


GLOSSARY		Web site: www.linedancermagazine.com
<i>STEP NAME</i>	<i>COMMENTS & TIPS</i>	<i>LINEDANCER STEP DESCRIPTION</i>
Across	Used to describe the movement of one foot in front of another.	
Advanced	See Difficulty Level	
Ankle Rock		With feet crossed and ankles locked rock weight onto forward foot. Return weight to back foot.
Apple Jack	Apple jacks are usually performed in pairs (one left, one right) as syncopated movements (&1 & 2).	
Apple Jacks Left		Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to centre.
Apple Jacks Right		Taking weight onto right heel and left toe swivel right toe and left heel to right side. Return feet to centre.
Back Rock		Rock back on right. Rock forward onto left.
Balance 1/2 Turn Left		Step forward left. Step forward right. Pivot 1/2 turn left.
Balance 1/2 Turn Right		Step forward right. Step forward left. Pivot 1/2 turn right.
Balance Step	A step in any direction followed by a close step and a hold or step in place. Mostly used in waltzes.	
Balance Step Back Left		Step back left. Close right beside left. Step left in place.
Balance Step Back Right		Step back right. Close left beside right. Step right in place.
Balance Step Forward Left		Step forward left. Close right beside left. Step left in place.
Balance Step Forward Right		Step forward right. Close left beside right. Step right in place.
Ball Change	A quick change of weight from one foot the other, usually preceded with a kick or a heel touch.	

Beginner	See Difficulty Level	
Beginner/Intermediate	See Difficulty Level	
Behind	Used to describe the movement of one foot crossing behind another.	
Body Angle	Body is turned to face different direction to feet.	
Body Roll	Performed forward, backwards or sideways, body rolls are a ripple of the body either up or down over a specified number of counts.	
Box Step Forward Left		Step forward left. Close right beside left. Step left to left side. Touch right beside left.
Box Step Forward Right		Step forward right. Close left beside right. Step right to right side. Touch left beside right.
Box Step Side Left		Step left to left side. Close right beside left. Step forward left. Touch right beside left.
Box Step Side Right		Step right to right side. Close left beside right. Step forward right. Touch left beside right.
Box Steps	A sequence of steps usually linked together into an eight count move forming a box shape on floor. Normally leads forward or to side. (Below count 4 in each manoeuvre is a touch, this is sometimes replaced with a hold).	
BPM	Beats Per Minute. A way of measuring the tempo of a piece of music. Determined by counting how many beat of music there are in a minute of a track. It is normally the strongest beat that is counted.	
Bridge	The term used to describe a break from standard phrasing throughout a piece of music and an addition sequence of steps to a dance to compensate for this.	
Brush	A brush uses the ball of foot to brush the floor as the foot swings forward or back.	
Brush Back Left		Brush ball of left back.

Brush Back Left Across Right		Brush ball of left back across right.
Brush Back Right		Brush ball of right back.
Brush Back Right Across Left.		Brush ball of right back across left.
Brush Forward Left		Brush ball of left forward.
Brush Forward Right		Brush ball of right forward.
Camel Walk Left		Step forward left. Slide right beside left. Step forward left.
Camel Walk Right Cha Cha Cha		Step forward right. Slide left beside right. Step forward right.
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	A syncopated pattern of side steps were the feet never pass. Normally three steps but can be extended.	
Chasse Left		Step left to left side. Close right beside left. Step left to left side.
Chasse Right		Step right to right side. Close left beside right. Step right to right side.
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 Forward Left		Step forward left. Step right beside left. Step back left.
Coaster Step Forward Right		Step forward right. Step left beside right. Step back right.
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 & Unwind 1/2 Left		Cross right over left. Unwind 1/2 turn left.

