



The following is a list of line dance terms and step sequences that I have collected from various sources, both off the net and in print, including step sheets and other glossary compilations. The following is not meant to be comprehensive - given the variation in names for a step sequence from area to area, it is impossible to include a complete list of names for even just the common step sequences. I have only included line dance terms. I.e: no Two Step etc or musical terms, nor any partner terms - the former because this is a line dance glossary

The list is sorted alphabetically. Use the shortcuts to go to the appropriate part of the alphabet or just use the search function in your web browser. Where a step or sequence of steps is known by several different names, I have generally included an entry under each name. I have not, however, done this for every variation when there are many different names (such as heel splits), nor for such self-obvious steps as "cross, over and across" (all meaning the same thing) - in these cases I have included separate entries with some of the more common names and listed the different names under the main entry.

Terms and Steps

A

| Step Sequence/Term | Beats | Description |
|--------------------------|-------|--|
| Accent | - | Emphasis on a particular step or move. |
| Across | - | Used to describe the movement of one foot in front of another. [Also: Over] |
| & (Ampersand) | - | Indicates that a step or movement is to be done between beats. |
| Ankle Rock | 2 | With feet crossed and ankles locked rock weight onto forward foot. Return weight to back foot. [Also called Ankle Roll] |
| Applejack | 1& | Feet are positioned slightly apart with weight on the heel of one foot and the ball of the other foot; swivel toe and heel respectively out to make a "V" and then return to the centre position. Eg: Left Applejack - Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to centre. [Also known as Fancy Feet and Swiggle . Often done in pairs. See also Travelling Applejacks] |
| Arabesque | 1 | The free leg is extended backwards, forwards or to the side, parallel to the floor. Ie: an exaggerated touch . |
| Arc | 1 | Swing nominated foot in a semi circle from front to back. [Similar to a Rondé , but done over one beat] |

B

| Step Sequence/Term | Beats | Description |
|---------------------|--------|--|
| Back Cross | 1 | Where the nominated foot crosses and touches behind the other foot. |
| Balance Step | 3 | A step in any direction followed by a close step and a hold. [Mostly used in waltzes] |
| Ball Change | &1 | Step onto the ball of one foot (on & count), step and/or change weight onto the other foot. [Often accompanied by a previous step, eg: kick-ball-change] |
| Behind | 1 | A step with the free foot crossing behind the weighted foot. |
| Body Roll | varies | Performed forward, backwards or sideways, body rolls are a ripple of the body either up or down over a specified number of counts. |
| Boogie | 1 | Step back turning slightly in nominated direction. |

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| Boogie Roll | - | A circular movement starting in the pelvis region, moving through the diaphragm, chest and shoulders. |
| Boogie Walk | 1 | To move the free leg by lifting the hip and stepping forward with a circular movement. [Alternatively: Step lead foot forward & swiveling to lead side on balls of feet] |
| Box Step | 8 | A sequence of steps forming a box shape on floor usually done over 8 beats. Normally leads forward or to the side. Count 8 is sometimes replaced with a touch, scuff or a hold. Eg: Left : Step left foot forward (1), step right foot beside left (2). Step left foot to left side (3). Touch right foot beside left (4). Step right foot back (5). Step left foot beside right (6). Step right foot to right side (7). Touch or step left foot beside right (8). [In Australia a Jazz Box is often known as a Box Step]. |
| BPM | - | Beats per minute. |
| Break | - | A change in direction. |
| Broadway Kick | 1 | Kick nominated foot across opposite foot at 45°. |
| Bridge | - | The term used to describe a break from standard phrasing throughout a piece of music and an additional sequence of steps to a dance to compensate for this. [Also known as a Tag] |
| Bridge Step | 2 | Touch nominated foot to side and cross over opposite foot. |
| Bronco | 2 | Bring nominated knee up and forward across body, return foot to the side. [Generally only used in Australia] |
| Bronco Twist | 2 | Eg: Left : With weight on your left heel and ball of your right foot twist heels to the right side and return to centre position. [Term only used in Australia. See Swivet] |
| Brush | 1 | A brush uses the ball of foot to brush the floor as the foot swings forward or back. |
| Brushup | 4 | Touch heel 45° forward, bring the heel up to the opposite knee, touch heel 45° forward, step together. [A 1/2 Brushup is the first 2 counts. Generally only used in Australia. Elsewhere known as a Hook .] |
| Bug Squish | 2 | Step lead foot forward, twist both heels out slightly on balls of feet. |
| Bump | 1 | Bump hips to the side. [Bumps (or hip bumps) may be done to the beat or they may be syncopated] |
| Buttermilk | 2 | see Heel Splits |
| Buzz | - | see Paddle Turns |

