGEABLY WITH "BRUSH", HOWEVER A BRUSH USES THE BALL OF THE FOOT.
SCOOT	1	(1) WITH WEIGHT ON THE RIGHT FOOT, HITCH LEFT KNEE AND JUMP/HOP FORWARD LANDING ON THE RIGHT LEG	SIMILAR TO HOP, HOWEVER YOU TRAVEL FORWARDS (OR SIDWAYS/BACKWARDS)

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STEP / TERM	COUNT	DESCRIPTION	NOTES
SERPIENTÉ WEAVE	8	(1) CROSS RIGHT OVER LEFT (2) SWEEP LEFT FOOT FORWARD (3) CROSS LEFT OVER RIGHT (4) STEP RIGHT TO RIGHT SIDE (5) CROSS LEFT BEHIND RIGHT (6) SWEEP RIGHT FOOT BACK (7) CROSS RIGHT BEHIND LEFT (8) STEP LEFT TO LEFT SIDE	SEQUENCE CAN BE STARTED BY CROSSING BEHIND FIRST.
SHIMMY	-	UPPER BODY MOVEMENT. RAPIDLY MOVE SHOULDERS ALTERNATELY FORWARD AND BACKWARDS LEFT SHOULDER MOVES FORWARD WHILE RIGHT, SHOULDER MOVES BACKWARDS AND VICE VERSA	
SHUFFLE (BACKWARD)	2	(1) STEP BACK ON TO RIGHT FOOT (&) STEP LEFT FOOT ALMOST BESIDE RIGHT (2) STEP BACK ON RIGHT FOOT	AKA "POLKA"
SHUFFLE (FORWARD)	2	(1) STEP FORWARD ON RIGHT FOOT (&) STEP LEFT FOOT ALMOST BESIDE RIGHT (2) STEP FORWARD ON RIGHT FOOT	AKA "POLKA"
SHUFFLE TURN	2	(1) MAKE ¼ TURN RIGHT STEPPING SIDE RIGHT (&) CLOSE LEFT TO RIGHT (2) MAKE ¼ TURN RIGHT STEPPING FORWARD RIGHT	CAN BE TURNED ¾ TURN, IN THIS CASE YOU WOULD MAKE AN ADDITION ¼ AS YOU CLOSE LEFT TO RIGHT ON THE "&" COUNT.
SHUFFLE (SIDE)	2	SEE "CHASSÉ"	
SKATE	1	WITH THE WEIGHT ON THE LEFT FOOT (1) SLIDE THE RIGHT FOOT FORWARD TOWARDS RIGHT DIAGONAL AND TAKE THE WEIGHT ON TO THE RIGHT FOOT	
SKIP	-	SEE "SCOOT"	
SNAKE ROLL	2	(1) TIP HEAD & LEAN BODY TO RIGHT PUSHING LEFT HIP TO LEFT SIDE (2) START STRAIGHTENING HEAD AND FOLLOW THE MOTION DOWN THE BODY TO THE HIPS, BRINGING THE BACK TO CENTRE	AKA – SIDE BODY ROLL. SHOULD BE A SMOOTH FLUID ACTION – ALL ONE MOTION.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
SPIRAL TURN	2	(1) STEP FORWARD ON THE RIGHT FOOT (2) MAKE FULL TURN LEFT ON THE BALL OF THE RIGHT FOOT, HOOKING THE LEFT LEG UNDER THE RIGHT KNEE	AKA – FULL PIVOT TURN. CAN ALSO BE USED TO TURN VARIOUS DEGREES, USUALLY ¾ TURNS OR MORE.
STAMP	1	WITH THE WEIGHT ON THE LEFT FOOT (1) HIT THE FLOOR WITH THE FLAT OF THE RIGHT FOOT TO MAKE A LOUD NOISE, TAKING THE WEIGHT ON TO THE RIGHT FOOT	AKA “STOMP DOWN” – STAMP IS GENERALLY NOT USED ANYMORE. WE TEND TO USE THE TERM STOMP AND SAY WHETHER OR NOT TO TAKE THE WEIGHT.
