

## 2-STEP & WALTZ HELPS FOR BEGINNING DANCERS

compiled by  
GERT-JAN & SUSIE ROTSCHEID

**NOTE:** This is not an attempt to put down all the two-step and waltz figures, nor all the two-step and waltz figures that you will have in your beginners' class. This will only serve as a help and guide for some of the basics as well as some of the different figures that you will learn in your beginners' class.

### **Some basic rules:**

Most any two-part figure may be divided into its separate parts, allowing for only "half" the figure to be danced.

Generally a number after a cue name (vine 4, vine 3, hitch 3) indicates the number of actual steps that your feet will be taking. (For example, on a "vine 4" you will step side, step behind, step side, step behind, making a total of 4 steps.)

The lady usually does the opposite of the man, beginning also with the opposite foot, especially if the partners are facing each other, i.e. closed position, banjo, sidecar, etc. Directions are usually written for the man and the lady must reverse them. They are written that way here also.

One of the most important things for you to learn and to be able to do automatically is to know the difference between a close and a touch. A close is when you bring your free (unweighted) foot next to the foot you are standing on, and then you stand on that foot. A touch is when you bring the free foot usually next to the foot you are standing on, but you don't stand on it, so that foot is free again for the next step.

Double cues (for example: scissors/hitch) are usually given with the 1st cue to the man, unless the man must lead the lady into a figure, such as a "twirl/vine".

## TWO STEP FIGURES

**Note:** Timing on most 2-steps is quick, quick, slow, or step, step, step, hold (or touch). This is shown by (qqs) next to a figure. If the timing is slow, slow it is shown by (ss), and quick, quick is (qq)

**Basic 2-Step:** (qqs) step, close, step (hold or touch). Can be started with either foot, and go in any direction given. For example: forward 2-step, backward 2-step, side 2-step, turning 2-step, circle away & together 2-step, 2-step across, etc.

**Basketball turn:** (ss & ss) step forward & turn (slow), recover & turn (slow) -- then again -- step forward & turn (slow), recover & turn (slow) (The "step turn" part is sometimes called a "lunge turn")

If you start facing Line of Dance, with your lead foot you will start with a step forward, turn towards (turn in) your partner and recover, then step forward, turn away from (turn out) your partner and recover.

forward turn in: with outside foot free, step forward & in a rocking motion, turn 1/4 in towards your partner, recover on your other foot continue turning 1/4 towards your partner to end facing opposite direction than you started.

forward turn out: same as a forward-turn in, except you start with inside foot and turn away from your partner.

**Box:** (qqs, qqs) (also cued as a "full box") side, close, forward (hold) - side, close, back (hold)

Half box forward: first half of a box (side, close, forward)

Half box back: second half of a box (side, close, back)

Reverse box: half box back, then half box forward

**Progressive box:** half a box forward twice

**Left turning box:** this is where you will do two full boxes, turning 1/4 on each half.

Solo left turning box: both partners do their own part of a left turning box without holding on to each other.

**Traveling box:** (qqs, ss & qqs, ss) half a box forward, walk 2 - half a box back, walk 2

**Broken box:** (qqs, ss & qqs, ss) half a box forward, rock forward, recover - half a box back, rock back, recover

**Open box:** in open position both do a full box (in an open reverse box, both would do a full reverse box)

**Circle/box:** man does a full box, while lady does a right face circle away & together, usually under lead hands

**Breakaway:** (qqs) step side, rock back (crossing behind) to an open position, recover to face (hold). This may be done in either direction, depending on which foot is free. It is often done left and right, one immediately following the other.

**Cut:** (qq) cross one foot in front of the other, taking weight, move the other foot back. (cut back twice - cross, step, cross, step)

**Face-to-face:** (qqs) (starts facing your partner) - side, close, turn away from your partner (hold) (you now have your back to your partner)

**Back-to-back:** (qqs) side, close, turn towards your partner (hold) (you are now facing your partner)

These two cues are often used in combination, so *face-to-face & back-to-back*.

**Fishtail:** (phase III) (qqqq) (usually starts in banjo position) cross behind, side, forward, lock. (lady does opposite - cross in front, side, backward, lock) It is important to realize that this is a progressive figure. While you cross behind for the first step, you do not move backwards.

**Hitch:** (double hitch or hitch 6 qqs & qqs) forward, close, back - back, close, forward

Forward hitch: first half of a double hitch

Backward hitch: second half of a double hitch

Hitch 4: (qqqq) forward, close, back, close

Back hitch 4: (qqqq) back, close, forward, close

**Limp:** (qqqq) side, cross in back (slightly limping), side, cross in back. (both partners cross in back)

**Lock:** (qq) step forward, cross behind - forward lock twice will be step forward, cross behind, step forward, cross behind & of course if you are in closed position, the woman will step back, cross in front twice. This is cued as a "forward lock twice"

Back lock: (qq) step back, cross in front (twice for a back lock twice - this is cued as a "back lock twice") Note: this is different from a "cut" in that here you step and then cross, in a "cut" you cross and then step.