C

| Step | Beats | Description |
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| Sequence/Term | | |
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| Camel Step | 2 | Step nominated foot 45° forward or back, drag/step other foot to close together. [Generally only used in Australia. Also known simply as a Camel] |
| Camel Walk | 1&2 | Step designated foot forward or back. Slide other foot together. Step designated foot forward or back.]May be done to the diagonal] |
| Cha-cha | 1&2 | Three steps in place, done to two beats of the music. [Similiar to a shuffle , however it is done on the spot. Technically a cha-cha involves a Cuban hip movement whilst a shuffle is smooth, but generally a cha-cha is stationary whilst a shuffle travels] |
| Chainé | 3 | A 360 degree turn, starting & ending with feet together and changing weight with each step. |
| Charleston | 4 | Step forward, kick the other foot forward, step back (with the foot you kicked), touch the original foot back. [May be accompanied by heel swivels between steps. Also known as a Montana Kick] |
| Charleston Kick | 4 | Same as a Charleston except the order is Kick, together, touch, together. |
| Chassé | varies | A syncopated pattern of side steps where the feet never pass. Normally three steps but can be extended. [A 2-beat chasse is known as a Shuffle] |
| Close | 1 | Step together (ie: "Close right" means step right foot beside the left). |
| Coaster Step | 1&2 | Step the designated foot back, step the other foot beside the first (on &), step the designated foot forward. [A coaster may be done forward, in which case it is called a "forward coaster". Unless specified, a coaster is always "back" May be slowed with each step taken on full counts, especially in a waltz] |
| Conga | 4 | A vine with a full turn ending with a touch together. |
| Corkscrew Turn | 2 | Cross one foot over the other. With weight on balls of both feet make a 3/4 or full turn, first unwinding (ie: turn turn in the opposite direction of whichever foot is crossed - if the left foot is crossed over the right, turn right) and continuing the turn so that the legs are crossed in the opposite position at the end of the turn (ie: if initially the left leg is crossed over the right, the turn ends with the right crossed over the left). Upon completion of a full Corkscrew furn, the trailing foot is usually lifted off the floor slightly. [Similar to an Unwind Turn . Usually a 2 count movement, but the turn itself may be done over 2 or more counts] |

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| Corner Turn | 4 | Eg: Step left foot forward, step right foot to right turning 90° left, step left foot back turning 90° left, step right foot forward. |
| Corté | 1 | see Dip |
| Crab Step | 4 | Step lead foot diagonally forward, slide opposite foot up to lead & twist heel of opposite foot in, twist toe of opposite foot in, twist heel of opposite foot out. |
| Cross | - | The free foot crosses in front of (Across, over) or behind (behind) the opposite foot. |
| Cross-Ball-Change | 1&2 | see Sailor Step |
| Cross Samba | 1&2 | Cross lead foot over other foot, step the other foot slightly to the side (on &), step lead foot together. [Also known as a Samba] <i>Note: Dance sheets use 'samba' interchangeably for side & cross samba's.</i> |
| Cross Shuffle | 1&2 | A side Shuffle where the first step is in the opposite direction from the lead foot and crosses over or behind the over foot. The last step similarly crosses over or behind. Eg: Cross right foot over the left, step the left foot slightly to the left side (on &), cross the right foot in front of or behind the left foot. [Also known as a Gallop, Cross-Side-Behind, Behind-Side-Cross , etc. The dance sheet should specify which way you cross - ie: over or behind] |
| Cuban Motion | - | Hip motion initiated by using the inside edge and ball of the foot during weight transfer. Achieved by bending and straightening the knee before and after the step. The knee of the moving leg bends inwards. |
| Curtsy | 1 | An exaggerated Back Cross where the nominated foot is stretched while crossing behind and the knee of the leg taking the weight is bent. |

