

# ***'THE J.L. STOMPERS' LINE DANCING***

## **Step Descriptions**

### **SHUFFLES**

#### **RIGHT SHUFFLE:**

Step forward on Right foot. Step Left foot beside Right. Step forward on Right foot. (Steps are counted 1 & 2).

#### **LEFT SHUFFLE:**

Step forward on Left foot. Step Right foot beside Left. Step forward on Left foot. (Steps are counted 1 & 2).

### **STARS**

#### **RIGHT STAR:**

Touch Right toe forward. Touch Right toe to Right side. Touch Right toe behind Left foot. Step Right foot beside Left.

#### **LEFT STAR:**

Touch Left toe forward. Touch Left toe to Left side. Touch Left toe behind Right foot. Step Left foot beside Right.

### **STEP AND PIVOT**

#### **RIGHT STEP AND PIVOT:**

Step forward on Right foot. Keeping feet in place and using the balls of the feet, you can now make turns to the Left. These turns can be instructed as  $\frac{1}{4}$  or  $\frac{1}{2}$  turns.

#### **LEFT STEP AND PIVOT:**

Step forward on Left foot. Keeping feet in place and using the balls of the feet, you can now make turns to the Right. These turns can be instructed as  $\frac{1}{4}$  or  $\frac{1}{2}$  turns.

### **SWIVELS**

#### **RIGHT SWIVEL:**

Keep feet together and using the balls of the feet, move both heels out to the Right.

#### **LEFT SWIVEL:**

Keep feet together and using the balls of the feet, move both heels out to the Left.

### **TOE SPLITS**

With feet together spread toes apart. Your weight should be on your heels.

### **TOUCH**

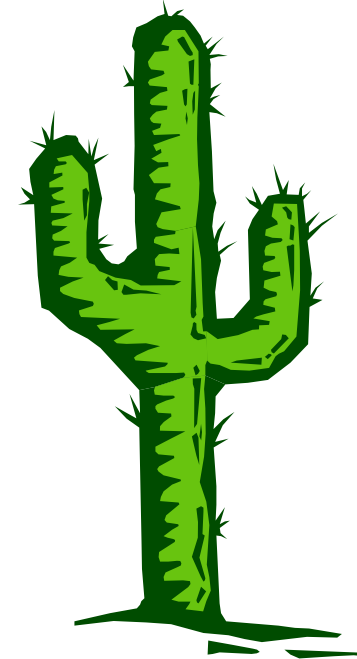
When a 'touch' is instructed, you bring your foot back to the starting position, but you *do not* transfer your weight to that foot, because that foot is needed again for the next step.

### **TOGETHER**

When a 'together' is instructed, as you bring your foot back to the starting position, you *must* transfer your weight to that foot, because the next step will be on the opposite foot.

# ***'THE J.L. STOMPERS'***

# **LINE DANCE CLASSES**



## **Line Dance Step Descriptions**

*'The J.L. Stompers'* Line Dance Classes are held every Monday at:

**St. Edmund Campion School Hall,  
Altwood Road,  
Maidenhead.**

For more information, call **Jennifer** on **01628 635305**

# ***THE J.L. STOMPERS' LINE DANCING***

## **Step Descriptions**

Most Line Dances are choreographed from a collection of basic step patterns.  
This leaflet describes the most common - get to know these!

### **3 STEP GRAPEVINES**

#### **RIGHT GRAPEVINE:**

Step Right foot to the Right side. Step Left foot behind Right foot. Step Right foot to the Right side.

#### **LEFT GRAPEVINE:**

Step Left foot to the Left side. Step Right foot behind Left foot. Step Left foot to the Left side.

### **5 STEP GRAPEVINES OR WEAVE**

#### **RIGHT GRAPEVINE:**

Step Right foot to the Right side. Step Left foot behind Right foot. Step Right foot to the Right side. Step Left foot over Right foot. Step Right foot to the Right side.

#### **LEFT GRAPEVINE:**

Step Left foot to the Left side. Step Right foot behind Left foot. Step Left foot to the Left side. Step Right foot over Left foot. Step Left foot to the Left side.

### **APPLEJACKS OR FANCY FEET**

**&1** Take weight on Right toe and Left heel, swivel Right heel and Left toe to the Left. Return both feet back to place.

**&2** Take weight on Left toe and Right heel, swivel Left heel and Right toe to the Right. Return both feet back to place.

### **FANS**

#### **RIGHT FAN:**

Keep feet together, turn Right toes out to the side and bring toes back in place.

#### **LEFT FAN:**

Keep feet together, turn Left toes out to the side and bring toes back in place.

### **HEEL AND TOE**

#### **RIGHT HEEL AND TOE:**

Touch Right heel forward. Touch Right toe across in front of Left foot (toe should touch floor). Touch Right heel forward. Step Right foot beside Left.

#### **LEFT HEEL AND TOE:**

Touch Left heel forward. Touch Left toe across in front of Right foot (toe should touch floor). Touch Left heel forward. Step Left foot beside Right.

# ***THE J.L. STOMPERS' LINE DANCING***

## **Step Descriptions**

### **HITCHES**

#### **RIGHT HITCH:**

Right foot is raised off the floor (not too high) just in front of Left foot.

#### **LEFT HITCH:**

Left foot is raised off the floor (not too high) just in front of Right foot.

### **HOOKS**

#### **RIGHT HOOK:**

Touch Right heel forward. Lift Right foot across front of Left shin (half way between foot and knee). Touch Right heel forward. Step Right foot back in place.

#### **LEFT HOOK:**

Touch Left heel forward. Lift Left foot across front of Right shin (half way between foot and knee). Touch Left heel forward. Step Left foot back in place.

### **IN PLACE**

This is the starting position for all dances. Feet should be together waiting for instruction to begin.

### **PIGEON TOE OR HEEL SPLITS**

With feet together, spread heels apart. Your weight should be on the balls of your feet.

### **SCOOTS**

#### **RIGHT SCOOT:**

With weight on Right foot, lift Left foot slightly off floor, move slightly forward on Right foot.

#### **LEFT SCOOT:**

With weight on Left foot, lift Right foot slightly off floor, move slightly forward on Left foot.

### **SCUFFS**

#### **RIGHT SCUFF:**

Right foot is brushed lightly across the floor. (Imagine you have a small stone attached to the sole of the foot and you are trying to get it off).

#### **LEFT SCUFF:**

Left foot is brushed lightly across the floor. (Imagine you have a small stone attached to the sole of the foot and you are trying to get it off).