

Abbreviated Dance Glossary

Beginners learn the **Blue Sections** 1st and the **Red sections** 2nd Green is Informational

STEP NAME	BRIEF DESCRIPTION
Back Rock	Rock back on one foot, forward on the other
Balance Step	A step in any direction followed by a close step and a hold or step in place. Mostly used in waltzes.
Ball change	a quick change of weight from one foot to the other, usually proceeded with a kick or a heel touch.
Brush	a brush uses the ball of foot to brush the floor as the foot swings forward or back.
Bump	to isolate upper part of the body, flexing the knees, and pushing the hip to either side in any direction.
Cha Cha Cha	dance rhythm counted 1&2, 3&4.
Charleston kick left & touch	kick left forward. Step left beside right. Touch right toe back. Step right beside left.
Charleston kick right & touch	kick right forward, Step right beside left. Touch left toe back. Step left beside right.
Chasse (Also called a side shuffle)	a syncopated pattern of side steps where the feet never pass. Normally three steps but can be extended.
Chasse left (shuffle Left)	step left to left side. Close right beside left. Step left to left side.
Chasse right (shuffle right)	step right to right side. Close left beside right. Step right to right side.
Chug (Hitch & Scoot)	with weight on the ball of one foot, lift the opposite foot and scoot forward.
Coaster step	a movement with three steps all taking weight. Usually a syncopated movement but can be slowed with each step taken on full counts
Coaster step left	step back left. Step right beside left. Step forward left.
Coaster step right	step back right. Step left beside right. Step forward right.
Cross shuffle left	cross right over left. Step left to left side. cross right over left
Grapevine	a three-step move which often followed by a touch, step or kick for the 4 th count
Grapevine left	step left to left side. Cross right behind left. Step left to left side.
Grapevine left 1/4 turn	step left to left side. Cross right behind left. Step 1/4 turn left.
Grapevine right	step right to right side. Cross left behind right. Step right to right side.
Grapevine right 1/4 turn	step right to right side. Cross left behind right. Step right 1/4 turn right.
Hitch left	hitch left knee up.
Hitch right	hitch right knee up
Hold	a pause with no movement
In place	to return the weight to the original supporting weighted foot.
Jazz box left	cross left over right. Step back on right. Step left to left side. Close right beside left.
Jazz box right	cross right over left. Step back on left. Step right to right side. Close left beside right.
Kick	a leg lift movement in any direction taken from the knee.
Kick ball change left	kick left forward. Step left beside right. Step onto right in place.
Kick ball change right	kick right forward. Step right beside left. Step onto left in place.
Kick forward left	kick forward left.
Kick forward right	kick forward right.
Lockstep left	step forward left. Lock right behind left. Step forward left.
Lockstep right	step forward right. Lock left behind right. Step forward right.
Mambo basic	step forward left foot; step in place right foot, step left foot beside right foot.
Monterey 1/2 turn left	touch left to left side. On ball of right make 1/2 turn left, stepping left beside right. touch right to right side. Step right beside left.
Monterey 1/2 turn right	touch right to right side. On ball of left make 1/2 turn right, stepping right beside left. Touch left to left side. Step left beside right.

STEP NAME	BRIEF DESCRIPTION
Phrased	if a dance is phrased it has been choreographed to exactly fit the pattern of the music. Some dances have tags. Bridges or are structured in parts to achieve this.
Pivot	a turn where on foot is forward of the other and the turn is made on the balls of the feet changing weight. Feet do not leave floor.
Pivot ½ left	Step forward right. Pivot ½ turn left.
Pivot ½ right	Step forward left. Pivot ½ turn right.
Point left	point left toe to left side.
Point right	point right toe to right side.
Recover	see in place
Rock back right	rock back of right. Rock forward onto left.
Rock forward left	rock forward on left. Rock back on right.
Rock forward right	rock forward on right. Rock back onto left.
Rock left	rock to left side on left. Rock onto right in place.
Rock, recover	can be done forward, back, or to either side, step forward and without moving feet, shift weight to forward foot, (rock) then shift weight back to stand on back foot. (recover)
Rock right	rock to right side on right. Rock onto left in place.
Sailor step (Sailor shuffle)	a dance pattern. A shuttle type step starting with a cross behind. the name derives from the stumbling type step a sailor does when he first hits dry land. The style is accomplished by leaning in the opposite direction of the crossing foot.
Sailor step left	cross left behind right. Step right to right side. Step left to place.
Sailor step right	cross right behind left. Step left to left side. Step right to place.
Scuff left	scuff left forward.
Scuff right	scuff right forward
Shuffle 1/2 turn left	shuffle step forward making 1/2 turn left, stepping - right, left, right.
Shuffle 1/2 turn right	shuffle step forward making 1/2 turn right, stepping - left, right, left.
Shuffle forward left	step forward left. Close right beside left. Step forward left.
Shuffle forward right	step forward right. Close left beside right. Step forward right.
Step	the word used to indicate a movement of a foot with change of weight.
Step, touch	step on one foot. Touch other foot beside it.
Stomp left	stomp left beside right.
Stomp right	stomp right beside left.
Syncopation	the use of the downbeats of music or the beats in between the whole beats. e.g. - shuttle, kick ball change.
Toe fan left	fan left toe to left side. Return toe to center.
Toe fan right	fan right toe to right side. Return toe to center.
Toe strut forward right	step forward on right toe. Drop heel taking weight.
Toe strut forward left	step forward on left toe. Drop heel taking weight.
Together	move free foot next to opposite foot.
Touch	to place toe or heel without weight on that foot.
Triple step left	triple step in place, stepping - left right left.
Triple step right	triple step in place, stepping - right left right.
Vine right (as grapevine right)	step right foot to right, step left foot behind right foot, step right foot to right, touch with left foot.
Vine left (as grapevine left)	same as above, moving left with left foot.
Weave	a maneuver to the right or left accomplished with two or more side steps and two or more crossing steps. The crossing steps alternate between crossing behind and crossing in front of the side steps.
Weave left	cross right over left. Step left to left side. Cross right behind left. Step left to left side.
Weave right	cross left over right. Step right to right side. Cross left behind right. Step right to right side.