D

| Step Sequence/Term | Beats | Description |
|--------------------|-------|---|
| Diagonal | - | 45 degrees out from the centre of the Line of Dance (direction). |
| Dig | 1 | To touch the ball or heel of the free foot to the floor with a strong emphasis. |
| Dip | 1 | A slight bend of the support knee to a sitting position with the free leg extended forward. [Also called a Corté] |

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| Dorothy Click | &1 | With weight on the toes of both feet, quickly swivel heels out and back together with a click. |
| Dorothy Step | 1,2& | Step lead foot forward to the diagonal, lock other foot behind lead foot, step lead foot forward to the diagonal (on &). Generally only used in Australia - first appeared in 2001. |
| Double Foot Boogie | 4 | A 4 beat toe-heel pattern of swivels. With weight on heels, swivel toes out, with weight on toes swivel heels out. Swivel heels in, toes in. [Reverse of a Double Heel Split] |
| Double Heel-split | 4 | With weight on the toes: move heels apart, change weight to the heels, move toes apart. Reverse steps to bring feet together to original position. [Also called Double Buttermilk] |
| Drag | varies | see Slide . [Also known as Draw] |
| Duck Walk | 1 | With knees bent, step lead foot diagonally forward and swivel heel of opposite foot to opposite side. [Usually done several at a time. Also called Swivel Step] |
| Dwight Swivel | 2 | Touch lead toes to lead side & fan heel of opposite foot to the lead side, touch lead heel to side and & toes of opposite foot to lead side. |
| Electric Kicks | 4 | Eg: Step right foot forward while kicking left backwards slightly off the floor. Step back on left foot while kicking right forward slightly off the floor. Step back on right foot while kicking left forward slightly off the floor. Step left forward while kicking right foot backwards slightly off the floor. [Double Electric Kicks is the sequence repeated twice] |

F

| Step Sequence/Term | Beats | Description |
|---------------------------|--------------|---|
| Fan | 2 | Toe-fan: with feet together, turn toes of nominated foot out 90 degrees (pivoting on the heel) & return. Heel-fan: same thing but the heel swings out, pivoting on the ball of the foot. |
| Fan Brush | varies | see Sweep |
| Fan Kick | 1 | High, straight leg kick where the extended leg makes a circular sweep. |
| Fancy Feet | &1 | see Apple Jack |
| Figure Fore | 2 | The free leg swings as a pendulum in front of the other foot & is kept off the floor. The toe of the free foot points to the floor. [Optionally - swivel the weighted foot first one way, then the other way as the free leg swings back] |
| Flare - definition | 2 | Keeping heel on the floor move toe out to the side and then |

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| 1 | | back in. |
| Flare - definition 2 | 1 | A low kick on or near the floor. |
| Flea Hop | 1 | A sideways skip or scoot in the direction of the free leg, usually with a hip movement. |
| Flick | 1 | The heel flicks back or out to the side with the toe pointed and the knee slightly bent. |
| Foot Boogie | 4 | Keeping one foot in place & stationary, swivel the toe of the non-weighted foot out, the heel of the other foot out, then swivel first the heel then toe of the non-weighted foot back to the centre. |
| Frieze | 4 | see Vine . [Generally only used in Australia] |
| Gallop | 1&2 | see Cross Shuffle |
| Grapevine | varies | Originally a 4 step sequence: "side, cross behind, side, cross in front". Now used variously for a 3 step sequence followed by a touch, step together, kick, stomp, scuff etc (ie: a Vine) or an extended vine of 6 or 8 counts (or more). |
| Grind | varies | Moving nominated foot/heel in a 90° arc. [See also Heel Grind] |
| Grind Walk | 2 | see Heel Twist |

H

| Step Sequence/Term | Beats | Description |
|---------------------------|--------------|--|
| Heel-ball-change | 1&2 | Touch heel of lead foot forward, step ball of lead foot back to place, step other foot in place. |
| Heel-ball-cross | 1&2 | Touch heel of lead foot forward, step ball of lead foot back to place, cross other foot in front of lead foot. |
| Heel Bounce | &1 | With weight on balls of feet lift and drop heels. [Also called Heel Raises] |
| Heel Clicks | 2 | Raise onto balls of feet and clicking heels together. [May be syncopated: &1] |
| Heel Fan | 2 | see Fan |
| Heel Grind | 2 | Rock forward on designated heel arcing toe out to side. Return weight back onto other foot. [See also Grind] |
| Heel Jack | &1-2 | Step foot diagonally back. Touch other heel diagonally forward. Step beside first foot. Touch/step lead foot together. (The first step is syncopated) Eg: Left Heel Jack: Step diagonally back right. Touch left heel diagonally forward left. Step left into centre. Touch/step right |

