

In 1913 Harry Fox, a Vaudeville Comedian introduced a trot to a ragtime song in 1913 Ziegfield Follies that pushed other trots into the background. It became America's most popular dance and remains so to this day as the standard of social dances.

1. Basic Fox Trot Step (For Men):

(Movement)	<u>Walk</u>	<u>Walk</u>	<u>Side</u>	<u>Step</u>
(Direction)	Forward	Forward	Side	Together
(Foot)	L	R	L	R
(Timing)	Slow	Slow	Quick	Quick

Basic Fox Trot Step (For Women):

(Movement)	<u>Walk</u>	<u>Walk</u>	<u>Side</u>	<u>Step</u>
(Direction)	Back	Back	Side	Together
(Foot)	R	L	R	L
(Timing)	Slow	Slow	Quick	Quick

2. Left Rock Turn:

Forward L, Touch R, Back R turning L, Side-Together L-R.

3. Conversation Step:

Side L, Cross with R in Conversation position, Side-Together L-R.

4. Box Step: (S Q Q S Q Q)

Forward L, Side-Together R-L; Back R, Side-Together L-R.
(Box Turns: Use 1/4 turn on each slow)

5. Twinkle:

Forward L, Side R turning 1/8 L; Together L; Forward R in Conversation; Side L returning to closed position.
Together R.

WALTZ

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Considered the Mother of our present dances, the Waltz began in southern Germany in the 17th century. The popularity of the Waltz grew with the music of Johann Strauss. It is the basis for many dances and is popular today, all over the world.

1. Basic Waltz Box Step (For Men):

(Movement)	<u>Walk</u>	<u>Side</u>	<u>Step</u>	<u>Walk</u>	<u>Side</u>	<u>Step</u>
(Direction)	Forward	Side	Together	Back	Side	Together
(Foot)	L	R	L	R	L	R
(Timing)	1	2	3	1	2	3

Basic Waltz Box Step (For Women):

(Movement)	<u>Walk</u>	<u>Side</u>	<u>Step</u>	<u>Walk</u>	<u>Side</u>	<u>Step</u>
(Direction)	Back	Side	Together	Forward	Side	Together
(Foot)	R	L	R	L	R	L
(Timing)	1	2	3	1	2	3

2. Balance Steps in 4 Directions: (Forward, Back & to each side)

Forward: Forward L, Bring R up to L holding for 2 counts while rising lightly on toes for 1st count, dropping gently on 2nd.

Backward: Backward R, Bring L up to R holding for 2 counts while rising lightly on toes for 1st count, dropping gently on 2nd.

Side Right: Side R, Drag L up to R for 2 counts

Side Left: Side L, Drag R up to L for 2 counts

3. Single Twinkle:

Forward L, Side R turning 1/8 L; Together L; Forward R in Conversation; Side L returning to Closed Position. Together R.

4. Progressives:

Two Waltz measures forward, Front 1/2 of Box, Two Waltz measures backwards, Back 1/2 of Box.

5. Underarm Turn:

Front 1/2 of Box, as man steps back R, he raises L arm and leads under her arm; she makes 6 steps forward, steps in a small circle, as man completes Back 1/2 of Box and Front 1/2 of Box Turning, as he brings lady to Close Dance Position and both do Back 1/2 of Box.

In August of 1935, bandleader, Benny Goodman, played "Stompin' at the Savoy". The rest, as they say, is history. The dance craze swept the nation depending on where you lived, it was the Jitterbug, the Lindy, or the Swing.

1. Basic Swing Step (For Men):

(Movement)	<u>Triple Step</u>	<u>Triple Step</u>	<u>Rock</u>	<u>Step</u>
(Direction)	Side-together-Side	Side-together-Side	Back	In Place
(Foot)	L-R-L	R-L-R	L	R
(Timing)	1 & 2	3 & 4	5	6
(Timing)	Slow	Slow	Quick	Quick

Basic Swing Step (For Women):

(Movement)	<u>Triple Step</u>	<u>Triple Step</u>	<u>Rock</u>	<u>Step</u>
(Direction)	Side-together-Side	Side-together-Side	Back	In Place
(Foot)	R-L-R	L-R-L	R	L
(Timing)	1 & 2	3 & 4	5	6
(Timing)	Slow	Slow	Quick	Quick

2. Turning Basic:

Basic step, but turn 1/4 R or L on first "slow".

