

Dance World no.3

Ballroom Dancing
for Beginners

Footwork Guide

Featuring the Waltz, Tango, Foxtrot and Quickstep

presented by:

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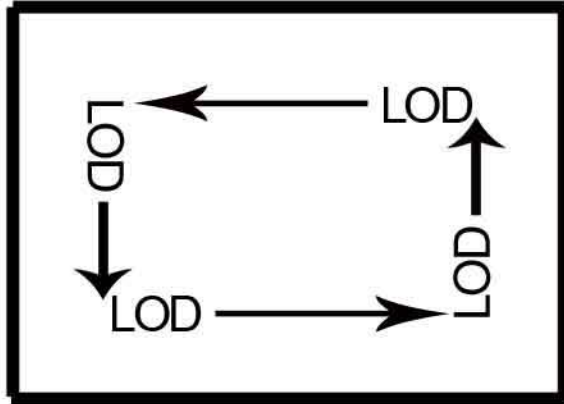
THE WORLD PROFESSIONAL BALLROOM DANCE CHAMPIONS

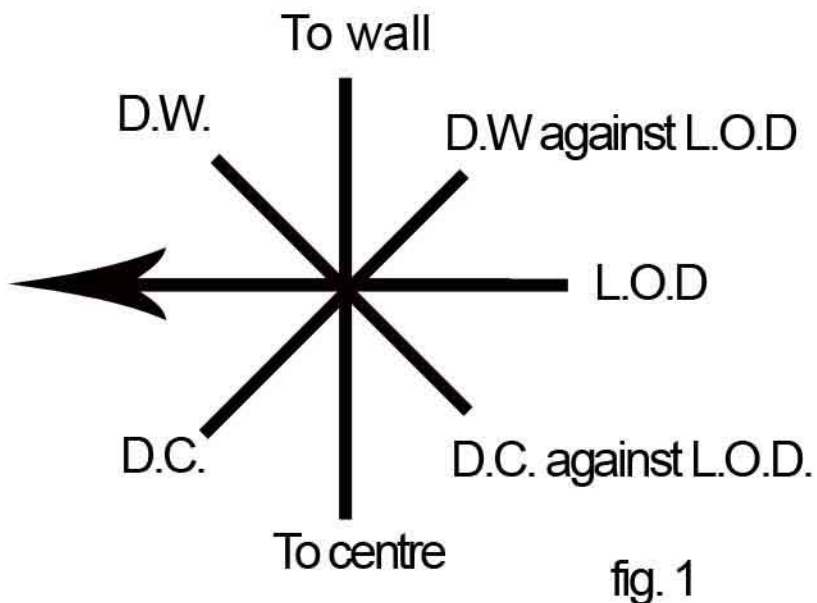
Introduction

When studying the video we suggest that you first watch it through a few times in its entirety to familiarize yourself with its contents in a general way. Then a detailed study of each figure is recommended with reference to this booklet.

Terms & Abbreviations

Social Ballroom Dancing progresses in an anti-clockwise direction around the dance floor. This is known as the “Line of Dance” and all directions are related to this “Line of Dance” (see fig. 1)





L.O.D.
 Against L.O.D.
 D.W.
 D.C.
 D.W. against L.O.D.
 D.C. against L.O.D.
 To Wall
 To Centre
 L.F.
 R.F.
 S
 Q

Line of Dance
 Opposite direction to L.O.D.
 Facing diagonally to wall from L.O.D.
 Facing diagonally to centre from L.O.D.
 Opposite direction to D.C.
 Opposite direction to D.W.
 Facing to the wall
 Facing to the Centre
 Left Foot
 Right Foot
 Slow (2 beats)
 Quick (1 beat)

Social Foxtrot

Basic Movement

Man's Step

1	<i>L.F. forward</i>	S
2	<i>R.F. forward</i>	S
3	<i>L.F. to side</i>	O
4	<i>Close R.F. to L.F.</i>	O
5	<i>L.F. back</i>	S
6	<i>R.F. back</i>	S
7	<i>L.F. to side</i>	O
8	<i>Close R.F. to L.F.</i>	O

Lady's Step

1	<i>R.F. back</i>	S
2	<i>L.F. back</i>	S
3	<i>R.F. to side</i>	O
4	<i>Close L.F. to R.F.</i>	O
5	<i>R.F. forward</i>	S
6	<i>L.F. forward</i>	S
7	<i>R.F. to side</i>	O
8	<i>Close L.F. to R.F.</i>	O

Side Step

Man's Step

1	<i>L.F. to side</i>	O
2	<i>Close R.F. to L.F. without weight</i>	O
3	<i>R.F. to side</i>	O
4	<i>Close L.F. to R.F. without weight</i>	O
5	<i>L.F. to side</i>	O
6	<i>Close R.F. to L.F. with weight</i>	O

Lady's Step

1	<i>R.F. to side</i>	O
2	<i>Close L.F. to R.F. without weight</i>	O
3	<i>L.F. to side</i>	O
4	<i>Close R.F. to L.F. without weight</i>	O
5	<i>R.F. to side</i>	O
6	<i>Close L.F. to R.F. with weight</i>	O

Right Turn

Man's Step

1	L.F. forward	S
2	R.F. forward turning body to right	S
3	L.F. to side still turning to right	Q
4	Close R.F. to L.F. still turning right	Q
5	L.F. back, turning to right	S
6	Replace weight on to R.F. still turning to right	S
7	L.F. to side still turning to right	Q
8	Close R.F. to L.F.	Q