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| | | beside left. [Note: There is some variation with Heel Jack's, so check the dancesheet for any particular dance with them to find just which version the choreographer had in mind] |
| Heel Pivot | - | Normally on the spot, pivoting the nominated foot from the forward together position through a 90° arc and back together. |
| Heel Splits | 2 | With weight on both toes & feet together, turn both heels out to opposite sides, then back again. [Also known as a Buttermilk, Butterflies, Chickens, HeelSpreads, Texas Spread, Pigeon-Toes, Wing Scissors , Etc. May be syncopated: &1] |
| Heel Stomp | &1 | Raise the heels of both feet off the floor by bending at the knees and then return heels to the floor. |
| Heel Strut | 2 | Step heel of foot in nominated direction, drop toes to the floor. [Also known as a strut or a heel-toe strut . May be syncopated. Struts may be done forwards, back, to the side or crossing over or behind] |
| Heel Switches | 1&2& | Touch lead heel forward. Step lead foot beside other foot. Repeat with other foot. |
| Heel Swivels | 2 | With feet together & weight on the balls of both feet, swivel both heels to the same side and then back to the centre. |
| Heel Turn | 2 | Touch the lead heel forward, turn in the opposite direction of the lead foot with the weight on the heel and drag the ball of the other foot together as you turn. [This is basically a " Step, Pivot Turn " using the heel of the lead foot rather than the foot itself] |
| Heel Twist | 2 | Touch lead heel forward & across the other foot with the toe of the lead foot pointing across eg: the toes of the right foot would point left). Keeping weight on the heel of the lead foot, twist the toes to the side of the lead foot (eg: to the right if the right is the lead foot) & at the same time step the other foot to the side. [Also called Grind Walk, Susie Q] |
| Hinge Turn | 2 | On the ball of the lead foot turn 180° in the opposite direction stepping the other foot to the side (count 1), slide the lead foot together (count 2). |
| Hip Bumps | varies | Step lead foot forward or back & bump hips in the same direction. Continue bumping hips as specified. [May be syncopated. May not involve a step] |
| Hip Roll | varies | The movement of the hips in a circular action either clockwise or anti-clockwise. |
| Hitch | 1 | Hitch the knee up with weight on the opposite foot. |
| Hitch-Kick | 1&2 | see Kick-ball-change |
| Hold | 1 | Hold your position for the specified counts of music before |

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| | | taking another step. |
| Home | - | Position of the feet directly under the body. The original starting place. [Also known as Centre] |
| Hook | 4 | see Brush-up . ["Hook" is used for a Brush Up outside of Australia] |
| Hook (Australia only) | 1&2 | Touch heel at 45°, bring heel up to opposite knee (on &), touch heel at 45°. [Note : Term only used in Australia. Elsewhere Hook means something different!] |
| Hop | 1 | A jump on the spot of one foot and landing on same foot. |

J

| Step Sequence/Term | Beats | Description |
|---------------------------|--------------|--|
| Jazz Box | 4 | Eg: Left - Cross left over right. Step back on right. Step left to left side. Close right beside left. [Often done with a 1/4 turn. Also known as a Box Step or a Reggae Step . See also: Box Step] |
| Jazz Square | 4 | Step nominated foot forward, cross other foot over, step nominated foot back, step other foot together. [Also called a Dewey Step] |
| Jump | 1 | To spring into air on both feet and land on both feet. |
| Jumping Jacks | 2 | A jump landing feet apart, then returning to centre.] Often syncopated and some times returning to a crossed position] |
| Kick-ball-change | 1&2 | Kick lead foot forward, step ball of lead foot back to place, step other foot in place. |
| Kick-ball-cross | 1&2 | Kick lead foot forward, step ball of lead foot back to place, cross other foot in front of lead foot. |
| Kick | 1 | Self explanatory. May be done in any direction. |
| Knee Pops | 2 | A sequence of moves pushing the non-weighted knee forward, lifting the heel off floor with the ball of the foot remaining in contact with floor (the knee is often pushed across in front of the opposite leg). Straighten knee & drop the heel. [Often done in pairs. May be syncopated (&1)] |

