

SOME COMMON MOVES USED IN LINE DANCE

You will encounter many of these moves in the first range of dances you learn. There are a few others but most of those will only be found in more advanced dances.

Move	Description
Charleston Steps	Movement of 4 counts: Point, step, point, step. Right Charleston step <ol style="list-style-type: none"> 1. Point right foot forward, 2. Step right foot back in place, 3. Point left foot Back, 4. Step left foot forward in place.
Chasse	Movement of 3 steps: Side – together – side Can be to left or right and can be done over 3 counts of music or as a “syncopated” move over 2 beats of music. Right Chasse:- <ol style="list-style-type: none"> 1. Step right foot to right side 2. Close left foot next to right foot. 3. Step right foot to right side. Usually followed by a touch with the left toe next to the right foot, weight stays on right foot.
Coaster Step	Movement of 3 steps: back – together – forward Right Coaster step:- <ol style="list-style-type: none"> 1. Step back on right foot, 2. Step back left foot, next to right foot 3. Step forward on right foot
Dig	Touch the Heel forward (weight stays on supporting leg)
Hitch	To raise the knee of non supporting leg
Jazz box	Movement of 4 steps: Cross – back – side – forward Usually done over 4 counts, with one step on each beat. Can be done with either left or right leg leading (and can incorporate a quarter or half turn). Think of Hank Marvin and the Shadows! Right Jazz Box:- <ol style="list-style-type: none"> 1. Step right foot forward and across left foot. 2. Step left foot backwards. 3. Step right foot to the side. 4. Step left foot forward.
Jazz box $\frac{1}{4}$ turn	Movement of 4 steps: Cross – back – turn – forward With right leg leading:- <ol style="list-style-type: none"> 1. Step right foot forward and across left foot. 2. Step left foot backwards. 3. Step right foot to the side while turning $\frac{1}{4}$ to the right. 4. Step left foot forward.

Lock step	<p>Movement of three steps: Step – lock – step Can be done forward or backwards or in a diagonal step towards the corner. Right lock step:- 1. Step right foot forward, 2. Bring left foot up crossing behind right foot, 3. Step right foot forward again. Can also be done as a “syncopated” move over 2 beats of music.</p>
Mambo step	<p>Movement of three steps: Right Forward Mambo:- 1. Step right foot forward and rock/transfer weight onto it; 2. Recover weight back onto left foot; 3. Return right foot back to starting position. Can be done forward, backwards or sideways.</p>
Pivot turn	<p>Movement of two steps: Step-turn. $\frac{1}{4}$ Turn Right 1. Step left foot forward, 2. Make $\frac{1}{4}$ turn to the right and transfer weight onto right foot. Can also be done as a half turn.</p>
Rocking chair	<p>Movement of four steps: Forward-back-back forward Right Rocking Chair:- 1. Rock forward onto right foot, 2. Rock back onto left foot, 3. Rock back on right foot, 4. Rock forward on left foot. The Left foot stays in place, only the right foot moves.</p>
Rumba box	<p>Movement over 8 counts producing a square pattern. Can be done with either foot leading. The most common is: 1. Step left foot to left side, 2. Step right foot close to left foot, 3. Step left foot forward, 4. Touch right toe next to left foot (or hold one beat), 5. Step right foot to right side, 6. Step left foot next to right foot, 7. Step back on right foot, 8. Touch left foot next to right foot (or hold for one beat).</p>
Shuffle	<p>Movement of 3 steps (similar to a lock step): Right Shuffle 1. Step right foot forward, 2. Bring left foot up beside right foot, 3. Step right foot forward again. Can be done with left or right foot leading. Can be done over 3 single beats of music or syncopated over 2 beats e.g. 1&2. Can also be done backwards.</p>

Stroll	<p>Movement of 4 steps.</p> <ol style="list-style-type: none"> 1. Walk forward on right foot. 2. Walk forward on left foot. 3. Walk forward on right foot. 4. Make a low kick forward with the left foot, or a hitch of the left knee. <p>Can also be done backwards,</p> <ol style="list-style-type: none"> 1. Walk back on Left foot 2. Walk back on right foot 3. Walk back on left foot 4. Touch right toe next to left instep, keeping weight on left foot.
Strut	<p>Movement done over 2 counts:</p> <p><u>Heel Strut</u>: 1. Place heel of right foot forward, 2. Drop right toe to the floor.</p> <p><u>Toe Strut</u>: 1. Place toe of right foot onto floor, 2. Drop right heel to floor.</p> <p>Toe Struts can be done forwards, backwards or sideways.</p>
Triple step	<p>Three steps usually over two counts (e.g. 1&2):</p> <ol style="list-style-type: none"> 1. Step onto right foot, 2. Step onto left foot, 3. Return to right foot. <p>Done on the spot (not travelling in any direction). Sometimes done incorporating a full turn.</p>
Vine (grapevine)	<p>Sideways movement of 4 counts: Side-behind-side-touch (the touch can be replaced with a brush/stomp/scuff or hitch)</p> <p>Right Vine:-</p> <ol style="list-style-type: none"> 1. Step right foot to the right side, 2. Step left foot crossing behind right foot, 3. Step right foot to the side. 4. Touch left foot next to right foot (or hitch/brush)
Waltz	<p>3 beats to the bar, i.e the pattern of the dance has 3 counts to each group rather than the usual 4.</p> <p>Basic Waltz: Can be forward or backward.</p> <p>Left Basic Waltz:-</p> <ol style="list-style-type: none"> 1. Step forward on left foot 2. Step right foot next to left 3. Change weight back to left foot. <p>Left Twinkle:-</p> <ol style="list-style-type: none"> 1. Cross left foot over over right 2. Step right foot to right side 3. Change weight back onto left foot.

Weave	<p>Sideways movement of 4 or more counts (similar to the vine but always starts with a cross instead of a side step):</p> <p>Weave to Right:-</p> <ol style="list-style-type: none">1. Cross left foot in front of right foot,2. Step right foot to right side,3. Cross left foot behind right foot,4. Step right foot to side. <p>A pattern with more than 4 counts is often called an extended weave.</p>
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