STAR POINTS	4	(1) TOUCH RIGHT TOE FORWARD (2) TOUCH RIGHT TOE TO RIGHT SIDE (3) TOUCH RIGHT TOE BACK (4) STEP RIGHT FOOT TO PLACE	
STROLL	4	(1) STEP FORWARD RIGHT (2) STEP FORWARD LEFT (3) STEP FORWARD RIGHT (4) TOUCH LEFT TOE BESIDE RIGHT	CAN BE FINISHED WITH A KICK/HITCH/SCUFF/ETC IN PLACE OF THE TOUCH. A STROLL IS GENERALLY A WALK OF 3 OR MORE STEPS.
STOMP	1	WITH THE WEIGHT ON THE LEFT FOOT (1) HIT THE FLOOR WITH THE FLAT OF THE RIGHT FOOT TO MAKE A LOUD NOISE, WEIGHT STAYS ON THE LEFT FOOT (SEE NOTES)	AKA “STOMP UP” - TRADITIONALLY USED TO DESCRIBE A STAMP WHICH DOES NOT TAKE THE WEIGHT, IT GENERALLY NOW DESCRIBES EITHER WITH OR WITHOUT A WEIGHT CHANGE – A STOMP UP, MEANS NO WEIGHT CHANGE.
STRUT	-	SEE “HEEL STRUT” AND “TOE STRUT”	
SUGARFOOT	2	(1) TOUCH RIGHT TOE TO LEFT INSTEP (2) TOUCH RIGHT HEEL TO LEFT INSTEP	WHILST THIS IS THE TRADITIONAL MEANING OF THE WORD, SUGARFOOT TENDS TO BE USED NOW TO DESCRIBE SUGARFOOT STOMP.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
SUGARFOOT STOMP	4	(1) TOUCH RIGHT TOE TO LEFT INSTEP (2) DIG RIGHT SLIGHTLY FORWARD (3) STOMP SLIGHTLY FORWARD (OR ACROSS LEFT) RIGHT WITH TOE TURNED OUT (4) HOLD FOR 1 BEAT	AKA – SUGARFOOT / TOE-HEEL-STOMP / TOE-HEEL-CROSS. CAN ALSO BE A SUGAR FOOT STEP – SIMPLY STEP FORWARD RATHER THAN STOMP.
SUGARFOOT TRIPLES	4	(1) TOUCH RIGHT TOE TO LEFT INSTEP (2) TOUCH RIGHT HEEL TO LEFT INSTEP (3) STEP RIGHT FOOT IN PLACE (&) STEP LEFT FOOT IN PLACE (4) STEP RIGHT FOOT IN PLACE	AKA – TOE-HEEL-TRIPLE
SUGAR PUSH	6	(1) STEP FORWARD RIGHT (2) STEP FORWARD LEFT (3) STEP SLIGHTLY BACK ON TO BALL OF RIGHT FOOT (&) REPLACE WEIGHT ON TO LEFT FOOT (4) STEP SLIGHTLY BACK ON RIGHT FOOT (5) STEP SLIGHTLY BACK ON TO BALL OF LEFT FOOT (&) REPLACE WEIGHT ON TO RIGHT FOOT (6) STEP SLIGHTLY BACK ON LEFT FOOT	FROM WEST COAST SWING. GENERALLY MEANING WALK, WALK , TRIPLE STEP, TRIPLE STEP. USUALLY THE TRIPLE STEPS ARE ANCHOR STEPS – SOMETIMES THE SECOND TRIPLE IS A COASTER STEP.
SWAY	1	WITH FEET APART (1) MOVE HIPS TOWARDS RIGHT SIDE IN A SLOW DOWN-UP MOTION	USUALLY PERFORMED IN PAIRS WITH THE LEFT.
SWEEP	1	(1) ROTATE LEG FROM FRONT TO BACK IN A SEMI-CIRCLE WITH TOE POINTED OUT	AKA – RONDÉ. CAN ALSO BE PERFORMED SWEEPING BACK TO FRONT.
SWITCH	-	A SWITCH MEANS TO CLOSE ONE FOOT BACK TO PLACE ON AN “&” COUNT, WHILST THE FREE FOOT MOVE TO ANOTHER POSITION, SUCH AS A POINT TO THE SIDE. THIS CAN BE IN ANY SEQUENCE. I.E POINT & HEEL & HITCH & KICK, ETC. THE “&” IS THE SWITCH.	