L

| Step Sequence/Term | Beats | Description |
|---------------------------|--------------|--|
| L45 & R45 | 2 | Tap the heel of the designated foot out at a 45 degree angle, then step beside other foot. [R45 & L45 are also used to |

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| | | describe movement in a diagonal direction, so be careful of the context. Use is largely restricted to Australia] |
| Leap | 1 | A transfer of weight from one foot to the other by pushing off with a spring into the air & landing on the ball of the other foot, the heel dropping to absorb the shock. |
| Lock-step | 1 | The designated foot crossed closely in front or behind the other foot. [Often done as part of a step sequence, eg: a lock-shuffle, a lock-vine or a "step, lock"] |
| LOD | - | Line Of Direction/Dance. The direction in which the dance is normally flowing. |
| Louie Louie - definition 1 | 2 | With feet 12 inches apart and weight on both feet, swivel heels apart then, with your weight still on the balls of both feet, swivel left heel to right and right heel to left (left heel should be slightly in front of right heel). Bend knees slightly during this step move. |
| Louie Louie - definition 2 | 2 | Starting with one foot forward of the other & weight on the balls of both feet and with the knees slightly bent. Swivel both heels in and then back to centre. [Also called Louie Louie Swivels] |
| Lunge | 1 | The transfer of weight to a bent leg with free leg extended. |

M

| Step Sequence/Term | Beats | Description |
|--------------------|--------|---|
| Mambo | 1&2 | 1. Step lead foot to the side, rock onto opposite foot, cross lead foot over opposite foot. [See also Samba] 2. Step lead foot forward, rock onto opposite foot, step lead foot back. <i>Note: The term 'mambo' originally referred to a side samba (No.1), however it is now almost universally used as per the second definition above. If you are using an old stepsheet, make certain which step sequence is meant.</i> |
| Mark Time | varies | To step in place two or more times. |
| Mash Potato | &1&2 | A syncopated pattern travelling backwards: stepping back (often crossing behind the other foot) with the heel turned slightly in and then the quick swiveling of the heel on the weighted foot out, then repeating on the other foot. Eg: Step right foot back with heel turned slightly to the left (on &). Swivel right heel to the right (on 1). Step left foot back with heel turned slightly to the right (on &). Swivel left heel to the left (on 2). [A variation follows &1&2 with a repeat of &1 (ie: &3), then with feet in place, swivel both heels in (on &), out |

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| | | (on 4). Also known as Mashed Potato] |
| Military Turn | 4 or 8 | Definitions vary - but most typically consists of two or four "step pivot turns" moving in the same direction, either two 1/8, 1/4 or 1/2 turns. Eg: Step left foot forward, make 1/4 pivot turn right, step left forward, make 1/4 pivot turn right. [Also known as a Military Pivot . The term is used by some for a single " Step, Pivot turn "] |
| Monterey Turn | 4 | Unless specified a Monterey turn is always a 1/2 turn. It may be 1/4, 3/4 or full. Eg: Right Monterey turn - reverse directions for a left: Touch toes of right foot to the right side, keeping weight on the left foot (count 1). Turn 1/2 turn right and step right foot next to left taking the weight onto right foot (count 2). Touch left toes to left side (count 3). Step left foot beside right with weight on the left foot (count 4). |
| Mule Step | 1&2 | Cross nominated foot behind, touch other foot to the side & push off to land on the nominated foot. |

P

| Step Sequence/Term | Beats | Description |
|--------------------|--------|--|
| Outback | 2 | Step nominated foot to side, hitch other foot behind opposite knee and slap with opposite hand. [Generally only used in Australia. Some glossaries omit the initial step leaving a one count move. Also known as a Tag] |
| Over | - | Crossing one foot over the other. |
| Paddle Turn | varies | A turn either left or right, using a series of ball changes with the weight staying over the turning foot. |
| Pencil Turn | 1 | With lead foot slightly forward, turn in direction of lead foot while either dragging toes of opposite foot just behind heel of lead foot while turning or holding the toes of the opposite foot just off the ground. turn ends with toes of opposite foot touching beside instep of lead foot. [Turn can be any angle, even greater than a full turn. Usually completed within one beat, but sometimes done over two or more beats] |
| Pigeon Toed | varies | A pattern traveling sideways bringing the toes together leaving the heels apart, then bringing the heels together leaving the toes apart. |
| Pirouette | - | A complete turn on one foot. [See also Spin] |
| Pivot | 1 | 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. [See also Reverse Pivot Turn] |

