

GLOSSARY OF DANCE TERMINOLOGY

ACROSS

Movement across the Line of Dance or Movement of one leg in front of the other

ALIGNMENT

The position of the body with relation to the Line of Dance

PARTNER ALIGNMENT

The symmetric alignment of a couple

AMALGAMATIONS aka CLUSTERS or COMBINATIONS

A group or sequence of dance figures or patterns

AND (&) Step

1 Half of a Quick count (& 1 or 1 &) 2 A Call such as "ready and" 3 Indicates simultaneous action Note: In my step descriptions, the word "and" notes simultaneous actions while the figure "&" indicates movement on a half beat of music

APART

1 Movement away from partner or one foot away from the other 2 Placement of feet apart from each other (2nd position)

BALANCE STEP

A step in any direction, followed by a Close (no weight) and a Hold

BEHIND

A step with the free foot crossing behind the weighted foot

BODY MOVEMENTS GESTURE

Any movement not connected with supporting the body weight

STEP

The transfer of weight from one foot to another

LOCOMOTION

Movement of the body from one place to another

JUMPING

Movement without a point of support

TURNING

Changing position in a circular fashion

BOOGIE

The free hip lifts and moves in a circular motion in the direction of the weighted foot

BOOGIE ROLL

1. Similar to Cuban Motion, using a forward and backward movement of the pelvis 2. A circular movement starting in the pelvis region, moving through the diaphragm, chest and shoulders

BOOGIE WALK

To move the free leg by lifting the hip and stepping forward

BREAK

1 A change or reverse of direction 2 See Rhythm Break

BRUSH aka SCUFF

To brush, sweep or scuff the foot against the floor

BUMP

Dancers bump hips to the side or the buttocks of their partners

CENTER

Individual Balance point of the body mass - located near the diaphragm

Couples: Center point between partners

CHARLESTON aka Black Bottom aka Montana Kick

A 4 count pattern of steps and kicks (Kelly Gillette (and thus, NTA) advocates that a Charleston

MUST start with a left step) Step forward left Kick forward right Step back right Point the left toe back

She may be right, but what would we call it when it starts on the right foot. I personally

call it a Charleston emphasizing which feet are doing what.

CHAINÉ

A 360 degree turn, feet together in first position, changing weight

CHASE

A figure where one partner pursues the other

CLOSE

To bring the feet together without a change of weight

COUNT

A call used to count the rhythm of foot movements and weight changes, or to count the beats of music

CONTRA BODY MOVEMENT (CBM)

A movement of the body into or from 3rd or 5th foot position which turns the opposite hip and shoulder toward the direction of the moving leg

CUBAN MOTION

Hip motion initiated by using the inside edge and ball of the foot during weight transfer

CUP AND PIN

The man holds his left hand with the palm facing inward, thumb over the lady's fingertips. The lady curls her right fingertips over the man's left fingers. The hands are held approximately at the lady's waist level. There is resistance needed for many changes of positions and turns.

DIAGONAL

45 degrees out from the center of the Line of Dance (direction)

DIG

To touch the ball or heel of the free foot to the floor with a strong emphasis

DRAW aka DRAG aka SLIDE

To bring the free foot slowly together to the weighted foot

EXTENSION

To stretch or extend parts of the body

FAN

Circular motion of the free foot

TOE FAN

Toe swings outward, pivoting on heel, and back

HEEL FAN

Heel swings outward, pivoting on ball of foot, and back

FAN KICK

High, straight leg kick where the extended leg makes a circular sweep

FLEX

To bend slightly or relax a portion of the body Example the flex of the knee

FLICK

Sharp, quick kick backwards with a pointed toe and a flexed knee

FOOTWORK

The use of the five positions of the feet in dancing

FIRST POSITION

Feet together, toes forward and slightly turned out CALLS Home, Center, Together

SECOND POSITION

Feet parallel, shoulder width apart

THIRD POSITION

Heel to instep, or ball to heel Used in rock steps, shuffles, polkas, triple steps, and basic swing

EXTENDED

Feet apart, heel pointing to instep

FOURTH POSITION

Walking step, forward or back, and rock steps

FIFTH POSITION

Heel to toe Often used in a rock-step

FOOT PARTS

Toe Inside edge of toe Outside edge of toe Ball Inside edge of the ball
Outside edge of the ball Heel Inside edge of heel Outside edge of heel
Flat Inside edge of the flat foot Outside edge of the fiat foot