3. Throw-Out:

Man does 3 Basic Swing Steps in Place, and drops R hand hold on 1st Slow of 2nd Basic, leading girl to her Open Position. On 1st Slow of 3rd Basic, he leads girl back toward Closed Position. Girl is led across and to man's L to start toward Open Position.

4. Underarm Turns:

With girl in Open Position, (Man left hand - Lady right hand), man "Pulls the lady, Changes place with lady, Stop the lady", during one basic step.

5. Sweetheart:

From Open Position. On 1st Triple man raises L hand, turns lady and wraps lady on his R side completing the 2nd Triple. Both step back on Rock Step. Reverse steps to unwind.

6. She Go - You Go:

From Open Position. On 1st Triple lady underarm turn. On 2nd Triple man underarm. Turn. Both step back on Rock Step.

RUMBA

The Rumba was the beginning of Cuban and Latin American dance crazes. Danced to music inspired by African rhythms and Spanish melodies, the Americanized Rumba was the basis for the Mambo and the Cha Cha in the U.S. Music called Salsa perpetuates the popularity of the Rumba all over the world.

1. Basic Rumba Box Step (For Men):

(Movement)	<u>Walk</u>	<u>Side</u>	<u>Step</u>	<u>Walk</u>	<u>Side</u>	<u>Step</u>
(Direction)	Forward	Side	Together	Back	Side	Together
(Foot)	L	R	L	R	L	R
(Timing)	Slow	Quick	Quick	Slow	Quick	Quick

Basic Rumba Box Step (For Women):

(Movement)	<u>Walk</u>	<u>Side</u>	<u>Step</u>	<u>Walk</u>	<u>Side</u>	<u>Step</u>
(Direction)	Back	Side	Together	Forward	Side	Together
(Foot)	R	L	R	L	R	L
(Timing)	Slow	Quick	Quick	Slow	Quick	Quick

2. Underarm Turn:

Forward 1/2 of a Rumba Box, lead girl Underarm to the man's L on 2nd half of Box.

3. Progressives:

2 Measures Forward Walk (S Q Q S Q Q); Box.
(Back Progressives: 1/2 Box, 2 Measures Back Walk; Back 1/2 of Box.)

4. Rumba Rocks:

Forward L, Forward R, In place L. Alternate, starting Forward R, Forward L, In place R.

CHA-CHA

Probably the most popular Latin dance in the U.S., the Cha-Cha began as a part of the Mambo. It became the rage of the early 1950's because it was so much fun. Its infectious one-two, one-two-three, rhythm demands that sitters become dancers. Everybody can learn the Cha-Cha, and they should.

1. Basic Cha-Cha Step (For Men):

(Movement)	<u>Rock</u>	<u>Step</u>	<u>Triple Step</u>
(Direction)	Forward	In Place	Side-together-Side
(Foot)	L	R	L-R-L
(Timing)	2	3	4 & 1
(Movement)	<u>Rock</u>	<u>Step</u>	<u>Triple Step</u>
(Direction)	Back	In Place	Side-together-Side
(Foot)	R	L	R-L-R
(Timing)	2	3	4 & 1

Basic Cha-Cha Step (For Women):

(Movement)	<u>Rock</u>	<u>Step</u>	<u>Triple Step</u>
(Direction)	Back	In Place	Side-together-Side
(Foot)	R	L	R-L-R
(Timing)	2	3	4 & 1
(Movement)	<u>Rock</u>	<u>Step</u>	<u>Triple Step</u>
(Direction)	Forward	In Place	Side-together-Side
(Foot)	L	R	L-R-L
(Timing)	2	3	4 & 1

2. Cross-Over Break and Walk-Around:

1st half of Basic Cha-Cha releasing girl and retaining her R hand on 4 and (A) Forward R turning 1/4 R, Forward L (this is the Cross-Over, breaking on 2). Step Back R to face partner, Side-Together L-R changing hands. Forward L turning 1/4 L, Forward R (this, again is the Cross-Over). Side Back L to face partner, Side-Together R-L changing hands. Repeat (A).

Walk-Around Left with Forward L, Forward R, Forward L and facing partner on Side-Together R-L. Side R, Back L in 5th Position. In Place R, Close Position Side-Together L-R.