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| Pivot turn | 2 | Unless specified a pivot turn is always a 1/2 turn. Step the nominated foot forward foot then turn 180° on the balls of both feet in the opposite direction of the forward foot and return weight to original foot. [There are many exceptions to this definition! Also known as a " Step, Pivot turn ". A full pivot turn is known as a Spiral Turn] |
| Pivot turn & Step | 3 | Step lead foot forward, with weight entirely on lead foot (or even lifting other foot off floor) make a 1/2 pivot turn, step other foot forward. [Typically done in waltzes. May be syncopated, 1&2. Some choreographers choreograph standard "step, pivot turns" in this way] |
| Point | 1 | Point the toe in the designated direction. |
| Polka | 1&2 | see Shuffle |
| Popcorn | 2 | Roll lead knee in a semi circle to the side while keeping balls of feet in place. Then roll lead knee in a semi circle back to the centre. |
| Pony Tracks | 1&2 | Step lead foot forward, step ball of opposite foot beside lead foot (on &), step lead foot in place. |
| Push Step | &1 | A ball-step change pattern moving to the side, forward or back. |
| Quad-Rocker | 8 | A series of 8 rocks done with the Right or Left foot. Eg. Right: (1) Cross rock R forward. (2) Recover L. (3) Rock R to right side at 2:00. (4) Recover L. (5) Rock R back at 4:30. (6) Recover L. (7) Cross rock R behind L. (8) Recover L. This can be followed by any other steps. Eg. Vine right. |

R

| Step Sequence/Term | Beats | Description |
|---------------------------|--------------|---|
| Ramble | varies | To travel right or left twisting heels then toes (or vice versa). |
| Restart | - | When part of the dance on one or more of the walls in order to keep the phrasing of the dance in sync with that of the music. [An alternative to adding a bridge to the dance] |
| Reverse Pivot Turn | 2 | Touch designated foot behind and turn 180° in the direction of designated foot. |
| Rhondo | 2 | Sweep the nominated toe in a half-circle from the front to the back. |
| Rhumba | 1&2 | Step lead foot forward (or back), rock weight onto opposite foot (on &), step lead foot beside opposite. [Also called a Mambo-Rock] |
| Ripple | - | see Body Roll |

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| Rise & Fall | 2 | Lifting the heels off the floor & stretching the spine, then lowering the heels. |
| Rock | 1 | Change weight from one foot to the other without changing position. This is done with the knees slightly bent. |
| Rock Step/ Rock Replace | 2 | This is the most mis-used step in the linedance lexicography. Technically, you rock onto the lead foot in the designated direction and then step onto the other foot, transferring weight. Your position changes only on count 2. In practice, most choreographers, instructors and dancers actually do a "step/rock, rock" - stepping in the designated direction using a rocking-like motion and then rocking back onto the other foot (this foot doesn't move). Because of this confusion, the most correct description of what's actually done would be "Rock-step, replace", however it's usually (and incorrectly) known as a "rock step". [Also known as " Rock Recover ". May be accompanied by a 1/4 or 1/2 turn.] |
| Rocking Chair | 4 | A series of 4 rocks. Eg: Right Rocking Chair : Rock/step forward on left. Rock back onto right. Rock/step back on left. Rock forward onto right. [May be done backwards. Also known as a Rocking Horse] |
| Rodeo Kick | 2 | A double kick, the first forward, the 2nd to the side. |
| Rolling Full Turn | 4 | A vine with a 3/4 or full turn. Eg: 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. |
| Rondé | - | The unweighted leg moves from one leg position to another in a circular movement with a straight knee. The extended foot never reaches a height higher than the knee. [See also Arc . Also called Rond De Jambe] |
| Running Man | 4 | Eg: Right : Step right foot forward. Scoot back on right foot whilst lifting left knee up (on &). Step left foot forward. Scoot back on left foot whilst lifting right knee up (on &). Step right foot forward. Scoot back on right foot whilst lifting left knee up (on &). Step left foot forward. |

