

ABC... the easy way to joyful dancing!

Keep your mind and body happy and healthy!

The ABC-system is a well tried out system teaching people to dance in an easy and natural way. It's been developed over more than 50 years and is easy to learn and can be practiced for Solo dancing or for dancing as a couple. It works for all agegroups and is wonderful especially for elderly people.

The system works for all dances. You learn figure A and can repeat that figure as long as you want. You learn figure B and can alterate between the two figures in any order. You learn figure C and can alterate between the three figures in any order. You can dance the Man's step Solo or the Ladies step Solo or together with a partner. All figures take very little space and are especially design to work in a living room, in an hallway or of course at a larger floor together with other dancers dancing Solo or together with a partner. Because of its stationary format there are no alignments given. All figures can start in any direction. It's great fun for pleasing the mind and is keeping the body in good shape!

In order to understand how to learn the figures you must know the meaning of the abrevations and here is the key.

S	Slow	Q	Quick		
R	Right	L	Left		
RF	Right foot	LF	Left foot		
Fwd	Forward	Bwd	Backward	Diag	Diagonal

To explaine how to think in regards to the amount of turn you could think of a clock and where ever you start, you are always facing 12 o'clock. If you turn to face 1.30 you have turned 1/8 of a turn to Right and if you continue turn to face 3 o'clock you have turned 1/4 of a turn to Right. If you start facing 12 o'clock again and turn to 10.30 you have turned 1/8 to Left and if you continue to face 9 o'clock you have turned 1/4 of a turn to Left.

The ABC - system includes the following dances:

Rythm Foxtrot (Medium or quick tempo)

Slow Waltz (Slow tempo)

Slow Foxtrot (Slow tempo)

Wedding Waltz (Medium or quick tempo)

Tango

Cha-cha-cha

Samba

Rumba

Swing dance

Swedish Bugg

Salsa

Rythm Foxtrot

Basic steps

Man

LF Basic in place

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic in place

1	RF fwd	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF almost closes to RF	-----	Q

Man

LF Basic moving fwd

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic moving backwards

1	RF back	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF almost closes to RF	-----	Q

Man

LF Basic moving backwards

Step	Fotposition	Turning	Rhythm
1	LF back	-----	S
2	RF back	-----	S
3	LF back small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic moving backwards

1	RF fwd	-----	S
2	LF fwd	-----	S
3	RF fwd small step	-----	Q
4	LF almost closes to RF	-----	Q

Note: The basic steps can be used any time. Before dancing a figure, after having danced a figure or in the middle of a figure. The basic steps are used as links between the figures. What kind of basic should be used depends from where you are coming and where you are going. To dance a basic in place or a basic moving backwards, keep the weight back on the previous last steps and to dance a basic moving forward keep the weight forward on the previous last steps.

Rythm Foxtrot figure A

Natural turn

Man

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	1/8 to R	S
3	LF to side wide step	1/4 to R	Q
4	RF closes to LF	1/8 till R	Q

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side small step	3/8 to R body turns less	Q
4	LF closes to RF	Body turns	Q

Step 5-8 repeat step 1-4 continue turning to the R and complete one full turn to the R over 8 step.

Note: Step 3 for the lady is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4. It is possible to turn less by repeating steps 1-4 three or four times before having made a complete turn to R.

General: It is advisable to dance a basic in place before the figure A if it should be repeated or a Figure B should follow. If you choose to follow with figure C dance a basic in place after figure A and add a Basic moving forward before dancing the Figure C.

Rythm Foxtrot figure B

Quarternturn

Man

Step	Fotposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid	1/4 to R	Q
4	RF closes to LF	-----	Q
5	LF back	-----	S
6	RF back	1/8 to L	S
7	LF to side	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side	1/4 to R Body turns less	Q
4	LF closes to RF	Body turns	Q
5	RF fwd	-----	S
6	LF fwd	1/8 to L	S
7	RF till sid	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

General: It is advisable to dance a basic in place before the figure B if it should be repeated or a Figure A should follow. If you choose to follow with figure C dance a basic in place after figure A and add a Basic moving forwards before dancing the Figure C.