Forward, lock, forward: (qqs) forward, cross in back, forward

Back, lock, back: (qqs) back, cross in front, back

**Lace across:** a forward 2-step where the woman crosses diagonally in front of the man & partners therefore change sides

**Lace up:** lace across, forward 2-step, lace across, forward 2-step ending in whatever position the cuer tells you to.

**Maneuver:** a right face turning action with the man turning in front of the woman. (Also the name of the position where the man is in front of the woman.) This will almost always start with your trail foot. In 2-step rhythm it is a one-step figure (slow). You will often have the cue *walk & maneuver*. This is then 2 slow steps with the walk starting with your lead foot.

**Pick-up:** a left face turning action where the woman turns in front of the man. (Also the name of the position where the woman is in front of the man.) This will almost always start with your trail foot. In 2-step rhythm it is a one-step move (slow). You will often have the cue *walk & pick-up*. This is then 2 slow steps with the walk starting with your lead foot.

**Recover:** return weight to the originally weighted foot

**Scissors:** (qqs) side, close, cross

Scissors thru: both cross in front

Scissors to sidecar: starting with lead foot, do a side, close, cross, with the man crossing in front, the woman crossing in back to end in sidecar position

Scissors to banjo: starting with the trail foot, do a side, close, cross, with the man crossing in front, the woman crossing in back to end in banjo position

Progressive scissors (to sidecar or banjo): same as scissors, but with progression.

Reverse scissors: side, close, man cross in back (woman cross in front) (NOTE: This is not a standard figure, but it is sometimes used.)

**Scoot:** (qqqq) forward, close, forward, close

**Tamara:** (This is a position) In a "woman's tamara" which is the most common, the woman will have her right hand up, raising this hand up from the shoulder, more or less straight forward. Then she will put her left hand across her own back at waist level. The man will put his left hand up and will position his arm so that the forearm is across his own forehead and then take his partner's right hand. The right arm goes straight forward, at waist level to reach his partner's left hand (that is behind his partner's back). In a "man's tamara", also called a "reverse tamara", the man will do the woman's description here, and the woman will do the man's description here.

As you do a 2-step across you will get to a point where you must let go of a hand; let go only of the hands that are raised above your head. That way you must turn in the correct direction to face your partner and continue with the next move (often another tamara 2-step across & to face).

**Thru:** stepping with your free foot between yourself and your partner

**Vine:** this is another step that will always have a number, but except for the twisty vine, both man and woman will step "side, behind, side, in front, side, behind, side, in front, etc." the number of steps cued.

Vine 3: (qqq) side, behind, side, (hold or touch) - can be done in either direction, or apart & together. If is it "apart & together" it will often be cued as a "vine apart & together".

Vine 4: (usually qqqq) side, behind, side, in front

Open vine (4): (usually ssss) side, behind (to an open position), side, in front (to an open position)

Twisty vine (4): (usually ssss) man does a normal (normally slow) vine 4, woman does a side, cross in front, side, cross behind.

Twirl/vine: man vine 3 to the left while woman twirls right face under joined lead hands (in a Reverse twirl/vine man will vine 3 to right as woman twirls left face)

Vine 3 & touch / vine wrap: (qqq - qq) In this sequence (this is 2 different cues starting facing your partner) you will first do a vine 3 & touch, starting with your lead foot. Then the man will do a normal vine 3 back to his right - while the woman "wraps" into him by turning left-face under his left (her right) arms (this is like a reverse twirl/vine keeping both hands joined & the man turning slightly left face), and she ends facing the same direction as the man. (Both hands are joined at this point, the lady's left arm in front of her waist & the man's right arm behind her waist. The free outside hands are in front at chest height.)

Unwrap: This does not always follow "vine wrap", but often does. For the unwrap, the man does a small vine apart, while letting go of the hands that are crossed on top at chest height, while the woman rolls out right face in 3 steps.

## WALTZ FIGURES

**Some basic rules:** Waltz has 3 beats per measure with usually one step (change of weight) on each beat. Sometimes you will have only 1 step and a hold for the 2 extra beats; this will usually occur in a figure such as a "dip back" or "recover" (you can also have a "recover, side, close" – this is 3 steps). Many of the 2-step figures can be adapted to the waltz by just taking one step on each beat of music. Most of those figures we have not repeated here.

**Basic waltz:** step, step, close - this can be done forward, away & together, circling, changing sides, turning, etc.

**Balance:** side, cross in back, step in place

Balance forward: forward, close, step in place

Balance back: back, close, step in place

**Box:** forward, side, close - back, side, close (for various different boxes, see 2-step part, adapting the figures to waltz by doing the first step forward [or backward] instead of side)

**Canter:** step side, draw, close

**Manuver:** same as in 2-step rhythm, but it is a 3 step figure because you also do a "side, close". The manuver is a 3-step figure.

**Pickup:** this is a one-step figure just like in 2-step rhythm. Often there will be a "side, close" after the pickup, but it should be cued.

**Spin manuver:** man does a manuver while woman does a left face spin in 3 steps to end facing the man

**Twinkle:** cross, side, close (for variations see "scissors" in 2-step rhythm and start figures with a "cross")