S

| Step Sequence/Term | Beats | Description |
|--------------------|-------|--|
| Sailor Step | 1&2 | Eg: Left Sailor : Cross left behind right. Step right to right side. Step left to place. [Also known as Sailor Shuffle, Sailor or Cross-Ball-Change] |
| Samba | 1&2 | 1. Cross lead foot over other foot, step the other foot slightly to the side (on &), |

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| | | step lead foot together. [Also known as Cross Samba] 2. Step lead foot to the side, rock onto opposite foot, cross lead foot over opposite foot. [Also known as a Side Samba . See also Mambo] <i>Note: Dance sheets use 'samba' interchangeably for side & cross samba's.</i> |
| Scissor Kick | 2 | Kick one leg up, then the other so that you have both feet off the floor at the same time, landing on one foot then the other. |
| Scissor Step | 4 | Jump with feet about a shoulder width apart. Jump cross step right over left. Jump with feet about a shoulder width apart again. Jump bringing feet together. |
| Scoot | 1 | Slide/hop the weighted foot forward, backward or sideways whilst the other foot is hitched. [Also called skooch and chug] |
| Scuff | 1 | Move the specified foot by gently sliding the ball of the foot across the floor. |
| Shimmy | varies | Rapid, alternate shoulder movement. As left shoulder moves forward, the right shoulder moves back. [Done in time to the beat or syncopated] |
| Shuffle | 1&2 | Three steps in any direction done to two beats of the music. Step the designated foot in the designated direction, step the other foot beside the first (on the & count) and then step the first foot in the same direction again. [Also known as a Chasse , when done to the side, or a Polka Step or Promenade . May be done with a 1/4 or 1/2 turn] |
| Side Saddle | 2 | A side-ways Toe Strut. See Toe Strut |
| Side Samba | 1&2 | See Samba . |
| Skate | 1 or 2 | Slide nominated foot forward at 45°, slide other foot together. A skate may also be only the first slide. |
| Skip | 1 | see Scoot |
| Slap | 1 | Use of the hand to slap heel or knee. |
| Slide | varies | With the weight on one foot, drag or slide the other foot up to the weighted foot. Usually done to either 1, 2 or 3 beats. |
| Slow Sailor | 3 | A non-syncopated Sailor Step . Common in waltzes. See Sailor Step |
| Spin | 1 | A full or 3/4 turn executed on the ball of one foot over one beat of music. [See also Pirouette] |
| Spiral Turn | 2 | Step lead foot forward, make a full pivot turn in the opposite direction ending with the weight on the lead foot and the other leg crossed over (in front). [Alternatively can end by stepping the opposite foot forward as you complete the turn. Also called a Spiral Pivot Turn] |
| Spot | 1 | A step in place that does not progress in any direction. |

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| Spotting | - | Focusing on a fixed point through a turn. |
| Squiggle | 3 | To walk your foot to the side in a toe, heel, toe motion. |
| Step | 1 | The word used to indicate a movement of a foot with change of weight. |
| Stride | 1 | A larger than normal step. |
| Stomp | 1 | Stomp the foot on the floor to make a loud sound. Weight usually remains on the other foot. |
| Stroll | 3 | Step lead foot forward. Cross other foot behind. Step lead foot forward.[Basically a non-syncopated lock-shuffle. Often done to the diagonal] |
| Strut | 2 | see Toe Strut and Heel Strut |
| Sugarfoot | 2 | Touch lead toe to instep of other foot. Touch heel of lead foot to instep of other foot. |
| Sugarfoot Swivel | 2 | The alternate swiveling of one foot in the direction of the unweighted foot while the unweighted foot topuches the toe then the heel. Eg: 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. |
| Susie Q | 2 | see Heel Twist |
| Sweep | varies | To arc pointed toe out and around from front to back or back to front. Can sometime be executed with a turn. [Usually one beat, but may be 2] |
| Swiggle | - | see Apple Jack |
| Switch | 1 | Return one foot together with a hop while at the same time putting the opposite foot out. [See also Heel Switches] |
| Swivel | 2 | A movement of heels or toes while weight is on opposite part of foot. Eg: Left Swivel : Taking weight onto left heel and right toe swivel both toes to left. Return feet to centre. [Basically a double Twist . May be syncopated (&1). More than two Twists are called Swivels or Swivettes] |
| Swivel | 3 | see Twinkle |
| Swivel Steps | 1 | see Duck Walk |
| Swivet | 2 | Twist the heel of one foot and the ball of the other foot to the side (the feet remain parallel), then twist back to the centre. Eg: Right : On the ball of left foot and the heel of right foot, swivel left heel to the left and right toes to the right. Then return. [During the swivet your heel and toes should be moved at approximately a 45 degree angle. Also called Bronco Twist] |
| Swivettes | 4 | An extended Swivel . Eg: Left : With weight on the balls of your feet, swivel both heels left, swivel heels to the centre, swivel |

