

Dance with the ★ POOH ★

Line Dance Terminology

(Instructor: Winnie Yu) 905-946-0820

*Step	*Hitch	*Touch / Dig
*Kick	Flare	*Point
*Stomp	*Scuff / Brush	*Hook
*Tap	*Rock (Forward / Side)	*Lock (back)
*Side	*Home (in place)	*Hold / Freeze
*Grapevine / Vine / Weave	*Three (triple)step turn	Behind half turn
Unwind / Cross ½ turn	*Pivot ½ turn	Full turn (360°)
*Paddle turn	*Monterey turn / Spin	Spot turn
Basketball turn	Hoopla Hoop turn	Sailor ¼ turn (R / L)
Charleston Kick	Charleston	Push step
*Sailor step / Sailor shuffle	Cross ball change	*Cha Cha step / Shuffle / Chasse
Shah – say	*Rumba step	*Mambo step
*Coaster step	Sand step	Heel split/ Switches
Heel fan	Heel jack	Heel swivels (twists)
Heel Grind	Heel ball cross	*Kick ball change
Heel bounces	Ball change	*Swivel
Kick ball cross	Ronde (back)	*Slide
Sweep (front / back)	Sugar foot	Stairs
Scoot	Scissors step	Stroll
*Skate	Toe strut	Toe fan
*Slap leather	Drag	Dwight
Toe split	Boogie walk	Jazz jump
Boogie jump	*Jazz box	*Rumba box
Jazz hand	Progressive box	Travel box
Broken box	*Hops / Jumps	Jumping jacks
Waltz box ¾	Cuban break	Cucaracha
Chugs	Flick	Twinkle (Waltz)
Lunge	Twist	Volta (Samba)
Vaudeilles	*Samba step	Hips sway
Caixo (Samba bounce)	*Hips bump	Hips grind
Hips roll (circle)	Body roll (front / back /reversed)	Body roll (side / snake)
*Shimmy	Knee pop (in / out)	Knee roll
Shoulder roll (shrug)	Camel walk	Dolphin step
Popcorn	Running man	Roger rabbit
Moon walk	Traveling applejacks	Pigeon toe
Apple jack	Mash potato	Butterfly
Fish tail	Gallop	Louie Louie swivels
Buttermilk	Syncopated	Clockwise
Electric kicks	Diagonal	Zigzag
Counterclockwise	Lindy step	Limp step
Spiral	Buzz step	Corta Jaca
Lambada step	Lasso	Walk the dog
Coutra	California Schottische	Merengue
Hustle (forward / back)	Ramble (forward / back)	Jackie Gleason step
New York	Jessie Polka	Prissy (Jazz) walk

* steps that are often used

website: www.dancepooh.ca