

## Social Dance

9/90

- I. Dance formations:
  - A. Line - side by side
  - B. Single Circle - man facing in line of direction
  - C. Scattered - partners anywhere on floor
  
- II. Dance Positions:
  - A. Open - partners side by side,  
Man has right hand on partner's waist, left arm is free.  
Lady has left hand on partner's waist, right arm is free.  
Partners face same direction.
  - B. Closed - partners are facing each other. Man has right hand on the small of the lady's back and left arm is out to side with palm up.  
Lady places right hand in man's left and puts her left hand on man's right shoulder.
  
- III. General Rules
  - A. Man usually starts with left foot, lady with right.
  - B. Most dances progress around the floor in a counter-clockwise direction.
  - C. It is the responsibility of the man to learn to lead by using hand and body movements that indicate clearly what move the lady is to do.
  
- IV. Rules of Etiquette
  - A. Etiquette is everyone's responsibility. Each individual should attempt to be a good partner.
  - B. A good partner or dancer pays attention to his/her partner offering a word or a smile rather than being bored or always looking around at others.
  - C. Good partners cover up each other's difficulties and overlook each other's weaknesses.
  - D. Good partners don't apologize for their dancing, but they laugh together over their obvious mistakes.
  - E. Good partners offer praise to each other for the other's good moves.
  - F. Good partners work together over difficult parts. If together they cannot figure out the step pattern, they seek help from other students or the instructor.

### Etiquette in Class Also Includes:

- G. Introducing yourself to your partner when you don't know each other. Always accept graciously any partner with whom you are paired with in a mixer.
  - H. On a boys' choice dance, no girl has a right to turn down the request to dance and vice versa on a girls' choice dance.
  - I. When asked to dance, you must always accept graciously.
  - J. If a girl is standing on the sideline and there is an extra man, he must ask her to dance rather than cutting in on another girl already dancing.
  - K. When "cutting", a man touches the left shoulder of the lady's partner.
  - L. A girl does not refuse to change partners when a man "cuts in".
- V. General Rules on the Dance Floor:
    - A. Couples dance freely around the floor in a counter-clockwise direction and do not cut across or move in an opposite direction against traffic. Couples who dance a faster pattern should dance nearer the outside edge of the floor so they can proceed comfortably.
    - B. It is not acceptable to dance open or fast patterns which require extra space when on a crowded dance floor.

C. A man always thanks a lady after dancing with her, and she acknowledges the courtesy.

\* Directions are for man; lady's part reversed.

### Jitterbug

Dance formation: scattered

Dance position: partner facing open or closed.

Basic step: Left toe ct 1, left heel ct 2, right toe ct 3, right heel ct 4, step back on L ct 5, step forward on right foot ct 6.

(One, two, three, four, back step)

Turns: same side, alternate arm, wrap 2nd unwrap, rotation, wring the dishcloth and pivot.

Other moves Go from open to close dance position, then swing lady out and the slide.

### Swing

Dance formation: scattered

Dance position: partners facing open or closed

Basic step: ct 1, 2, 3 step ball change left  
ct 4, 5, 6 step ball change right  
ct 7 step back on left (rock)  
ct 8 step forward on right.

(1, 2, 3, 1, 2, 3, rock step) Updated version of the jitterbug.

All turns and moves from jitterbug can be used in the swing plus there are fancy combination steps that can be added for more flair and style.

### Polka

Dance formation: single circle, man facing line of direction.

Dance position: closed and sometimes open.

Basic Step: ct 1 - hop left  
ct 2 - step right  
ct 3 - step left  
ct 4 - hop right  
ct 5 - step left  
ct 6 - step right

(Hop, step, step)

Half Turn Pivot: ct 1 - hop left  
ct 2 - step right  
ct 3 - step left  
ct 4 - 1/ pivot turn to right hop right  
ct 5 - step left  
ct 6 - step right  
ct 7 - 1/2 pivot turn to right hop left

Partners turn clockwise as they move around the floor counter-clockwise.

(hop, step, step, pivot)

Open Position: partners arms are at each others waist with boy's left arm free, lady's right arm free. Do basic step in straight line. Close by guy moving towards partner on hop step.

Two-Step or Slow Dance

Dance Formation: scattered

Dance Position: close

Basic Step:     ct 1 - Step forward on left  
                  ct 2 - touch right toe to left foot  
                  ct 3 - step right with right foot  
                  ct 4 - close left foot to right  
                  ct 5 - step back on right  
                  ct 6 - touch left toe to right foot  
                  ct 7 - step to left with left  
                  ct 8 - close right foot to left

(Step, touch, step, together)

Rotation turn 1/8 to left on each 4 count basic box step. Will talk 4 8, count steps to make on full rotation.

Travel Step: Instead of stepping back on right foot man would step forward causing the couples to move in a straight line. Man can also step back on his left foot causing partners to move in reverse direction. The guy must lead with hands at waist and hand in hand so partner knows which direction he is moving.

Turning Girl Under Arm: The lady steps back and turns on count 1, finishes the turn on count 2, steps to her left on count 3 and closes on count 4. Guy pulls lady back to him on count 5 and continues normal box step.

Line Dances:

Dance Formation: line, side by side, partners facing same direction

Dance Position: may or may not hold hands.

No Basic steps: each dance has own pattern

Turn Sequence: Most line dances progress around floor by turning counter - clockwise or to left.

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