Cross & Unwind 1/2 Right		Cross left over right. Unwind 1/2 turn right.
Cross & Unwind 3/4 Left		Cross right over left. Unwind 3/4 turn left.
Cross & Unwind 3/4 Right		Cross left over right. Unwind 3/4 turn right.
Cross Kick Left		Kick left across right.
Cross Kick Right		Kick right across left.
Cross Left		Cross left over right.
Cross Right		Cross right over left.
Cross Rock Back Left		Cross rock back on left. Rock forward onto right.
Cross Rock Back Right		Cross rock back on right. Rock forward onto left.
Cross Rock Forward Left		Cross rock forward on left. Rock back onto right.
Cross Rock Forward Right		Cross rock forward on right. Rock back onto left.
Cross Shuffle Left		Cross right over left. Step left to left side. Cross right over left.
Cross Shuffle Right		Cross left over right. Step right to right side. Cross left over right.
Cuban Motion	Hip movement used in cha cha cha and latin style dances.	
Diagonal	See Direction	
Diagonal Kick Left		Kick left diagonally forward left.
Diagonal Kick Right		Kick right diagonally forward right.

Difficulty Level	<p>A rating given to dances to indicate the difficulty of learning. Difficulty levels are usually specified by the choreographer and are often subjective. They can be affected by the tempo of the music, moves within the dance and number of steps.</p> <p>Beginner – suitable for dancers with little or no dance experience.</p> <p>Improver – for dancers who are starting to feel comfortable with basic dance moves.</p> <p>Intermediate – For dancers with some experience of basic dance moves and rhythms and the ability to learn and perform more intricate sequences.</p> <p>Intermediate/Advanced – For those dancers who are able to cope with most dance rhythms and with practice follow most dance patterns.</p> <p>Advanced – Suitable for experienced dancers who can perform intricate dance moves and improvise freely with them.</p>	
Extended Grapevine	The basic grapevine continued in the same pattern.	
Fancy Feet	See apple jack	
Flick	The heel flicks back or out to the side.	
Grapevine	A three step move which often ends with a touch, stomp, or kick.	
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 left 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.
Heel Ball Change Left		Touch left heel forward. Step left beside right. Step onto right in place.
Heel Ball Change Right		Touch right heel forward. Step right beside left Step onto left in place.
Heel Ball Cross Left		Touch left heel forward. Step left slightly back. Cross right over left.
Heel Ball Cross Right		Touch right heel forward. Step right slightly back. Cross left over right.
Heel Bounce		With weight on balls of feet lift and drop heels.

Heel Clicks		Raise onto balls of feet and clicking heels together
Heel Fan	With weight on ball of foot twist heel out to side.	
Heel Fan Left		Fan left heel out to left side. Return heel to centre.
Heel Fan Right		Fan right heel out to right. Return heel to centre.
Heel Grind	Take weight forward onto heel and arc toe over two counts.	
Heel Grind Left		Rock forward on left heel arcing left toe from right to left. Return weight back onto right.
Heel Grind Right		Rock forward on right heel arcing right toe from left to right. Return weight back onto left.
Heel Jack Left		Step diagonally back right. Touch left heel diagonally forward left. Step left into centre. Touch/Step right beside left
Heel Jack Right		Step diagonally back left. Touch right heel diagonally forward right. Step right into centre. Touch/Step left beside right.
Heel Split		Split heels apart. Return heels to centre.
Heel Strut Left		Step forward on left heel. Drop left to taking weight.
Heel Strut Right		Step forward on right heel. Drop right toe taking weight.
Heel Switches (lead left)		Touch left heel forward. Step left beside right. Touch right heel forward. Step right beside left.
Heel Switches (lead right)		Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.
Hip Bumps Back Left		Step back left, bumping hips – Left, Right, Left.
Hip Bumps Back Right		Step back right, bumping hips – Right, Left, Right.
Hip Bumps Forward Left		Step forward left, bumping hips – Left, Right, Left.
Hip Bumps Forward Right		Step forward right, bumping hips – Right, Left, Right.
Hip Roll	The movement of the hips in a circular action either clockwise or anti-clockwise.	
Hitch left		Hitch left knee up.
Hitch Right		Hitch right knee up.
Hold	A pause with no movement.	