SWITCHES (HEELS)	2	(1) DIG RIGHT HEEL FORWARD (&) CLOSE RIGHT TO LEFT (2) DIG LEFT HEEL FORWARD	SWITCHES CAN BE DONE IN ANY NUMBER AND CAN CONTINUE AFTER COUNT 2 OF THIS SEQUENCE.
SWITCHES (TOES)	2	(1) POINT RIGHT TOE TO RIGHT SIDE (&) CLOSE RIGHT TO LEFT (2) POINT LEFT TOE TO LEFT SIDE	

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STEP / TERM	COUNT	DESCRIPTION	NOTES
SWIVET	2	(1) WITH THE WEIGHT ON THE LEFT TOE AND RIGHT HEEL, SWIVEL LEFT HEEL LEFT AND RIGHT TOE TO THE RIGHT (2) SWIVEL LEFT HEEL AND RIGHT TOE BACK TO PLACE	AKA – BRONCO TWIST
SYNCOATED ROCKS	4	(1) ROCK FORWARD ON TO RIGHT FOOT (2) RECOVER WEIGHT ON TO LEFT FOOT (&) CLOSE RIGHT BESIDE LEFT (3) ROCK FORWARD ON TO LEFT FOOT (4) RECOVER WEIGHT ON TO RIGHT FOOT	CAN ALSO BE PERFORMED IN DIFFERENT DIRECTIONS. SIDE ROCK & SIDE ROCK FORWARD ROCK & BACK ROCK ETC
SYNCOPIATION	-	TECHNICALLY, SYNCOPIATION IS ACCENTING A NORMALLY NON-ACCENTED BEAT IN A BAR OF MUSIC TO ADD SURPRISE AND GIVE A JAZZIER FEEL. HOWEVER, IN LINEDANCING, THE TERM IS GENERALLY TO DESCRIBE EITHER DANCING IN “DOUBLE TIME” – MEANING FOR 4 BEATS OF MUSIC (1-2-3-4), YOU CAN DANCE 8 STEPS – 1&2&3&4&. OR BREAKING UP BAR OF MUSIC BY ADDING EXTRA STEPS TO THE REGULAR BEAT – 1&234 / 12&34 / 12&3&4 AND SO ON.	
TAG	-	THE TERM USED TO DESCRIBE A BREAK FROM STANDARD PHRASING THROUGHOUT A PIECE OF MUSIC AND AN ADDITIONAL SEQUENCE OF STEPS TO A DANCE TO COMPENSATE FOR THIS. SOMETIMES CALLED A “BRIDGE”, ALTHOUGH BRIDGES ARE OFTEN (BUT NOT ALWAYS) LONGER.	
TAP	1	(1) TOUCH THE BALL OF THE RIGHT FOOT SO THAT IT MAKES A “TAP” SOUND THE BALL OF THE FOOT DOES NOT STAY IN CONTACT WITH THE FLOOR	SIMILAR TO TOUCH, HOWEVER THE BALL OF THE FOOT DOES NOT STAY IN CONTACT WITH THE FLOOR ON A TAP.
TOASTER STEP	2	(1) TURN ¼ RIGHT STEPPING BACK ON THE RIGHT FOOT (&) CLOSE LEFT TO RIGHT (2) STEP FORWARD ON THE RIGHT FOOT	COMBINATION AND “TURNING” AND “COASTER”
TOE SPLITS	2	WITH WEIGHT ON BOTH HEELS (1) SWIVEL BOTH TOES APART (2) SWIVEL BOTH TOES BACK TO CENTRE	OPPOSITE TO “PIGEON TOES”
TOE STRUT	2	(1) TOUCH BALL OF RIGHT FOOT SLIGHTLY FORWARD (2) DROP HEEL OF RIGHT FOOT TAKING THE WEIGHT	AKA – TIPTOE STEP.
