

# Round Dance Class Notes

TS 1

## General Information

LINE OF DANCE - Direction in which the circle moves, counter-clockwise

DIRECTIONS - Line of Dance, Reverse Line of Dance, Wall, Center

LEAD FOOT - Man's Left, Woman's Right

POSITIONS - Open, Closed, Semi-closed, Butterfly  
- Most common starting position - Open Facing

*STYLING REMINDERS* - Keep weight balanced on balls of feet, heels close to the floor.  
- Take small steps. Stand tall. Maintain good dance "frame."

## Two Step

TIMING - 4 beats to a measure  
- Steps are Slow (2 beats) or Quick (1 beat).  
- Basic two-step pattern is QQS, 3 weight changes and a hold on 4.  
(Step, Close, Step, Hold)

WALK - Slow passing steps, 2 beats of music to each step  
Variations are STRUT, SWAGGER, STROLL, CROSS WALK, etc.

RUN - Quick passing steps, 1 beat per step. Usually done in groups of 3 or 4

SIDE TWO STEP Side, Close, Side, --- ;  
If two are done together, the second will start on opposite foot.

FORWARD TWO STEP Forward, Close, Forward,---(Pass);  
If two are done together, the second will start on opposite foot.

BACK TWO STEP Back, Close, Back,---;  
If two are done together, the second will start on opposite foot.

BOX Side, close, forward, \_\_\_; Side, close, back, \_\_\_;  
(Woman must reverse forward and back directions.)

REVERSE BOX Side, Close, Back, \_\_\_; Side, Close, Forward, \_\_\_;  
Woman steps forward; man steps back.