

Line Dance Terminology

Ball Change

A quick change of weight from the ball of one foot to the opposite foot.

Brush

The leg swings forward as the foot makes slight contact with the floor in a brushing motion. There is change of weight.

Cha Cha

There are three quick steps in place, beginning with either the right or left foot. The count is 1 & 2 or cha- cha-cha

Chasse

Is a pattern of "step-together". Chasse can be done forward, backward or to the side. The "together" foot never passes the "step" foot.

Clockwise

In the direction the same as the clock.

Counterclockwise

In the direction opposite the direction of the clock.

Draw or Drag

To bring the free foot slowly together to the weighted foot.

Grapevine

A moving step to the side crossing free foot behind. Right vine: side right, behind left, side right. Left vine: side left, behind right, side left

Hitch Kick

A "kick, ball change" pattern.

Hitch Turn

Hitch and turn together using hitch momentum to carry through turn. Done left or right.

Hop

Start on designated foot, jump and land on same foot.

Hop Change

Reversing the position of the feet by quick hop. For example, if you have your right heel forward, you hop and change to have your left heel forward.

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In Place

To shift weight or tap step without travelling in any direction but staying on the spot.

Kick

A quick thrust of a straight leg forward and in the air.

Lock

A tight cross of the feet.

Pivot

Change of direction while foot has weight on it.

Point

Point the free foot forward, backward, sideward or clockwise. No weight change.

Polka Step

A triple step combination of right-left-right or left-right-left to the count of 1 & 2.

Rock

A step which requires a change of weight by rocking from forward to backward, backward to forward or side to side.

Scoot

A slide forward, backward or sideward of the weighted foot.

Scuff

Like a brush except the heel strikes the floor with a greater force.

Slide

A pattern of a foot followed by a slide of unweighted foot in place with the stepping foot.

Step

A complete weight change from one foot to the other.

Stomp

Lift designated foot up and return to floor quickly with some force so the stomp is heard. The stomping foot is the foot used for the next move, as there is no weight change.

Swivel

Hips rotate without moving shoulders.

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Tap

The toe of the free foot makes contact with floor, but has no transfer of weight.

Tripple Step

See polka step.

Weight Change

To shift weight from the weighted foot to the unweighted foot.



| Activity | |
|-----------------------------|--|
| Basic Skills | |
| Application of Basic Skills | |



| Benefits Health | |
|--------------------|--|
| Functional Fitness | |
| Body Image | |
| Well-being | |



| Cooperation | |
|---------------|--|
| Communication | |
| Fair Play | |
| Leadership | |
| Teamwork | |



| Do it Daily...for life | |
|------------------------|--|
| Effort | |
| Safety | |
| Goal Setting | |
| In the Community | |