

Social Dance

Vocabulary:

Beat - a basic unit that measures time (pulse of the dance)

Choreographer - a person who creates the dance steps/sequence of the dance

Chorus - a section of the dance that is repeated over and over

Closed position - partners facing each and standing close together, the man's right hand placed on the center of her back and the left hand is at shoulder level to receive the woman's right. Her left hand is on the back of the man's right shoulder.

Open position - partner's stand side by side and face the same direction with the lady on his right. Man's right arm around her waist and his left extended forward to hold her right and her left arm is on his right should (or facing each other holding hands)

Lead - the male partner whose job it is to decide the rhythm of the dance, which steps to do and which direction on the floor to go

Meter - is a way to divide up a measure with equal value of time and regular accents

Rhythm - it is a regular pattern of movement or sound

Tempo - rate at which the music is played

Weight Transfer -changing of body weight from one foot to the other

Jitterbug/Swing steps

- **Alternate** - open position- guy steps forward with left (to the left) and back right, completes with rock step then forward to the right with the left foot and back right, finish with rock step. Gal just reverses-step forward to left with right foot and back L, finish with rock. Then step forward with the right to the right, and back on L and finish with a rock step.
- **Basic** - open position- step to the side for 2 counts (guy's left/gal's right), step to the other side for 2 counts (guy's right/gal's left). Complete move with a rock step (cue: Slow. Slow, quick, quick)
- **Brush off**- Swing out position – Gal does an arch in turn under the gentlemen's left arm for two steps. Guy takes his first step with the left foot moving counterclockwise. After the girl passes under guy's left arm, the guy must drop his arm down to be back to back with his partner) A hand exchange occurs behind their backs on the second step so the gal's right hand moves from the guy's left hand to his right. They should be facing each other on the opposite side of the turn. The gal's right is in the guy's right to complete move with a rock step
- **Butterfly/Skin the cat** - open position-Both step forward gal R/guy L so each are right hip to right hip(beginning of alternate) Each swings right arm over partners head to rest behind neck. Slide right hands down right arms taking 2nd step in place. Rock step when right hand grasp is complete.

- **Cross over turn** Swing out but the guy's right is holding the gal's right hand. - Gal turns counterclockwise under his right arm (first two steps to exchange places). Hand exchange occurs over the gal's head as she completes her 2nd step. Guy's L should be holding gal's right. Complete the move with rock step, while you are facing each other.
- **Dishrag** - open position- both guy (L) and gal(R)take their first step to the side in the same direction spinning while holding on to both hands, plant the second step(guy's R/gal's L) next to the turning foot to face each other the rock step.
- **Gentlemen's wrap/ Ladies wrap** - open position- gal or guy takes their first step toward their partner. One person will turn counterclockwise under their partners raised left hand pulling them to their right side. Hands are not released. (right is behind the back while left is in front) Second step is in place so the couple is facing the same direction. Complete move with rock step.
- **Gentlemen's unwrap/Ladies unwrap** - in wrap position – person on right steps forward to spin clockwise under the partner's left arm and on the 2nd step place foot next to first. Facing partner in open dance position, complete move with a rock step
- **Ladies unwind** - in a wrap position - guy drops his left hand and pushes with his right and the girl spins out counter clockwise, and completes the move with a rock step
- **Pivot turn/collegiate turn**- begins like an alternate but on the second step there is a 1/4 turn, guy turns towards his left and gal towards her right, and the move is completed with a rock step. The 1/4 turns are repeated four times until the couple is back where they began.
- **Single Underarm turn** - Swing out position- (**Arch in**) Girl turns clockwise under guy's left arm for the first two steps, while the guy moves around the outside of the girl's turn going counterclockwise for 2 steps. And the rock step is done while they are facing each other on the opposite side of where they started their turn. **Arch out:** girl turns counterclockwise under the guy's left arm ((2steps) while the guy backs up moving clockwise around the outside of the gal's turn (2 steps).Now facing each other they finish with a rock step on the opposite side from where the began the turn. **In place:** also an option where the girl turns clockwise and the guy remain in place doing the basic step.

Fox Trot

- **Westchester box step** - Men: step forward left, swing the right foot forward and to the side, close the left foot (change weight and begin on the left foot) Then begin on the right foot and step backwards. Ladies: step back with their right foot, swing the left foot backward and to the side and close with the right foot. Then begin on the left for and step forward. (completing a box pattern on the floor)

- **Half box progression:** same as box step with the exception that the movement is continuous in one direction
- **Box turn** - same box step with the 1/4 turn, men begin stepping to their left and ladies step back toward their right

Cha Cha steps

- **Basic step Men:** (1) step forward left, (2) back right in place, (3) step back left (and), next to right, (4) Step right in place, and step left in place. (1) Step back right, (2) step forward left in place, (3) step back right, (and) step left in place, (4) step right in place.
- **Cross over step** (1) step left over right 1/4 turn, (2) step right in place, (3) step Left next to right 1/4 turn to face partner, (and) Step right in place, (4) step left in place.
- **Cross over turn** -(1) Step left 1/4 turn over right, (2) turn toward back foot until you face your partner putting weight on R, (3) , step L in place, (and) Step right in place, (4) Step L in place.
- **Chase** -(1) Step L forward, (2) pivot back toward R foot, (3) step L next to right, (and) Step R in place (4) Step L in place (1) Step forward R (2) pivot back toward L foot, (3) Step R next to Left, (and) Step L in place, (4) Step R in Place...Repeat
- **Kick Swivel** - (1) Step L in place, (2) Kick right over left. (3) place right in place and swivel the hips right, (and) swivel the hips left, (4) Swivel the hips right.