

DANCE Style CARDS



FOX TROT- A 4/4 TIME SIGNATURE FOR THIS RHYTHM

- STEP 1: BEGIN WITH YOUR FEET
- STEP 2: TAKE ONE WALKING STEP FORWARD WITH YOUR FOOT (SLOW)
- STEP 3: TAKE A STEP FORWARD WITH YOUR RIGHT FOOT (SLOW)
- STEP 4: STEP TO THE SIDE WITH YOUR LEFT FOOT (QUICKLY)
- STEP 5: NOW REPEAT!
- STEP 6: REPEAT!

lets
Dance



TANGO- A 2/4 TIME SIGNATURE FOR THIS RHYTHM

- STEP 1: TAKE A STEP FORWARD USING YOUR LEFT FOOT
- STEP 2: USE YOUR RIGHT FOOT TO STEP FORWARD AND PASS YOUR LEFT FOOT
- STEP 3: USE YOUR LEFT FOOT TO STEP FORWARD AND PASS THE RIGHT FOOT
- STEP 4: STEP TO THE RIGHT AND FORWARD WITH YOUR RIGHT FOOT
- STEP 5: NOW CLOSE YOUR LEFT FOOT TO THE RIGHT FOOT
- STEP 6: REPEAT!

MEN

lets
Dance



TANGO- A 2/4 TIME SIGNATURE FOR THIS RHYTHM

- STEP 1: TAKE A STEP BACK WITH YOUR RIGHT FOOT
- STEP 2: USE YOUR LEFT FOOT TO STEP BACK AND PASS YOUR RIGHT FOOT
- STEP 3: USE YOUR RIGHT FOOT TO STEP BACK AND PASS THE LEFT FOOT
- STEP 4: STEP LEFT AND BACK WITH YOUR LEFT FOOT
- STEP 5: NOW CLOSE YOUR RIGHT FOOT TO THE LEFT FOOT
- STEP 6: REPEAT!

WOMEN

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CHARLESTON- BASED ON A JAZZ RHYTHM

- STEP 1: TAKE A STEP BACK WITH THE RIGHT FOOT
- STEP 2: USING YOUR LEFT FOOT, KICK BACK
- STEP 3: NOW STEP FORWARD WITH YOUR LEFT FOOT
- STEP 4: USING YOUR RIGHT FOOT, KICK FORWARD
- STEP 5: REPEAT!

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BLACK BOTTOM- RHYTHM BASED ON THE CHARLESTON

- THE DANCE HAS INSTRUCTIONS ALONG WITH LYRICS!
- HOP DOWN FRONT THEN DOODIE BACK (DOODIE IS ANOTHER WORD FOR "SLIDE")
- MOOCH TO YOUR LEFT THEN MOOCH TO THE RIGHT
- HANDS ON YOUR HIPS AND DO THE MESS AROUND,
- BREAK A LEG UNTIL YOU'RE NEAR THE GROUND (BREAK IS ANOTHER WORD FOR TAKE A STEP WHILE HOBBLING)
- NOW THAT'S THE OLD BOTTOM DANCE

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WALTZ- A 3/4 TIME SIGNATURE FOR THIS RHYTHM

- STEP 1: USING YOUR LEFT FOOT, STEP FORWARD
- STEP 2: TAKE A STEP TO THE SIDE WITH THE RIGHT FOOT
- STEP 3: NOW BRING YOUR LEFT FOOT TO YOUR RIGHT FOOT
- STEP 4: TAKE A STEP BACK WITH YOUR RIGHT FOOT
- STEP 5: TAKE A STEP TO THE SIDE WITH YOUR LEFT FOOT
- STEP 6: NOW BRING YOUR RIGHT FOOT TO YOUR LEFT FOOT
- STEP 7: REPEAT!

MEN

lets
Dance



WALTZ- A 3/4 TIME SIGNATURE FOR THIS RHYTHM

- STEP 1: USING YOUR RIGHT FOOT, STEP BACK
- STEP 2: TAKE A STEP TO THE SIDE WITH THE LEFT FOOT
- STEP 3: NOW BRING YOUR RIGHT FOOT TO YOUR LEFT FOOT
- STEP 4: TAKE A STEP FORWARD WITH YOUR LEFT FOOT
- STEP 5: TAKE A STEP TO THE SIDE WITH YOUR RIGHT FOOT
- STEP 6: TAKE A STEP TO THE SIDE WITH YOUR LEFT FOOT
- STEP 7: REPEAT!

WOMEN

lets
Dance