FOLLOW THROUGH

The non-support foot passes by the weighted foot before changing directions

FRAME

Dance posture for the purpose of maintaining balance and appearance

FREEZE

A stop no movement

GRAPEVINE aka VINE

A continuous traveling step pattern to the side with crosses behind and/or in front

HEEL SPLIT aka WING SCISSORS PIGEON-TOE BUTTERFLIES ETC ETC ETC

Feet together with weight on balls of both feet. Move heels apart on count 1, and together on count 2

FAST HEEL SPLIT

takes one beat of music and is counted as "& 1"

KNEE POPS aka HEEL STOMPS

Lift both heels off the floor by bending the knees Return the heels to the floor Takes one beat of music and counted as "& 1"

HOLD

A count to describe a designated time before taking another step

HOME

Original starting place

HOP

A spring into the air from one foot and landing on the same foot

HOOK aka CROSS

The free foot moves as a pendulum in front of or in back of the weighted foot and is kept off the floor The toes pointing downward

HOOK COMBINATION

A 4 count move using (1) heel (2) hook (3) heel and (4) together

ISOLATION

Movement of one part of the body independently of the rest

JAZZ BOX aka JAZZ SQUARE

Well there's plenty of fight over this one, but I call a jazz box several ways (then explain which one I'm using either in class or in my step description) it may not be right, but it works for me. a couple of examples

Step forward left Step right across left Step back left Side step right

or:

Step right over left Step back left Side step right Step forward left

JUMP Spring into the air off both feet and land on both feet

LEAD

A non-verbal communication that initiates and continues movement

LEAP

A transfer of weight from one foot to the other. Push off with a spring and land on the ball of the other foot, letting the heel come down Bend knee to absorb the shock

LEFT

Refers to the left foot, hand, hip or a direction

LINDY

Line dance move (though you'll see some differences of opinion this is widely accepted)

8-count series of side shuffles and rock steps

EXAMPLE:

- 1&2 Side step right & step left beside right, side step right
- 3-4 Rock step left slightly behind right, recover weight to right
- 5&6 Side step left & step right beside left, side step left
- 7-8 Rock step right slightly behind left, recover weight to left

LINDY CHARLESTON

Couples swing move:

COUNT	MAN	LADY
1.	Rock back with LF	Rock back with RF
2.	Change weight forward on RF	Change weight forward on LF
3.	Kick forward with LF	Kick forward with RF
4.	Land LF forward	Land RF forward
5.	Kick forward with RF	Kick forward with LF
6.	Swing RF back without landing	Swing LF back without landing
7.	Kick back with RF	Kick back with LF
8.	Bring RF to LF, landing	Bring LF to RF, landing

LOCK

A tight cross of the feet in 1st or 2nd position

LOD - LINE OF DANCE

Counterclockwise around the dance floor

LOOP TURN

An underarm turn to the left for the lady and to the right for the man

LUNGE

A weight transfer to a bent leg with the other leg extended

PIGEON TOED

A pattern traveling sideways bringing the toes together leaving the heels apart, then bringing the heels together leaving the toes apart

PIVOT

A traveling turn executed with thighs locked and feet apart in extended fifth position

PREP

A lead-in move or step a set up used as a preparation for a turn or a change of dance position

QUICK

A step or weight change that takes one beat of music

RESISTANCE

A balanced force and counter force between two bodies

MUSIC

Flow of recurrent heavy and light accents

DANCE

Recurrent flow of foot and body movements

RHYTHM BREAK

To leave the natural rhythm of the pattern

RIGHT

Refers to the right foot, hand, hip or a direction

RISE AND FALL

Coming up on the toes by bracing the ankles and stretching the spine then lowering to the heels

BODY RISE

The body rises by bracing the leg muscles and stretching the spine then relaxes to a natural stance

ROLL

The indicated body part circles right or left

ROUND DANCE

All types of social dances were once called round dances. Today round dance refers to couples or groups of three or more, doing routine patterns dancing counterclockwise or clockwise around the dance floor

RUNNING MAN

A series of steps and scoots (usually back) that resemble a running action
EXAMPLE: 1 Step slightly forward LEFT & Hitch right and scoot back on LEFT
2 Step slightly forward RIGHT & Hitch left and scoot back on RIGHT
Repeat as many times as the count indicates

