

# Dance Steps Resource Card

<p style="text-align: center;"><b>Heel, Toe, Shuffle Step</b></p> <p>Standing in a neutral stance</p> <p><b>Count 1:</b> Right toe tap</p> <p><b>Count 2:</b> Right heel tap</p> <p><b>Count 3:</b> Right toe tap</p> <p><b>Count 4:</b> Right heel tap</p> <p><b>Count 5,6,7 &amp; 8:</b> Shuffle step on spot</p> <p style="text-align: center;"><b>Repeat with left foot</b></p>	<p style="text-align: center;"><b>The Charleston</b></p> <p>Standing in a neutral stance</p> <p><b>Count 1:</b> Step forward with right foot</p> <p><b>Count 2:</b> Kick with the left foot</p> <p><b>Count 3:</b> Step back with the left foot</p> <p><b>Count 4:</b> Toe touch with the right</p> <ul style="list-style-type: none"> <li>• Repeat phrase so is performed for 8 counts</li> <li>• Can be repeated this time stepping first with the left foot <b>and kicking with the right</b></li> </ul>	<p style="text-align: center;"><b>The grapevine to 1/4 turn</b></p> <p>Standing in a neutral stance</p> <p><b>Count 1:</b> Step right</p> <p><b>Count 2:</b> Step left foot behind right</p> <p><b>Count 3:</b> Step right</p> <p><b>Count 4:</b> Step touch</p> <p><b>Count 1:</b> Step back to the left</p> <p><b>Count 2:</b> Step right foot behind left</p> <p><b>Count 3:</b> Step left</p> <p><b>Count 4:</b> Quarter turn</p>
<p style="text-align: center;"><b>Slide</b></p> <p>Standing in a neutral stance</p> <p><b>Count 1&amp;2:</b> Slide right foot forward and to the right</p> <p><b>Count 3&amp;4:</b> Drag left foot together to right</p> <p><b>Count 5&amp;6:</b> Slide left foot back to its original position</p> <p><b>Count 7&amp;8:</b> Drag right foot together to left</p> <p style="text-align: center;"><b>Repeat with left foot</b></p>	<p style="text-align: center;"><b>Knee bend</b></p> <p>Standing with feet together</p> <p><b>Count 1:</b> Bend right knee &amp; straighten</p> <p><b>Count 2:</b> Bend left knee &amp; straighten</p> <p><b>Count 3:</b> Bend right knee &amp; straighten</p> <p><b>Count 4:</b> Bend left knee &amp; straighten</p> <p style="text-align: center;"><b>(can be repeated to create 8 counts)</b></p>	<p style="text-align: center;"><b>The pivot</b></p> <p>Standing in a neutral stance</p> <p><b>Count 1:</b> Step forward with the right foot</p> <p><b>Count 2:</b> Pivot 180 degrees</p> <p><b>Count 3:</b> Step forward with the right foot</p> <p><b>Count 4:</b> Pivot 180 degrees</p> <p>End up facing starting position</p> <p style="text-align: center;"><b>(can be repeated to create 8 counts)</b></p>