SAMBA

The national dance of Brazil! Movie star Carmen Miranda is credited with making the dance popular in the U.S. in the early 1940's. It is extremely popular today because it is easily adaptable to different tempos.

1. Basic Samba Step (For Men):

"Flat-Toe-Flat"

(Movement)	<u>Walk</u>	<u>Walk</u>	<u>Step</u>	<u>Walk</u>	<u>Walk</u>	<u>Step</u>
(Direction)	Forward	Forward	In Place	Back	Back	In Place
(Foot)	L	R	L	R	L	R
(Timing)	1	&	2	3	&	4

Basic Samba Step (For Women):

"Flat-Toe-Flat"

(Movement)	<u>Walk</u>	<u>Walk</u>	<u>Step</u>	<u>Walk</u>	<u>Walk</u>	<u>Step</u>
(Direction)	Back	Back	In Place	Forward	Forward	In Place
(Foot)	R	L	R	L	R	L
(Timing)	1	&	2	3	&	4

2. Samba Box:

Forward L, Side R and pull L to R with sharp foot motion.
Back R, Side L and pull (drag) R to L.

3. Side Crosses:

Side L, Back R in 5th Position - In Place L;
Side R, Back L in 5th Position - In Place R.

4. Copacabana:

A "Copa" is a rocking motion. When done forward it is:
Forward, Pull Back, In Place.

5. Paulista:

Forward L turning slightly L, Side R pressing toe against floor, Step L heel in place. Repeat with Forward R.

TANGO

The Tango began in the West Indies and found its way to Argentina where it was stylized by the Gauchos to its present form. It became the romantic rage in 1921, after the silent screen star, Rudolph Valentino, brought the dance to millions in "The Four Horseman of the Apocalypse". Today it is considered a "dancer's dance" and a favorite of all who learn to dance the Tango.

1. Basic Tango Step (For Men):

(Movement)	<u>Walk</u>	<u>Walk</u>	<u>Walk</u>	<u>Side</u>	<u>Hold</u>
(Direction)	Forward	Forward	Forward	Side	Close Left foot to Right
(Foot)	L	R	L	R	No weight
(Timing)	Slow	Slow	Quick	Quick	Slow

Basic Tango Step (For Women):

(Movement)	<u>Walk</u>	<u>Walk</u>	<u>Walk</u>	<u>Side</u>	<u>Hold</u>
(Direction)	Back	Back	Back	Side	Close foot
(Foot)	R	L	R	L	R no weight
(Timing)	Slow	Slow	Quick	Quick	Slow

2. Right Parallel: (S S Q Q S)

Forward L, Forward R in Right Parallel, Tango Close.
(Tango Close = Q Q S of Basic Step)

3. Tango Rocks: (S S Q Q S Q Q S)

Forward L, Forward R, Forward L, In Place R, Forward L, Forward R, In Place L, Forward R. Tango Close.

4. Simple Corte (Corte = "Bow"): (S S Q Q S)

One Basic Step. Backward L; Forward R, Tango Close.

5. Conversation Promenade: (S S Q Q S)

Side L in Conversation, Cross R, Tango Close turning L.

HUSTLE

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The Hustle marked a return to popular dances where couples danced touching each other. In the early 1970's a modified Lindy Hop or Jitterbug became popular on the crowded dance floors of New York. It was called The Hustle, and is still popular today, and is a blend of Swing and Disco.

1. Basic Step (For Men): 4 Count, Q Q Q Q or 1, 2, 3, 4

L Forward R In Place, L Back R In Place.

- Basic Step (For Women): 4 Count, Q Q Q Q or 1, 2, 3, 4

R Forward L In Place, R Back L In Place.

(Basic Step: One foot on each beat of music holding both hands of lady.)

2. Basic Step Turning:

L Forward R slightly to Left, L (to the right) Back R slightly to left.

3. Underarm Turning:

Drop ladies R hand, "Pull the lady, change places with the lady, and Stop the lady", during one Basic Step.
(Done with One or Two hands.)

4. Wraparound:

Step to R side of lady and place her R hand on your belt-buckle. Turn L as you release her R hand and regrasp R hand as you complete turn. Wraparound completed in One Basic Step Turning to the L.

5. Sweetheart:

During one Basic Step man raises L hand, turns lady and wraps lady on his R side, both step back together. Reverse steps to unwind.