Note

Teach this move by starting very slow just stepping in place Then we add hitches and increase the tempo and begin counting 1&2&3&4&

SAILOR STEP

A triple step dance pattern accomplished by leaning in the opposite direction of the crossing foot (weight stays centered over lead foot's original position) EXAMPLE: Leaning toward left (1) Step left behind right (&) Side step right (2) Side step left (to original position)

SCOOT aka SKIP

(NTA) Slide of the weighted foot (or feet) forward, backward or sideways.
(ME) A hitch with movement of the weighted foot

SHUFFLE

A triple step similar to a Polka step with no lilt (says NTA) EXAMPLE: SHUFFLE FORWARD LEFT 1 Step forward left & Bring the right foot up to the heel of the left foot 2 Step forward left Note: From a technical standpoint, a shuffle would be smooth, a polka would have lilt (bounce), and a cha-cha would have Cuban Motion. This may be of little or no concern to the social dancer especially the beginner.

SHIMMY

Alternating shoulder movements forward and backward

SLIDE

A movement in any direction Step on one foot then draw or slide the other foot up to the weighted foot

SLOW

A step or weight change that takes two beats of music

SPIN

A 360 degree turn on one foot

SPLIT

The feet move apart with the weight evenly distributed over both feet

SPOT

A step in place that does not progress in any direction

SPOTTING

Focusing on a fixed point through a turn

SYNCOPATED SPLITS

Feet move apart separately and are brought back together Counted as "& 1, & 2"

STEPS

WALKING-SLOW Usually takes two beats of music

RUNNING- QUICK(Half of a Slow) takes one beat of music

SLIDE

(left or right) May be taken to a Slow or Quick count

PIVOT

A movement of the feet, turning on the ball or balls of the feet

BALANCE

A step, together, hold

STEP

The transfer of weight from one foot to another

STROLL

A forward diagonal step followed by a cross behind (lock) and another step forward

STRUT

Moving forward, place the heel then the ball of the foot on the floor for counts 1, 2

SUGAR FOOT

Alternating swiveling feet in the direction of the un-weighted foot Taken in place or traveling

SWAY

A tilt of the chest to the side, without lowering the torso Stretching from the side upwards

SWING

The free foot is raised and moved forward, backward, sideways or crosswise

SYNCOPATED PATTERN

Any variation of a defined dance pattern

SYNCOPATED RHYTHM

To step between the down beats Any rhythm pattern which uses accents other than the down beat

TYPES OF TURNS: OUTSIDE

A turn to the right for the lady and left for the man,

INSIDE

A turn to the left for the lady and right for the man

FREE TURN

To turn independently without any body contact

CHAINÉ

A turn with feet together in 1st position with a weight change

3 STEP TURN aka CONGA

A 360° turn in 2nd dance position, taking three weight changes and ending with a touch or point. Often called a turning or rolling vine, because of it's common usage as a variation within a dance

PADDLE TURN

A turn either left or right, using a series of ball changes with 3/4 of the weight staying over the turning foot

PIVOT

A 180 degree turn taking two weight changes to complete Done in extended 3rd or 4th dance position with the thighs locked

TRAVELING PIVOTS

Pivots danced down LOD in extended 5th position

PIVOT TURN aka MILITARY TURN aka BREAK TURN

Transfer weight to the forward foot then turn 180° in the opposite direction of the forward foot Return weight to original foot

SPIN

A 360° turn on one foot

TWIRL

A square dance term for turning the lady

VARIATIONS

Any movement of footwork that is different from the original footwork. Personal note: If you change the count or flow of the dance IMHO it's not a variation. I won't say it's wrong, Oh what the heck, YES I WILL

WEIGHT CHANGES

BALL CHANGE

A change of weight from the ball of one foot to the other foot

CROSS

To move one foot over the other, either in front or behind

KICK, BALL, CHANGE

May also be done as a Heel, Ball, Change. ex: 1 ^ Kick forward right & -
Step down on ball of right 2 ^ Change weight to left

IN PLACE, RECOVER

Return the weight to the original supporting weighted foot

ROCK

Two weight changes with the feet apart, taken in any direction

SWITCH

Shifting weight from one foot to the other in a rapid sliding movement

TOGETHER

To bring the feet together with a change of weight

WEIGHTED LEG/FOOT aka SUPPORT LEG/FOOT

The foot/leg bearing the weight of the body. The foot you're standing on.