Rythm Foxtrot figure C

Reverse turn

Man

Step	Fotposition	Turning	Rhythm
1	LF fwd	1/8 to L	S
2	RF back	1/8 to L	S
3	LF to side short step	1/4 to L body turns less	Q
4	RF closes to LF	Body turns	Q

Note: Toe turned in on step 2. Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Lady

1	RF back	1/8 to L	S
2	LF fwd	1/8 to L	S
3	RF to side wide step	1/4 to L	Q
4	LF closes to RF	-----	Q

Step 5-8, repeat figur C to complete a full turn to the L over 8 steps. The turn could be less and a full turn to the Left can be done by repeating the figure three or four times

Slow Waltz

Balance step

Man

LF Basic (Balance step)

Step	Count	Fotposition	Turning	Rhythm
1	123	LF diagonal back or to side	-----	1,2,3,

Lady

RF Basic (Balance step)

1	123	RF fwd or Diag fwd	-----	1,2,3,
---	-----	--------------------	-------	--------

Man

RF Basic (Balance step)

Step	Count	Fotposition	Turning	Rhythm
1	123	RF to side or diag fwd	-----	1,2,3,

Lady

LF Basic (Balance step)

1	123	LF to side or diag back	-----	1,2,3,
---	-----	-------------------------	-------	--------

General: The Basic steps, (Balance steps) can be danced any time. Before a Figure or after a Figure or in the middle of a Figure.

Slow Waltz

Basic step

Man

Step	Count	Footposition	Turning	Rhythm
1	123	LF diagonal back (Balance step)	Slight body turn to L	1,2,3,
2	4	RF fwd	Start body turn to R	1
3	5	LF diag fwd	Slight body turn to R	2
4	6	RF closes to LF	-----	3

The Basic step can be repeated or dance a figure

Slow Waltz figure A

Natural turn

Man

Step	Count	Footposition	Turning	Rhythm
1	123	LF diagonal back (Balance step)	-----	1,2,3,
2	4	RF fwd	1/8 to R	1
3	5	LF to side wide step	1/4 to R	2
4	6	RF closes to LF	1/8 till R	3
5-8	123456	5-8, repeat figur A to complete a full turn to the R over 8 steps.		1,2,3,4,5,6

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	4	LF back	1/8 to R	1
3	5	RF to side small step	3/8 to R body turns less	2
4	6	LF closes to RF	Body turns	3
5-8	123456	5-8, repeat figur A to complete a full turn to the R over 8 steps.		1,2,3,4,5,6

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

General: The turn could be less and a full turn to the Right can be done by repeating the figure three or four times.

Slow Waltz figure B

Quarterturn

Step	Count	Footposition	Turning	Rhythm
Man				
1	123	LF diag back (Balance step)	-----	1,2,3,
2	4	RF fwd	1/8 to R	1
3	5	LF till sid	1/4 to R	2
4	6	RF closes to LF	-----	3
5	1	LF back	-----	1
6	2	RF back	-----	2
7	3	LF back	-----	3
8	4	RF back toe turned in	1/8 to L	1
9	5	LF to side small step	1/4 to L	2
10	6	RF closes to LF	Body turns	3

Note: Step 9 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 10.

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	4	LF back	1/8 to R	1
3	5	RF to side small step	1/4 to R Body turns less	2
4	6	LF closes to RF	Body turns	3
5	1	RF fwd	-----	1
6	2	LF fwd	-----	2
7	3	RF fwd	-----	3
8	4	LF fwd	1/8 to L	1
9	5	RF to side wide step	1/4 to L	2
10	6	LF closes to RF	-----	3

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Slow Waltz figure C

Reverse turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1	123	LF diag back (Balance step)	-----	1,2,3,
2	456	RF to side (Balance step)	1/8 to L	1,2,3,
3	1	LF fwd	-----	1
4	2	RF till sid	1/4 to L	2
5	3	LF back short step	1/8 to L	3
6	4	RF back toe turned in	1/8 to L	1
7	5	LF to side small step	1/4 to L	2
8	6	RF closes to LF	Body turns	3

Note: Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8
If the figure C is repeated continue turn 1/8 to L on the first balance step in the second figure C.

It is possible to lead lady to step outside mans RF on his R side on step 5. Alternative it is possible to lead lady to step in line between the mans feet on step 5.