Lady's Steps

1	R.F. back	S
2	L.F. back turning to right	S
3	R.F. to side still turning to right	Q
4	Close L.F. to R.F.	Q
5	R.F. forward between man's feet still turning to right	S
6	L.F. to side still turning to right	S
7	R.F. to side	Q
8	Close L.F. to R.F.	Q

Waltz

Closed Change

Man's Steps

1	R.F. forward	1
2	L.F. to side and slightly forward	2
3	R.F. closes to L.F.	3

Lady's Step

1	L.F. back	1
2	R.F. to side and slightly back	2
3	L.F. closes to R.F.	3

Man's Steps

1	L.F. forward	1
2	R.F. to side and slightly forward	2
3	L.F. closes to right	3

Lady's Step

1	R.F. back	1
2	L.F. to side slightly back	2
3	R.F. closes to L.F.	3

Right Turn (Natural Turn)

Man's Steps

1	R.F. forward diagonally to wall, turning body to right	1
2	L.F. to side still turning to right	2
3	Close L.F. to R.F.—now backing line of dance	3
4	L.F. back turning body to right	4
5	R.F. to side still turning to right	5
6	Close L.F. to R.F.—now facing diagonally to centre	6

Lady's Steps

1	L.F. back diagonally to wall turning body to right	1
2	R.F. to side turning to right	2
3	Close L.F. to R.F.—now facing line of dance	3
4	R.F. forward turning body to right	4
5	L.F. to side still turning to right	5
6	Close R.F. to L.F.—now backing diagonally to centre	6

Left Turn (Reverse Turn)

Man's Steps

1	L.F. forward diagonally to centre turning body to left	1
2	R.F. to side still turning to left	2
3	Close L.F. to R.F.—now backing line of dance	3
4	R.F. back turning body to left	1
5	L.F. to side still turning left	2
6	Close R.F. to L.F.—now facing diagonally to wall	3

Lady's Steps

1	R.F. back diagonally to centre turning body to left	1
2	L.F. to side still turning to left	2
3	Close R.F. to L.F.—now facing line of dance	3
4	L.F. forward turning body to left	1
5	R.F. to side still turning to left	2
6	Close L.F. to R.F.—now backing diagonally to wall	3

Quickstep

Quarter Turn & Progressive Chaise

Man's Steps

1	R.F. forward, diagonally to wall turning body to right	S
2	L.F. to side still turning to right	Q
3	Close R.F. to L.F., turning body slightly to right—backing diagonally to centre	Q
4	L.F. to side and slightly back	S
5	R.F. back, diagonally to centre turning body to left	S
6	L.F. to side still turning to left	Q
7	Close R.F. to L.F.—now facing diagonally to wall	Q
8	L.F. to side and slightly forward	S

Lady's Step

1	L.F. back diagonally to wall turning body to right	S
2	R.F. to side still turning to right	Q
3	Close L.F. to R.F.—now facing diagonally to cent're	Q
4	R.F. diagonally forward	S
5	L.F. forward diagonally to centre turning body to left	S
6	R.F. to side still turning to left	Q
7	Close L.F. to R.F.—now backing diagonally to wall	Q
8	R.F. to side and slightly back	S

NOTE: When repeating Quarter turn and Progressive Chaise first step is taken outside the partner

Right Turn (Natural Turn at a corner)

Man's Steps

- | | | |
|---|--|---|
| 1 | R.F. forward diagonally to wall
turning body to right | S |
| 2 | L.F. to side still turning to right | Q |
| 3 | Close R.F. to L.F., still turning to
right—now backing line of dance | Q |
| 4 | L.F. back turning body to right | S |
| 5 | R.F. to side, small step,
turning to right on heel of L.F.
now facing diagonally to wall of
new line of dance | S |
| 6 | L.F. forward, diagonally to wall
of new line of dance | S |

NOTE: If this figure is preceeded by the Progressive Chasse the first step will be taken outside partner.

Lady's Step

- | | | |
|---|--|---|
| 1 | L.E. back, diagonally to wall,
turning body to right | S |
| 2 | R.F. to side still turning to right | Q |
| 3 | Close L.F. to R.F. now facing
line of dance | Q |
| 4 | R.F. forward turning body to right | S |
| 5 | L.F. to side still turning to right | S |
| 6 | R.F. back now backing diagonally to
wall of new line of dance | S |

Tango

Left Foot Walk

Men's Step

1 L.F. forward S

Lady's Step

R.F. back S

Right Foot Walk

Man's Step

1 R.F. forward S

Lady's Step

1 L.F. back S

Progressive Side Step

Man's Step

1 L.F. forward Q

2 R.F. to side. and slightly back Q

3 L.F. forward S

Lady's Step

1 R.F. back Q

2 L.F. to side and slightly forward Q

3 R.F. back S

Right Turn

Man's Step

1	L.F. forward diagonally to wall	S
2	R.F. forward between partner's feet turning to right	S
3	L.F. to and slightly back still turning to right	Q
4	Rock forward onto R.F.	Q
5	L.F. back small step	S
6	R.F. back turning to left	Q
7	L.F. to side and slightly forward still turning	Q
8	R.F. closes to L.F. slightly back – now facing diagonally to wall	S

Lady's Step

1	R.F. back diagonally to wall	S
2	L.F. back turning to right	S
3	R.F. forward between partner's feet still turning to right	Q
4	Rock back onto left foot	Q
5	R.F. forward small step	S
6	L.F. forward turning left	Q
7	R.F. to side and slightly back still turning to left	Q
8	L.F. closes to R.F. slightly forward – now backing diagonally to wall	S