PGLD – PAULINE GREENWOOD LINE DANCING

 **GLOSSARY OF LINE DANCE TERMS**

YOU WILL ENCOUNTER MANY OF THESE MOVES IN THE DANCES YOU LEARN.

THERE ARE OTHERS, BUT THEY WILL ONLY BE FOUND IN THE MORE ADVANCED DANCES.

**STEP SEQUENCE DESCRIPTION**

ACROSS STEP EITHER FOOT IN FRONT AND ACROSS.(CROSS)

BALL CHANGE (ON THE SPOT) 2 STEPS DONE TO ONE BEAT OF MUSIC (&1) CHANGING WEIGHT FROM ONE FOOT TO THE OTHER E.G.TOE OF EITHER FOOT AND PLACING WEIGHT ON OPPOSITE FOOT.

BEHIND STEP EITHER FOOT BEHIND OPPOSITE FOOT.

BOX STEPS E.G. RIGHT/LEFT BOX STEP. STEP RIGHT FOOT TO THE SIDE (1) STEP LEFT FOOT BESIDE RIGHT (2) STEP RIGHT FOOT FORWARD (3) TOUCH LEFT FOOT BESIDE RIGHT (4) STEP LEFT FOOT TO THE SIDE (5) STEP RIGHT BESIDE LEFT (6) STEP LEFT FOOT BACK (7) TOUCH RIGHT FOOT BESIDE LEFT. (8)

BRIDGE WHERE A NOMINATED SEQUENCE IS INTERUPTED AT A GIVEN POINT TO PHRASE WITH MUSIC AND THEN A TAG IS INSERTED.THE SEQUENCE IS CONTINUED TO THE COMPLETED WALL. (NO RESTART)

BRUSH A BRUSH USES THE BALL OF THE FOOT TO BRUSH THE FLOOR SWINGING FORWARD OR BACK.

BUMP PUSH HIPS TO THE SIDE. (QUICK MOVEMENT)

**C**AMEL STEP NOMINATED FOOT 45 DEGREES FORWARD (1)DRAG OTHER FOOT TO CLOSE TOGETHER (2)

CHA-CHA THREE STEPS IN PLACE. DONE TO TWO BEATS OF MUSIC (1&2) (TRIPLE)

CHARLESTON TOUCH NOMINATED FOOT FORWARD. STEP BACK ON SAME FOOT.TOUCH OTHER FOOT BEHIND. STEP FORWARD ON SAME FOOT.

CHASSE A SYNCOPATED PATTERN OF SIDE STEPS WHERE THE FEET NEVER PASS. E.G. A SLIDING SIDE SHUFFLE.

CLOCK WISE MOVEMENTS COMPLETED FROM LEFT TO RIGHT. THE WAY THE HANDS OF A CLOCK MOVE AROUND THE FACE.

COASTER STEP THE DESIGNATED FOOT BACK.STEP THE OTHER FOOT BESIDE THE ORIGINAL. STEP THE DESIGNATED FOOT FORWARD. (1&2 FORWARD COASTER). SLOW COASTER IS ONE STEP TAKEN ON EACH FULL COUNT. (123)

COUNTER/ MOVEMENTS COMPLETED FROM RIGHT TO LEFT.

CLOCKWISE

CROSS SAMBA CROSS LEAD FOOT OVER OTHER FOOT (1) STEP OTHER FOOT TO THE SIDE (&) STEP LEAD FOOT TO SIDE (2)

CROSS SHUFFLE CROSS LEAD FOOT OVER OTHER FOOT (1) STEP OTHER FOOT TO THE SIDE(&) CROSS LEAD FOOT OVER OTHER FOOT(2) SLOW COASTER IS ONE STEP TAKEN ON EACH FULL COUNT(123)

CRUISE STEP FOR EG. (RIGHT FIGURE OF 8) STEP R FOOT TO R SIDE (1) STEP LEFT FOOT BEHIND R (2)TURN 1/4R STEPPING R FORWARD(3) STEP L FORWARD AND PIVOT 1/2R TURN WEIGHT ON R (4,5) TURN 1/4R STEP TO L SIDE (6) STEP R BEHIND L (7) TURN 1/4L AND STEP L FORWARD (8)

**D**IAGONAL HEEL TOUCH R/L HEEL 45 DEGREES. (DIAGONAL KICK – KICK DESIGNATED FOOT TO 45 DEGREES)

DOROTHY STEP LEAD FOOT FORWARD TO THE DIAGONAL (45 DEGREES) (1) LOCK OTHER FOOT BEHIND LEAD FOOT (2) STEP LEAD FOOT FORWARD TO THE DIAGONAL (&)

DRAG TO BRING THE FREE FOOT SLOWLY TOWARDS THE SUPPORTING FOOT WITH THE KNEE SLIGHTLY BENT.

