**ACTIONS**

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**MOVEMENTS**

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**I. ACTIONS**

Punctuation marks [commas, semi-colons, etc.] in Action Section do not represent musical timing.

**#** **[Bow](#ACTIONS)** none Bow

Man places left hand across waist and right hand across back and leans forward.

**#** **[Bump](#ACTIONS)** none Bump

Partners bump hips together.

**#** **[Curtsy](#ACTIONS)** none Curtsy

Woman cross right foot in back of left without taking weight and lower body while slightly flaring out skirt.

**# [Draw](#ACTIONS)**  none Draw

With a straight supporting leg move the free foot toward the supporting foot. The drawing foot should remain in contact with the floor without weight.

**#** **[Heel](#ACTIONS)** none Heel

Touch heel to floor in direction or place indicated with foot oriented as specified.

**#** **[Point](#ACTIONS)** pt Point

Touch the toe of the free foot to the floor in the direction indicated.

**#** **[Shake](#ACTIONS)** none Shake

A [gimmick] body movement as directed by choreographer.

**#** **[Stamp](#ACTIONS)** none Stamp

Making a pronounced sound with free foot without taking weight.

**#** **[Tap](#ACTIONS)** none Tap

A sharp rap on the floor with the toe without taking weight.

**#[Toe](file:///C:\\Users\\round\\OneDrive\\Standards\\Word%20versions\\Phase%201%20-%202024\\1-ACTIONS%20MOV%202022%20-%20FINAL.doc)** none Toe

With foot oriented as specified, touch toe to floor in direction or place indicated.

**#** **[Touch](#ACTIONS)** tch Touch

With feet essentially parallel, toe of free foot touches floor at the instep of supporting foot.

**#** **[Wiggle](#ACTIONS)** none Wiggle

Moving hips rapidly from side to side.

**II. MOVEMENTS**

Punctuation marks [commas, semi-colons, etc.] in Movements Section may or may not represent musical timing.

**#** **[Back [Step]](#ACTIONS)** bk Back

A backwards step taking weight.

**#** **[Behind](#ACTIONS)** bhd Behind

A step with the free foot crossing in back of the supporting foot.

**#** **[Chug](#ACTIONS)** none Chug

A short backward movement. With weight on both feet, bend knees and straighten quickly causing feet to slide.

**#** **[Close](#ACTIONS)** cl Close

A step bringing feet together and parallel and changing weight.

**#** **[Cross](#ACTIONS)** X Cross

With designated foot step across in front of, or behind, and beyond the supporting foot.

**#** **Cross Behind** Xbhd Behind

**#** **Cross in Back** Xib Cross in Back

**#** **Cross in Front** Xif Cross in Front

**#** **Cross Left in Back** XLib N/A

**# Cross Left in Front** XLif N/A

**#** **Cross Right in Back** XRib N/A

**#** **Cross Right in Front** XRif N/A

**#** **[Face](#ACTIONS)** fc Face

A step turning to face partner.

**#** **[Forward [Step]](#ACTIONS)** fwd Forward

A forward step taking weight.

**#** **[Recover](#ACTIONS)** rec Recover

Return weight to previously weighted foot near its previous location. The foot may turn if required.

**#** **[Rock](#ACTIONS)** rk Rock

Transfer weight from supporting foot to free foot in direction indicated in anticipation of returning weight to original supporting foot.

**#** **[Run](#ACTIONS)** none Run [# of steps]

A quick forward step.

**NOTE:** May be done with either foot. Executed with the number of steps indicated.

**#** **[Side [Step]](#ACTIONS)** sd Side

A step to either side taking weight.

**#** **[Slide](#ACTIONS)** sld Slide

A movement of the foot in a given direction with constant contact with the floor.

**NOTE:** Sometimes cued as “Glide”.

**#** **[Step](#ACTIONS)** stp Step

Movement of the free foot in a given direction or location with transfer of weight from supporting foot.

**#** **[Stomp](#ACTIONS)** none Stomp

Put weight on free foot with a definite sound.

**#** **[Strut](#ACTIONS)** none Strut [# of steps]

A series of steps while swaying upper part of the body.

**NOTE:** Sometimes cued as “Stroll” or “Swagger”. May be done with either foot. Executed with the number of steps indicated.

**#** **[Thru](#ACTIONS)** thru Thru

A step taken between partners.

**NOTE:** When used as a cue term, both dancers step thru.

**#** **[Walk](#ACTIONS)** wlk Walk [# of steps]

A slow forward step.

**NOTE:** May be done with either foot. Executed with the number of steps indicated.

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