

Dance Review Sheet



Electric Slide:

Grapevine Right, 2, 3, 4

Grapevine Left, 2, 3, 4

Step (Backward-R), step (Backward-L), step (Backward-R), step (Backward-L)

Step (Forward-L), tap R foot, step (Backward-R), tap L foot

Step (Forward-L), Scuff R foot and turn



Cha-Cha Slide:

Grapevine Right, 2, 3, 4

Grapevine Left, 2, 3, 4

Step (Backward-R), step (Backward-L), step (Backward-R), step (Backward-L)

After this it depends on what the DJ says in the song, the following things could be done:



Cha-cha - step forward and back with your right foot while your left foot stays in place

Hop - you jump as many times as the DJ says with both feet

Get Low - you go as low to the ground as you possibly can

Clap your hands – you clap your hands

Criss-Cross – you jump up and cross your legs, and then jump up again and uncross them

Reverse – you jump up and twist to face the opposite wall you were facing

Charlie Brown – you have one foot in front of you and one foot in back and you jump back and forth putting the weight on alternating feet

Stomp – you stomp which ever foot he says however many times he says

Turn it out – this is when you turn and start into the grapevine right

- This line dance is a 4 wall line dance that is for beginners.

Boot Scootin' Boogie:

Grapevine Right, 2, 3, 4

Grapevine Left, 2, 3, 4

Side Step right-R, Step right-L, Side Step left-L, Step Left-R

Swivel heels Right, left, right, left

Stomp-R, Stomp-R, Kick-R, Kick-R

Ball-change, Stomp-R, Kick-R, Kick-R

Step (Forward-R), Tap L foot, Step (Backward-L), Tap R foot

Step (Backward-R), Tap L foot, Step (Forward-L), Scuff R foot and turn

Repeat

- This is a 4 wall line dance, the turn comes at the end of the sequence with a total of 32 counts per sequence.

Cupid Shuffle:

Side Step right-R, step right-L, Side step right-R, step right-L

Side Step right-R, step right-L, Side step right-R, step right-L

Side Step left-L, step left-R, Side step left-L, step left-R

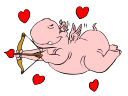
Side Step left-L, step left-R, Side step left-L, step left-R

Heel (R), Heel (L), Heel (R), Heel (L)

Turn (take 4 counts to do this)

Repeat

- This is a 4 wall dance, the turn comes at the end of the sequence with a total of 32 counts per sequence.



Slapping Leather:

Heel (R), Heel (L), Heel (R), Heel (L)

(Right foot) Heel, Heel, Toe, Toe, Heel, Toe slap R foot w/ L hand behind, slap R foot w/ R hand behind, slap R foot w/ L hand in front, slap R foot w/ R hand in front (Do ¼ turn during slapping shoes)

Grapevine Right, 2, 3, 4

Grapevine Left, 2, 3, 4

Back (R), 2, 3, Hitch

Step (forward-L), step (forward-R), step (forward-L), Step (forward-R)

Repeat

- This is a 4 wall dance, the turn happens in the middle of the sequence with a total of 34 counts per sequence.

Happy

Heel (L), Left Heel Hook (front of R knee), Heel (L), Feet together

Swivel heels Left, right, left, right

Heel (R), Right Heel Hook (front of L knee), Heel (R), Feet together

Swivel heels Right, left, right, left

Side step right-R, Reverse hook-L (behind right knee, slap w/ R hand), side step left-L, reverse hook-R (behind left knee, slap w/ L hand)

Grapevine, 2, 3, ¼ turn right Hitch-L

Step (Backward-L), Step (Backward-R), Step (Backward-L), Stomp-R

Repeat

-This is a 4 wall dance, the turn happens in the middle of the sequence with a total of 28 counts per sequence.

Benefits of Line Dancing:

The benefits of line dancing and all types of dancing are many:

- stress management
- reduce risk of heart disease
- strengthen bones and muscles without hurting your joints
- improve your posture and balance, which in turn can prevent falls
- increase your stamina and flexibility

Definitions:

Step - The transfer of weight from one foot to the other

Rhythm - used in a general sense to describe the flow of time in music

Beat -the regular pulse that continues throughout a piece of music

Tempo - the repetition rate (speed) of the beat

Line Dance - A row of dancers, all facing in the same direction standing in a line or in a bunch of lines