TOUCH	1	(1) TOUCH THE BALL OF THE RIGHT FOOT BESIDE LEFT, THE BALL OF THE FOOT STAYS IN CONTACT WITH THE FLOOR AND DOES NOT MAKE A SOUND	SIMILAR TO TAP, HOWEVER THE BALL OF THE FOOT STAYS IN CONTACT WITH THE FLOOR WITH A TOUCH.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
TRIPLE TURN (FORWARD)	2	(1) MAKE ½ TURN LEFT STEPPING BACK RIGHT (&) MAKE ½ TURN LEFT STEPPING FORWARD LEFT (2) STEP FORWARD RIGHT	FORWARD TRAVELLING TRIPLE TURNS ARE OFTEN INTERCHANGEABLE WITH FORWARD SHUFFLES.
TRIPLE TURN (SPOT)	2	(1) MAKE ½ TURN RIGHT STEPPING ON TO RIGHT FOOT (&) CLOSE LEFT TO RIGHT AS YOU MAKE ¼ TURN RIGHT (2) MAKE ¼ TURN RIGHT AS YOU STEP FORWARD RIGHT	TRIPLE FULL TURN SHOWN – TRIPLE TURN CAN BE USED TO DESCRIBE A CHASSÉ/SHUFFLE TURN ALSO. TRIPLE FULL TURNS ARE OFTEN INTERCHANGEABLE WITH COASTER STEPS.
TRI-ROCKER	6	(1) ROCK FORWARD ON TO RIGHT FOOT (2) RECOVER WEIGHT ON TO LEFT FOOT (3) ROCK RIGHT FOOT TO RIGHT SIDE (4) RECOVER WEIGHT ON TO LEFT FOOT (5) ROCK BACK ON TO RIGHT FOOT (6) RECOVER WEIGHT ON TO LEFT FOOT	AKA – STAR ROCKS COULD BE STARTED BY ROCKING BACK FIRST.
TWINKLE (WALTZ)	3	(1) CROSS RIGHT FOOT OVER LEFT TOWARDS LEFT DIAGONAL (2) STEP LEFT SLIGHTLY TO LEFT SIDE (3) STEP RIGHT TO PLACE	AKA – CROSS WALTZ / CROSS BASIC
UNWIND (CROSS)	1	WITH RIGHT FOOT CROSSED OVER LEFT (1) USE THE BALLS OF BOTH FEET TO TWIST ½ TURN TO THE LEFT. WEIGHT WOULD GENERALLY STAY ON THE LEFT FOOT UNLESS OTHERWISE STATED	CAN BE DONE OVER SEVERAL COUNTS AND CAN ALSO TURN MORE OR LESS IN
UNWIND (BEHIND)	1	WITH RIGHT TOE POINTED BACK OR SLIGHTLY BEHIND LEFT (1) MAKE ½ TURN RIGHT ON THE BALLS OF BOTH FEET, CHANGING THE WEIGHT TO THE RIGHT AS YOU TURN UNLESS OTHERWISE STATED	AKA – REVERSE PIVOT. GENERALLY CAN TURN ¼, ½, ¾ OR FULL TURN.
“V” STEP	4	(1) STEP RIGHT FOOT FORWARD TO RIGHT DIAGONAL (2) STEP LEFT FOOT OUT TO LEFT, A SHOULDER WIDTH APART (3) STEP RIGHT FOOT BACK TO PLACE (4) STEP LEFT FOOT BACK TO PLACE	YOU SHOULD FORM A V SHAPE WITH YOUR STEPS.

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STEP / TERM	COUNT	DESCRIPTION	NOTES
VAUDEVILLE STEP	2	(1) CROSS RIGHT FOOT OVER LEFT (&) STEP LEFT FOOT BACK TOWARDS LEFT DIAGONAL (2) DIG RIGHT HEEL FORWARD AT 45° TO RIGHT DIAGONAL (&) STEP RIGHT FOOT BACK TO PLACE	AKA – CROSS & HEEL / CROSS HEEL JACK. REVERSE VAUDEVILLE CROSSES BEHIND INSTEAD OF IN FRONT. OFTEN CALLED A SAILOR HEEL.