**F**AN E.G. TOE FAN. FEET TOGETHER TURN TOES OF NOMINATED FOOT OUT 90 DEGREES AND RETURN TO CENTRE.

GRAPEVINE (VINE) (A FOUR STEP SEQUENCE) SIDE (1) BEHIND (2) SIDE (3) i.e. TOGETHER, TOUCH, KICK, STOMP, SCUFF, ACROSS. (4)

GRIND (HEEL) DIG THE HEEL OF THE FOOT WITH EMPHASIS, TOES TWIST IN AND OUT WITH SOME WEIGHT ON HEEL.

HEEL SPLITS WITH WEIGHT ON BOTH TOES AND FEET TOGETHER, TURN BOTH HEELS OUT TO OPPOSITE SIDES (1) THEN BACK AGAIN (2)

HEEL STRUT TOUCH HEEL OF FOOT FORWARD, DROP TOES TO THE FLOOR.

HITCH BEND THE KNEE UP WITH FOOT STRAIGHT WITH WEIGHT ON OPPOSITE FOOT.

HOOK LIFT HEEL TO JUST BELOW OPPOSITE KNEE.

HOP A JUMP ON THE SPOT OF ONE FOOT AND LAND ON SAME FOOT.

JUMP TO SPRING INTO THE AIR AND LAND ON BOTH FEET.

K STEP AS DESCRIBED FOR THE LETTER K, STEP RIGHT FOOT TO R45, TOUCH L TOE BESIDE R, STEP LEFT FOOT BACK TO CENTRE, TOUCH R TOE BESIDE L STEP RIGHT FOOT BACK TO R45,. STEP LEFT FOOT BESIDE RIGHT, STEP L FOOT FORWARD, TOUCH R TOE BESIDE l.

 **GLOSSARY - CONTINUED**

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KICK BALL CHANGE THREE MOVEMENTS IN TWO COUNTS. KICK SPECIFIED FOOT FORWARD. (1) STEP WEIGHT ONTO SAME FOOT (&)) STEP WEIGHT ONTO OTHER FOOT (2)

LOCK STEP EG.RIGHT STEP FORWARD (1) LOCK LEFT STEP BEHIND FIRST FOOT (2) STEP RIGHT FOOT FORWARD (3)

LOCK SHUFFLE SAME AS LOCK STEP COUNTS 1&2.

MAMBO STEP NOMINATED FOOT FORWARD (1) ROCK BACK ONTO OPPOSITE FOOT (&) STEP NOMINATED FOOT BACK (2) SLOW MAMBO TAKEN WITHOUT THE SYNCOPATION ON FULL COUNTS (123)

MONTANA STEP R FOOT FORWARD (1) KICK L FOOT FORWARD (2) STEP L BACK (3) TOUCH R FOOT BESIDE L(4)

MONTEREY A MONTEREY CAN HAVE A QUARTER, HALF, THREE-QUARTERS OR FULL TURN. EG RIGHT MONTEREY. TOUCH TOES OF RIGHT FOOT TO THE RIGHT SIDE, KEEPING WEIGHT ON THE LEFT FOOT (1) MAKE YOUR TURN AND STEP RIGHT FOOT NEXT TO LEFT, TAKING THE WEIGHT ON TO RIGHT FOOT (2) TOUCH LEFT TOE TO THE LEFT SIDE (3) STEP LEFT FOOT BESIDE RIGHT (4)

NIGHT CLUB STEP STEP DESIGNATED FOOT TO THE SIDE (1) STEP OPPOSITE FOOT BEHIND(2) ROCK WIEGHT FORWARD ON TO ORIGINAL STEP (&)

PADDLE TURN STEP NOMINATED FOOT FORWARD (1) TURN 45 DEGREES TAKING WEIGHT ONTO OTHER FOOT(2)

PIVOT TURN UNLESS SPECIFIED. A PIVOT IS USUALLY A HALFTURN. STEP THE NOMINATED FOOT FORWARD. TURN ON THE BALLS OF BOTH FEET IN THE OPPOSITE DIRECTION OF THE FORWARD FOOT (1) RETURN WEIGHT TO OTHER FOOT (2)

ROCK PLACE WEIGHT FROM ONE FOOT TO THE OTHER WITHOUT CHANGING POSITION.