Hop	A jump on the spot of one foot and landing on same foot.	
Intermediate	See Difficulty Level	
Intermediate/Advanced	See Difficulty Level	
Jazz Box 1/4 Turn Left		Cross left over right. Step back on right. Step left 1/4 turn left. Step right beside left.
Jazz Box 1/4 Turn Right		Cross right over left. Step back on left. Step right 1/4 turn right. Step left beside right.
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.
Jump	To spring into air on both feet and land on both feet.	
Jumping Jacks	A jump landing feet apart, then returning to centre. Often syncopated and some times returning to a crosses position.	Jump feet apart, landing – Right, Left. Return feet to centre, landing - Right, Left.
Kick Ball Change Left		Kick right forward. Step right slightly back. Cross left over right.
Kick Ball Change Right		Kick right forward. Step right beside left Step onto left in place.
Kick Ball Cross Left		Touch left heel forward. Step left slightly back. Cross right over left.
Kick Ball Cross Right		Touch left heel forward. Step left beside right. Step onto right in place.
Kick Forward Left		Kick forward left.
Kick Forward Right		Kick forward right.
Knee Pops	A sequence of moves pushing knee forward, lifting heel off floor with ball of foot remaining in contact with floor.	
Lock Back Left		Step back left. Lock right across left. Step back left.
Lock Back Right		Step back right. Lock left across right. Step back right.
Lock Forward Left		Step forward left. Lock right behind left. Step forward left.
Lock Forward Right		Step forward right. Lock left behind right. Step forward right.

Lunge	The transfer of weight to a bent leg with free leg extended.	
Mashed Potato	This movement can be extended over more counts if required.	Split heels apart (&) Return heels sliding right heel behind left and left heel to right instep (1). Split heels apart (&) Return heels sliding left heel behind right and right heel to left instep (2).
Military Pivot	See Pivot 1/2 Turn	
Military Turn	See Pivot 1/4 Turn	
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.
Monterey 1/4 Turn Left		Touch left to left side. On ball of right make 1/4 turn left, stepping left beside right. Touch right to right side. Step right beside left.
Monterey 1/4 Turn Right		Touch right to right side. On ball of left make 1/4 turn right, stepping right beside left. Touch left to left side. Step left beside right.
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 one 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 1/2 Left		Step forward right. Pivot 1/2 turn left.
Pivot 1/2 Right		Step forward left. Pivot 1/2 turn right.
Pivot 1/4 Left		Step forward right. Pivot 1/4 turn left.
Pivot 1/4 Right		Step forward left. Pivot 1/4 turn right.
Pivot 3/4 Left		Step forward right. Pivot 3/4 turn left.
Pivot 3/4 Right		Step forward left. Pivot 3/4 turn right.

Point Left		Point left toe to left side.
Point Right		Point right toe to right side.
Ramble	To travel Right or Left twisting heels and toes.	
Reverse Pivot	Same movement as a basic pivot but the initial step is back.	
Rumba		
Rhythm	The recurring flow of heavy and light accents in a piece of music. These accents are used to create a pattern of foot and body movements, which becomes a dance.	
Rock Back Left		Rock back on left. Rock forward onto right.
Rock Back Right		Rock back on 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 Left 1/4 turn Right		Rock to left side on left. Rock onto right making 1/4 turn right.
Rock Right		Rock to right side on right. Rock onto left in place.
Rock Right 1/4 Turn Left		Rock to right side on right. Rock onto left making 1/4 turn left.
Rocking Chair Forward Left		Rock forward on left. Rock back onto right. Rock back on left. Rock forward onto right.
Rocking Chair Forward Right		Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.
Rolling Full Turn Left		Step left 1/4 turn left. On ball of left make 1/2 turn left stepping back right. On ball of right make 1/4 turn left stepping left to left side.
Rolling Full Turn Right		Step right 1/4 turn right. On ball of right make 1/2 turn right stepping back left. On ball of left make 1/4 turn right stepping right to right side.
Ronde	To arc pointed toe out and around from front to back or back to front. Can sometime be executed with a turn.	

Running Man	Steps can be extended by repeating over more counts.	Step right forward (1). Scoot back on left hitching right knee(&). Step left forward (2). Scoot back on right hitching left knee (&).
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.
Scissor Steps		Step to side. Step free foot together. Cross lead foot over.
Scoot	A hop or jump with movement forward.	
Scuff Left Scuff Right		Scuff left forward. Scuff right forward.
Shimmy	Rapid, alternate shoulder movement. As left shoulder moves forward, right moves back.	
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 Back Left		Step back left. Close right beside left. Step back left.
Shuffle Back Right		Step back right. Close left beside right. Step back right.
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.
Skip	See Scoot	
Slap	Use of the hand to slap heel or knee.	
Slide	To move a foot in any direction while keeping it in contact with the floor. Usually used to describe the drawing of one foot to another.	
Spin	A full or 3/4 turn executed on the ball of one foot over one beat of music.	
Stamp	Another word used for Stomp Up.	
Step	The word used to indicate a movement of a foot with change of weight.	
Stomp Left		Stomp left beside right.
Stomp Right		Stomp right beside left.