VOLTA TURN	2	(1) CROSS RIGHT FOOT SLIGHTLY OVER LEFT TURNING ¼ RIGHT (&) STEP/ROCK LEFT FOOT SLIGHTLY BACK AND TO THE LEFT (2) CROSS RIGHT FOOT SLIGHTLY OVER LEFT TURNING ¼ RIGHT	SIMILAR TO “PADDLE TURN (1)”, HOWEVER THE FEET CROSS AS YOU STEP.
WAGON WHEEL	1	(1) BRUSH BALL OF THE RIGHT FOOT BACK AND BEHIND LEFT BRINGING THE RIGHT LEG UP AND ROUND IN A CIRCULAR CLOCKWISE MOTION BACK TO PLACE.	CAN BE COMPLETED ON THE LEFT WITH A COUNTER-CLOCKWISE MOTION.
WALK	2	(1) STEP FORWARD ON TO THE RIGHT FOOT (2) STEP FORWARD ON TO THE LEFT FOOT	ONE WALK FORWARD IS USUALLY CALLED A STEP, THREE WALKS OR MORE IS CALLED A STROLL.
WALTZ BOX	6	(1) STEP FORWARD RIGHT (2) STEP LEFT TO LEFT SIDE (3) CLOSE RIGHT TO LEFT (4) STEP BACK LEFT (5) STEP RIGHT TO RIGHT SIDE (6) CLOSE LEFT TO RIGHT	THIS SHOULD FORM A SQUARE SHAPE ON THE FLOOR.
WEAVE	4	(1) CROSS RIGHT FOOT OVER LEFT (2) STEP LEFT TO LEFT SIDE (3) CROSS RIGHT BEHIND LEFT (4) STEP LEFT TO LEFT SIDE	A WEAVE CAN CONTINUE GOING, BUT ALWAYS STARTS WITH A CROSS IN FRONT OR BEHIND. STEPPING TO THE SIDE FIRST MAKES IT A GRAPEVINE.
WINDMILL TURN (1)	2	WITH FEET A SHOULDER WIDTH APART (1) MAKE ½ TURN RIGHT STEPPING RIGHT TO RIGHT SIDE (2) MAKE ½ TURN RIGHT STEPPING LEFT TO LEFT SIDE	AKA – EXTENDED HINGE TURN. CAN TURN EITHER WAY AS SHOWN AND CAN CONTINUE ROTATING BY REPEATING THE STEPS OVER.
WINDMILL TURN (2)	2	WITH FEET A SHOULDER WIDTH APART (1) MAKE ½ TURN LEFT STEPPING RIGHT TO RIGHT SIDE (2) MAKE ½ TURN LEFT STEPPING LEFT TO LEFT SIDE	

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STEP / TERM	COUNT	DESCRIPTION	NOTES
"X" STEP	16	(1) STEP RIGHT FORWARD TOWARDS RIGHT DIAGONAL (2) TOUCH LEFT TOE BESIDE RIGHT (3) STEP LEFT BACK TOWARDS LEFT DIAGONAL (4) TOUCH RIGHT TOE BESIDE LEFT (5) STEP RIGHT BACK TOWARDS RIGHT DIAGONAL (6) TOUCH LEFT TOE BESIDE RIGHT (7) STEP LEFT FORWARD TOWARDS LEFT DIAGONAL (8) CLOSE RIGHT TO LEFT (9) STEP LEFT FORWARD TOWARDS LEFT DIAGONAL (10) TOUCH RIGHT BESIDE LEFT (11) STEP RIGHT BACK TO RIGHT DIAGONAL (12) TOUCH LEFT BESIDE RIGHT (13) STEP LEFT BACK TO LEFT DIAGONAL (14) TOUCH RIGHT BESIDE LEFT (15) STEP RIGHT FORWARD TO RIGHT DIAGONAL (16) CLOSE LEFT TO RIGHT	<p>LIKE A DOUBLE "K" STEP. I WROTE A DANCE CALLED "GIMME SOME" AND USED THIS IN IT, I'VE NOT SEEN IT BEFORE SO I DON'T KNOW IF IT HAS ANOTHER NAME!</p> <p>AS THE NAME SUGGESTS, THIS SEQUENCE SHOULD MAKE AN "X" SHAPE ON THE FLOOR</p>

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