

Jive Competition

Step	Man's Footwork	Lady's Footwork
Single Lady or Basic Step	<p>Left side step (toe/heel) to the left-1 2, right side step (toe/heel) to the right-3 4, left back step with toe (rock)-5, right step on the spot (step)-6.</p> <p>Lead semi-open hand position. Man moves hands to the left, then the right, then slight push and pull on the rock step.</p>	<p>Right side step (toe/heel) to the right-1 2, left side step (toe/heel) to the left-3 4, right back step with toe (rock)-5, left step on the spot (step)-6.</p>
Single Underarm Break or Lady's Turn	<p>Man's footwork is the single lindy. Lead is very important, must be lead prior to first step.</p> <p>Lead-man's left hand goes above lady's head and man's right hand pushes the lady's left hand down and towards the left, so the lady will turn to her right, going under the man's left arm and lady's right arm. To lead back the other way; the man's left hand makes a circle above the lady's head in a counter-clockwise direction. Man's right hand gently pushes lady in that direction, so the lady will turn to her left, going under her right arm again.</p>	<p>Right drop step backwards and turned out to the right, complete pivot on the right foot-1 2, left side step to completely face the man and join hands again-3 4, right back step with toe (rock)-5 left step on the spot (step)-6. To move back the other way-lady's right arm will be crossed in front of her body. Right foot cross in front of left and toe turned inward to left, pivot on the right foot-1 2, left side step to completely face the man and join hands again-3 4, right back step with toe (rock)-5, left step on the spot (step)-6.</p>
Man's Turn	<p>Left drop step, backwards and turn out to the left, pivot complete circle to the left and on the left-1 2, right side step to square up to the lady, rejoin hands-3 4, left back step with toe (rock)-5, right step on the spot (step)-6.</p> <p>Lead-man drops right hand (lady's left), and man's left hand goes across waist to right hip as he turns to the lady's right hand so it can trail across the man's back.</p>	<p>Lady's footwork is the single lindy – basic step. As the man turns, her right hand should trail across the man's back and then join hands after he has completed the turn.</p>

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Step	Man's Footwork	Lady's Footwork
Push Turn	<p>Man's footwork is the basic single lindy. The lead is important and must be lead prior to last quick step.</p> <p>Lead-man's left hand goes palm to palm with the lady's right hand and on the first step he pushes with his left hand to make the lady turn to her right, man's right hand gently throws the lady's left down and to the left to help initiate the turn.</p>	<p>Right drop step, backwards and turned out to the right, complete pivot to the right on the right foot-1 2, left side step to square up to the man-3 4, right back step with the toe (rock)-5, left forward step on the spot (step)-6.</p>
Quarter Turn 90 degrees	<p>Left step forward turning out to the left by 90 degrees (1/4 turn)-1 2, right side step to square up to a new direction-3 4, left step back with toe (rock)-5, right step on the spot (step)-6.</p>	<p>Right step backward turning toe inwards to left by 90 degrees (1/4 turn)-1 2, left side step to square up to the new direction-3 4, right back step with toe (rock)-5, left forward step on the spot (step)-6.</p>
Around the World	<p>Left side step (toe/heel) turning toe out to the left and complete the pivot (circle) on the left foot-1 2, left side step (toe/heel) to finish pivot and square up to partner-3 4, right back step with toe (rock)-5, left step on the spot (step)-6.</p>	
The Slide	<p>Facing partners, right hip to right hip, left hip to left hip-count 1 2, then on the rock step it's count 3 4.</p> <p>As the right hips come together again, both partners raise arms up so right hands are behind partners head – slide right hands down length of partners right arms – when they get to right hands, the gentleman grabs lady's right fingers and turns her to her left under his arm and they rejoin left fingers.</p>	

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The Cuddle Wrap	One basic step, on count 1, gentleman's hand raises lady's right up high over her head, turns her in to him, (count 2) brings his and her arms down in front of her so his right arm/hand rests lightly on her left hip, and their left hands rest on her right hip/rock step (3,4). From this position you can do 1 basic step together before you unwrap.	
The Pull Through	One basic step then gentleman gives lady a signal (i.e., a nod of his head) to crouch down – she gets into a tight ball while still holding his fingers, ducks her head, allowing him to swing his right leg over her back, so that he is straddling her back – both facing the same direction. Their wrists will now be crossed. She leans back to help him pull her through and as she comes out their wrists will uncross as she jump turns and faces him. * This move works well if the girl has slippery soles; if not, have them slide on their rear. The gentleman really needs to use some strength to pull her through – keep knee bent.	
Octopus (Pretzel)	1 basic – gentleman reaches right arm behind his back as a signal to the lady that they are doing this move. Lady takes his right with her left – she steps her left hip to his left and goes behind so they are back to back. They move to opposite hip (right to right). From this position, lady takes his right hand that is in her left and is behind her head and brings it over her head so that it is in front of her face. Then with her left turns him in a clockwise position and he turns her to the left and now they face each other and do a rock step, OR they can reverse the whole process, otherwise known as the REVERSE OCTOPUS. They do the exact same moves, but in backwards order.	
Basic Rock Step	Both raise joined hands up high over head and turn 360 degrees together in the same direction. You can do this once, twice, three times in succession.	

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Step	Man's Footwork	Lady's Footwork
Airplane	<p>Gentleman grabs lady's left wrist with his left hand and left ankle with his right hand. She does a couple of hopping steps in a counter-clockwise direction, then "flies" forward in the air. The gentleman leans backwards and turns counterclockwise causing partner to fly in air. Her body should be facing the floor – right arm and left out! (TRUST IS VERY IMPORTANT HERE! MATS ARE IMPORTANT WHEN LEARNING.)</p> <p>After a couple of rotations, gentlemen gradually and gently puts lady down on her hip. As soon as she lands she turns herself onto her buttocks, and his hand can spin her around on her buttocks before he releases her or brings her back up.</p>	
Back Roll	<p>After basic step or turn – couple goes back to back and lock elbows. Gentleman MUST bend knees and lower his buttocks beneath lady's buttocks (to prevent back strain). She brings her knees up to her chest as if doing a backwards roll. They keep elbows locked until lady touches floor. NOTE: USE MATS AND A SPOTTER UNTIL COUPLE CAN DO THIS WITH EACH OTHER. Both tilt heads to the right. Also head should remain at thigh level, so that he doesn't bring lady's head too close to the ground as she rolls over.</p>	
Back Cartwheel Roll	<p>Important: Gentleman has a wide stance, knees bent, back straight as he bends forward. His arms are stretched out to the sides. The lady stands about 6 metres to the left side of him. She turns toward him, hooks her right elbow to his left elbow – "jumps" her hips and back. Her left leg leads as if doing an upside down cartwheel – cue toes point to ceiling, knees straight, followed by right leg. As lady moves across, her left elbow can hook onto his right elbow until both feet touch the ground by his right side, rejoin for basic step.</p>	

Materials used with permission from Calgary Catholic Schools



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	