ROCKINGCHAIR STEP NOMINATED FOOT FORWARD (1) ROCK BACK ON TO OTHER FOOT (2) STEP NOMINATED FOOT BACK (3) ROCK FORWAD ONTO OTHER FOOT (4)

REGGAE EG.STEP R FOOT FORWARD AND ACROSS LEFT (1) STEP LEFT FOOT BACK (2) STEP RIGHT FOOT TO RIGHT SIDE (3) STEP LEFT FOOT BESIDE RIGHT (4) (JAZZ BOX)

SAILOR STEP CROSS DESIGNATED FOOT BEHIND THE OTHER FOOT (1)STEP TO THE SIDE (&) STEP DESIGNATED FOOT TO THE SIDE (2) A SLOW SAILOR IS ONE STEP TAKEN ON EACH FULL COUNT (123)

SCISSOR STEP STEP DESIGNATED FOOT TO THE SIDE, STEP OPPOSITE FOOT SLIGHTLY BACK AND TOGETHER. STEP DESIGNATED ACROSS AND INFRONT.

SCUFF SWING NOMINATED FOOT FORWARD THROUGH BRUSHING THE GROUND AS IT PASSES THE OTHER FOOT.

SHUFFLE THREE STEPS IN ANY DIRECTION DONE TO TWO BEATS OF MUSIC. STEP THE DESIGNATED FOOT IN THE DESIGNATED DIRECTION(1) STEP THE OTHER FOOT BESIDE THE FIRST (&) STEP THE FIRST FOOT IN THE SAME DIRECTION (2) A SLOW SHUFFLE IS ONE STEP TAKEN ON EACH FULL COUNT (123)

 SIDE SHUFFLE. STEP TO THE DESIGNATED SIDE, STEP THE OTHER FOOT TOGETHER. STEP THE FIRST FOOT IN THE SAME DIRECTION. CROSS SHUFFLE DESIGNATED FOOT ACROSS AND IN FRONT, STEP TO SIDE, STEP ORIGINAL STEP ACROSS AND IN FRONT.

STAMP DROP EITHER FOOT AND KEEP WEIGHT ON THAT FOOT.

STOMP STOMP THE FOOT ON THE FLOOR TO MAKE A LOUD SOUND, WHILST RAISING OPPOSITE FOOT,WEIGHT USUALLY REMAINS ON THE OTHER FOOT.

SWAY LEAN HIP(S) TO SIDE, (GLIDING MOTION)

SWIVET PERFORMED EITHER RIGHT OF LEFT.MOVE IS USUALY 45 DEGREES AND DANCED ON THE BALL OFONE FOOT AND THE HEEL OF THE OTHER.

TAG AN ADDITION TO A DANCE SEQUENCE ADDED AT VARIOUS POINTS TO A PIECE OF MUSIC TO KEEP THE DANCE IN PHRASE WITH TRACK.

TOE STRUT TOUCH TOE IN NOMINATED POSITION (1) DROP HEEL TO THE FLOOR (2)

TRIPLE STEP EITHER RIGHT, LEFT, RIGHT. OR LEFT, RIGHT, LEFT ON THE SPOT. STRAIGHT COUNTS OR SYNCOPATED

UNWIND CROSS THE LEAD FOOT IN FRONT OF THE OTHER FOOT (1) WITH WEIGHT ON THE OTHER FOOT. MAKE A QUARTER, HALF, OR THREE QUARTER TURN, WEIGHT ENDS ON EITHER FOOT AS SPECIFIED (2)

VAUDEVILLE STEP DIAGONALLY BACK ON DESIGNATED FOOT.(&) CROSS OTHER FOOT OVER (1) STEP DIAGNALLY BACK AGAIN ON DESIGNATED FOOT (& )TOUCH HEEL DIAGONALLY FORWARD (2)

V STEP E.G. STEP RIGHT FOOT TO RIGHT 45 DEGREES (DIAGONAL 1) STEP LEFT FOOT TO LEFT 45 DEGREES(2) STEP RIGHT FOOT BACK TO CENTRE(3) STEP LEFT FOOT BESIDE RIGHT (4)

WALTZ STEP THE NOMINATED FOOT FORWARD OR BACK.(1) STEP THE OTHER FOOT TOGETHER. (2) STEP THE NOMINATED FOOT IN PLACE. (3) (RISE AND FALL FOR STYLING)

WEAVE CROSS NOMINATED FOOT IN FRONT (1) STEP TO THE SIDE (2) CROSS NOMINATED FOOT BEHIND (3) STEP TO THE SIDE (4)