| | | |
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| | | both heels right, swivel heels to the centre. |
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T

| Step Sequence/Term | Beats | Description |
|------------------------------|--------|--|
| Tag | - | see Bridge |
| Tap | 1 | see Touch |
| Tiptoe Step | 2 | see Toe Strut |
| Toe Fan | 2 | see Fan |
| Toe Strut | 2 | Step toe in nominated direction, drop heel to the floor. [May be done in any direction or crossing over the other foot. Also known as a Strut or a Toe-heel Strut] |
| Toe Switches | 1&2& | Touch lead toe forward. Step lead foot beside other foot. Touch toe of other foot forward. Step other foot beside lead foot. [Syncopated] |
| Together | 1 | To bring the feet together with a change of weight. |
| Touch | 1 | To tap toe or heel in nominated direction without any weight placed upon it. |
| Travelling Applejacks | varies | A pattern travelling sideways bringing the toes together & leaving the heels apart, then bringing the heels together & leaving the toes apart. Weight is on one toe and the opposite heel, then reversed to result in sideways travelling. [See also Applejacks] |
| Travelling Buttermilk | 4 | Heels out, toes out, toes in, heels in. |
| Tri-Rocker | 6 | A series of 6 rocks done with the Right or Left foot. Eg. Right: (1) Rock R forward. (2) Recover L. (3) Rock R to right side. (4) Recover L. (5) Rock R back. (6) Recover L. This can be followed by any other steps. Eg. Stomp R together. Hold. |
| Triple Step | 1&2 | see Shuffle . [May be done with 1/4, 1/2, 3/4 or full turn] |
| Twinkle | 3 | Cross lead foot over opposite foot, step opposite foot slightly to the side, step lead foot beside opposite. [Also known as a Cross Waltz or Swivel] |
| Twist | 1 | 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. |

U

| Step Sequence/Term | Beats | Description |
|------------------------------|-------|--|
| Unwind Turn | 2 | Cross the lead foot in front of the other foot. With weight the other foot make a 1/4, 1/2 or 3/4 or "unwind" turn (ie: turn in the opposite direction of whichever foot is crossed - if the left foot is crossed over the right, turn right). [Weight ends on either foot, as specified in the particular dance. If the turn is 3/4 or full and ends with the legs again crossed, it is known as a Corkscrew Turn . The unwind may take one or more beats] |
| Vaudeville | &1&2 | Eg: Left : Step diagonally back left on left. Cross right over left. Step diagonally back left on left & turn body diagonally to the right. Touch right heel diagonally forward to the right. |
| Vaudeville Hop | &1&2 | Eg: Left : Step ball of left foot behind right foot (on &). Cross right over the left. Step left to the left (on &). Touch right heel to the right. |
| Vine | 4 | Four steps done in any one direction. Eg: step nominated foot to the side, cross the other foot behind, step nominated foot to the side, step other foot together. Note that this is the basic vine - in many cases (at any level) a vine may have the 4th step replaced with a touch, scuff or hitch. Vines also often incorporate full or partial turns. [Also known as a " frieze "] |
| Waltz | 3 | Step the nominated foot forward or back, step the other foot together, step the nominated foot in place. |
| Waltz & Hook Turn | 3 | Step lead foot forward, make 1/2 turn in direction of lead foot & step opposite foot back, step lead foot together. |
| Weave | 4 | Eg: Left : Cross right over left. Step left to left side. Cross right behind left. Step left to left side. |

