

<b>Step Sequence</b>	<b>Beats</b>	<b>Description</b>
<b>Ball Change</b>	&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, e.g.: kick-ball-change]
<b>Bump</b>	1	Bump hips to the side. [Bumps (or hip bumps) may be done to the beat or they may be syncopated]
<b>Camel</b>	2	A slide step but on the diagonal: with the weight on one foot, drag or slide the other foot up to the weighted foot.
<b>Cha-cha</b>	1&2	Three steps in place, done to two beats of the music. [similar to a shuffle, however it is done on the spot]
<b>Charleston</b>	4	Step forward, kick the other foot forward, step back (with the foot you kicked), touch the original foot back.
<b>Close</b>	1	Step together (i.e.: "Close right" means step right foot beside the left)
<b>Coaster-step</b>	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"]
<b>Diagonal</b>	-	45 degrees out from the centre of the Line of Dance (direction).
<b>Fan</b>	2	<b>Toe-fan:</b> with feet together, turn toes of nominated foot out 90 degrees (pivoting on the heel) & return. <b>Heel-fan:</b> same thing but the heel swings out, pivoting on the ball of the foot.
<b>Heel Splits</b>	2	With weight on both toes & feet together, turn both heels out to opposite sides, then back again. [Also known as a <b>Buttermilk</b> ]
<b>Heel Strut</b>	2	Step heel of foot forward, drop toes to the floor. [Also known as a strut or a heel-toe strut]
<b>Hitch</b>	1	Hitch the knee up with weight on opposite foot.
<b>Hold</b>	1	Hold your position for the specified counts of music before taking another step. [This is actually one of the hardest "steps" since you have to remember to do nothing!]
<b>Jazz Box</b>	4	Cross/step foot A over foot B (weight moves from B to A), step backward on foot B, step foot A to the A side, step forward on foot B (back to original position).
<b>Kick-ball-change</b>	1&2	Kick lead foot forward, step ball of lead foot back to place, step other foot in place. [Notorious for confusing beginners]
<b>L45 &amp; R45</b>	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 describe movement in a diagonal direction, so be careful of the context]
<b>Lock-step</b>	1	The designated foot crossed closely in front or behind the other foot. [Often done as part of a step sequence: a lock-shuffle, a lock-vine or a "step, lock"]
<b>Mambo Step</b>	1&2	Step forward on nominated foot, (&) lift other foot and replace it back down on the same place, (2) step nominated foot back next to other foot.

<b>Monterey Turn</b>	4	Unless specified a Monterey turn is always a 1/2 turn. It may be 1/4, 3/4 or full. The following is for a 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). [This is not really a beginner step, however quite a few "beginner" dances have Monterey Turns]
<b>Over</b>	-	Crossing one foot over the other
<b>Pivot turn</b>	2	Unless specified a pivot turn is always a 1/2 turn. Step the nominated foot forward foot then turn 180° in the opposite direction of the forward foot and return weight to original foot.
<b>Rock</b>	1	Change weight from one foot to the other without changing position. This is done with the knees slightly bent.
<b>Rock Step/ Rock Replace</b>	2	Rock onto the designated foot (either forward, backwards, to the side or crossing) and then step onto the other foot, transferring weight. Your position changes only on the "step" part. Also known as "Rock Recover".
<b>Scoot</b>	1	Slide/hop the weighted foot forward, backward or sideways whilst the other foot is hitched.
<b>Scuff</b>	1	Move the specified foot by gently sliding the ball of the foot across the floor.
<b>Shuffle</b>	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. E.g.: a "shuffle forward" would be - step one foot forward, step the other foot beside the first, step the first foot forward again. [Also known as a Chasse when done to the side]
<b>Slide</b>	1 or 2	With the weight on one foot, drag or slide the other foot up to the weighted foot. Usually done to either 1 or 2 beats.
<b>Toe Strut</b>	2	Step toe forward, drop heel to the floor. [Also known as a strut or a toe-heel strut]
<b>Twinkle</b>	3	Waltz step on diagonal: step right foot across in front of left, (&) step left foot to left side, (2) step right foot next to left
<b>Vine</b>	4	Four steps done in any one direction. E.g.: 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 4 <sup>th</sup> step replaced with a touch, scuff or hitch. Vines also often incorporate full or partial turns. [Also known as a "frieze"]
<b>Waltz</b>	3	Step the nominated foot forward or back, step the other foot together, step the nominated foot in place.
<b>Weave/ Extended Weave</b>	4, 6 or 8	Step nominated foot across in front of the other, step other foot to side, step nominated foot back behind the other, step other foot to side. Continue the pattern for required number of beats.