

Creating Your Own Line Dance

Common Travelling Patterns

The following patterns are four count patterns.

To make them into 8 count patterns, simply repeat them, or mirror them on the opposite side.

*Denotes the use of any of the following variations:

Tap, Brush, Hop, Kick, Clap, Scoot, Scuff, Stomp, Pivot Turn

Any three step or grapevine pattern can incorporate spins which advances the skill level of the pattern.

(very common grapevine pattern right)

1	2	3	4*
Step R	Step L	Step R	Tap L
right side	crossing behind R	right side	beside R

(very common grapevine pattern left)

1	2	3	4
Step L	Step R	Step L	Tap R
left side	crossing behind L	left side	beside L

1	&	2	&	3	4*
Step R	Step L	Step R	Step L	Step R	Tap L
left side	together	left side	together	R side	& clap

1	2	3	4*
Step R	Step L	Step R	Tap L
backward	backward	backward	& clap

1	2	3	4
Step R	Pivot on L	Step L	Pivot on R
forward	1/2 turn to left	forward	1/2 turn to left

1	2	3	4
L heel tap	L toe tap	Step L	Slide R up to L
forward	back	forward	(weight on R)

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- All groups must:
1. Use at least 6 different patterns. Add your own too!
 2. Include a change of direction.
 3. Choose own appropriate music.

The following patterns are four count patterns.

To make them 8 count patterns, simply repeat them, or mirror them on opposite side.

1 L heel tap forward	2 L step in place	3 R heel tap forward	4 R step in place
1 R toe tap R side	2 R toe tap together	3 R toe tap R side	4 R toe tap together
1 R toe tap in place	2 R step in place	3 L toe tap in place	4 L step in place
1 Pigeon-toed (toes in/heels out)	2 Together (heels brought together)	3 Pigeon-toed (heels out)	4 Together (heels together)
1 R hip swing forward(weight on R)	2 R hip swing fwd(weight on R)	3 L hip swing bwd(weight on L)	4 L hip swing bwd(weight on L)
1 R hip roll fwd (weight on R) to...	2 L hip roll bwd (weight on L) to...	3 R hip roll fwd (weight on R) to...	4 L hip roll bwd (weight on L)
1 L kick forward	2 L kick forward	3 L step in place	4 R toe tap behind
1 R heel tap forward	2 R toe tap in place	3 R heel tap forward	4 R heel tap forward

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1	&	2	3	&	4
L kick forward	L ball in place	R step in place	L kick forward	L ball in place	R step in place

1	&	2	&	3	&	4
L kick forward	L ball in place	R step in place	L step in place	R scuff in place	R knee up 1/4 turn L	R step in place

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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	