Stomp Up Left		Stomp left beside right (no weight).
Stomp Up Right		Stomp right beside left (no weight).
Stride	A large step forward or back.	
Stroll		Step forward left. Step forward right.
Sugarfoot Left		Touch left toe to right instep. Touch left heel to right instep.
Sugarfoot Right		Touch right toe to left instep. Touch right heel to left instep.
Sugarfoot Swivel Left		Swivel left heel to right side while touching right toe to left instep. Swivel left to right side while touching right heel to left instep.
Sugarfoot Swivel Right		Swivel right heel to left side while touching left toe to right instep. Swivel right to left side while touching left heel to right instep.
Sweep	To arc pointed toe out and around from front to back or back to front. Can sometime be executed with a turn.	
Swivel	A movement of heels or toes while weight is on opposite part of foot.	
Swivet Left		Taking weight onto left heel and right toe swivel both toes to left. Return feet to centre.
Swivet Right		Taking weight onto right heel and left toe swivel both toes to right. Return feet to centre.
Syncopated Grapevine	The same pattern of steps as a basic grapevine but the timing uses whole and half counts making the movement quicker. (1&2&)	
Syncopation	The use of the downbeats of music or the beats in between the whole beats, eg: Shuffle, Kick Ball Change.	
Tag	An addition to a dance sequence added at various points in a piece of music to keep dance in phrase with track.	
Tap	See touch.	

Tempo	The speed of a piece of music.	
Toe Fan Left		Fan left toe to left side. Return toe to centre.
Toe Fan Right		Fan right toe to right side. Return toe to centre.
Toe Strut Back Left		Step left toe back. Drop left heel taking weight.
Toe Strut Back Right		Step right toe back. Drop right heel taking weight.
Toe Strut Forward		Step forward on right toe. Drop heel taking weight.
Toe Strut Forward Left		Step forward on left toe. Drop heel taking weight.
Toe Switches (lead left)		Touch left toe forward. Step left beside right. Touch right toe forward. Step right beside left.
Toe Switches (lead right)		Touch right toe forward. Step right beside left. Touch left toe forward. Step left beside right.
Touch	To tap toe or heel without weight.	
Triple 1/2 Turn Left		Triple step 1/2 turn left, stepping – Left, Right, Left.
Triple 1/2 Turn Right		Triple step 1/2 turn right, stepping – Right, Left, Right.
Triple 1/4 Turn Left		Triple step 1/4 turn left, stepping – Left, Right, Left.
Triple 1/4 Turn Right		Triple step 1/4 turn right, stepping – Right, Left, Right.
Triple 3/4 Turn Left		Triple step 3/4 turn left, stepping – Left, Right, Left.
Triple 3/4 Turn Right		Triple step 3/4 turn right, stepping – Right, Left, Right.
Triple Full Turn Left		Triple step full turn left, stepping – Left, Right, Left.
Triple Full Turn Right		Triple step full turn right, stepping – Right, Left, Right.
Triple Step Left		Triple step in place, stepping – Left, Right, Left.
Triple Step Right		Triple step in place, stepping – Right, Left, Right.
Turn	A movement made to change direction.	
Twist	With weight on balls of feet heels move freely in given direction.	
Two Step	A six count rhythm which uses counts 1 and 2 as quick steps, then counts 3, 4 and 5, 6 as two slow counts. Q,Q, S,S.	
Variation	Replacement of a sequence of steps with another of a similar pattern within the timing of the music.	

Vaudeville Left		Step diagonally back left on left. Cross right over left. Step diagonally back left on left. Touch right heel diagonally forward right.
Vaudeville Right		Step diagonally back right on right. Cross left over right. Step diagonally back right on right. Touch left heel diagonally forward left.
Waltz	A rhythm with 3 beats to each bar of music. Dances in waltz timing are organised in the same way, with section containing three or six steps. Usually a step is taken on each of these counts. Experienced dancers can work on their rise and fall to give added grace to this dance.	
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.