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	456	LF to side small step	1/8 to L	1,2,3,
3	1	RF back toe turned in	-----	1
4	2	LF to side small step	1/4 to R Body turns less	2
5	3	RF fwd	See note	3
6	4	LF fwd	1/8 to L	1
7	5	RF to side wide step	1/4 to L	2
8	6	LF closes to RF	-----	3

Note: Step 5 is a "Chaplin step" The toe pointing out and the body turns less.

If the man is leading the lady to step outside his R side on step 5 the body is still turn less in order to keep the contact with the man. If the mani is leading lady to step in line between the mans feet the body will turn to the L to keep square to the man.

Slow Foxtrot

Basic steps

Man LF Basic in place

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	-----	S
3	LF almost closes to RF	-----	Q
4	RF fwd small step	-----	Q

Lady RF Basic in place

1	RF fwd	-----	S
2	LF back	-----	S
3	RF almost closes to LF	-----	Q
4	LF back small step	-----	Q

Man LF Basic moving fwd

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF fwd small step	-----	Q

Lady RF Basic moving backwards

1	RF back	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF back small step	-----	Q

Man LF Basic moving backwards

Step	Fotposition	Turning	Rhythm
1	LF back	-----	S
2	RF back	-----	S
3	LF back small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady RF Basic moving backwards

1	RF fwd	-----	S
2	LF fwd	-----	S
3	RF fwd small step	-----	Q
4	LF almost closes to RF	-----	Q

Note: The basic steps can be used any time. Before dancing a figure, after having danced a figure or in the middle of a figure. The basic steps are used as links between the figures. What kind of basic should be used depends from where you are coming and where you are going. To dance a basic in place or a basic moving backwards, keep the weight back on the previous last steps and to dance a basic moving forward keep the weight forward on the previous last steps.

OBS! The LF Basic moving forward for the man can be danced by placing the 4th step outside the Lady on her R side. Another forward basic step will then follow or a figure starting with LF stepping forward because the weight is forward after the outside step.

Slow Foxtrot figure A

Natural turn

Man

Step	Fotposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid	1/4 to R	Q
4	RF closes to LF	1/8 to R	Q
5	LF back toe turn in	1/8 to R	S
6	RF to side small step	1/4 to R	S
7	LF Diag fwd	1/8 to R	Q
8	RF closes to LF	-----	Q

Note: The L toe turns in on step 5 to ease the turning of the body. If the Natural turn is repeated the first step of the second Natural turn can be taken fwd depending if the body weight is fwd or back when closing the feet on step 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side	1/4 to R Body turns less	Q
4	LF closes to RF	Body turns	Q
5	RF fwd	1/8 to R	S
6	LF to side wide step	1/4 to R	S
7	RF back	1/8 to R	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4. If the Natural turn is repeated the first step of the second Natural turn can be taken bwd depending if the man steps fwd or bwd.

Slow Foxtrot figure B

Quarterturn

Man

Step	Fotposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid	1/4 to R	Q
4	RF closes to LF	-----	Q
5	LF back	-----	S
6	RF back	1/8 to L	S
7	LF to side	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side	1/4 to R Body turns less	Q
4	LF closes to RF	Body turns	Q
5	RF fwd	-----	S
6	LF fwd	1/8 to L	S
7	RF till sid	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Slow Foxtrot figure C

Reverse turn

Man

Step	Footposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF diag fwd	1/8 to L	S
3	LF fwd	1/8 to L	Q
4	RF back	1/8 to L	Q
5	LF back	1/8 to L	S
6	RF back toe turned in	1/8 to L	S
7	LF to side small step	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to L	S
3	RF back toe turned in	1/8 to L	Q
4	LF closes to RF toe turned out	1/4 to L Body turns less	Q
5	RF fwd	Body turns	S
6	LF fwd	1/8 to L	S
7	RF till sid wide step	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 4 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Wedding Waltz

Basic steps

LF fwd basic step

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	1
2	RF fwd short step	Body turns to the L	2
3	LF closes to RF	-----	3

RF fwd basic step

Step	Fotposition	Turning	Rhythm
1	RF fwd	-----	1
2	LF fwd short step	Body turns to the R	2
3	RF closes to LF	-----	3

LF bwd basic step

Step	Fotposition	Turning	Rhythm
1	LF bwd	-----	1
2	RF bwd short step	Body turns to the R	2
3	LF closes to RF	-----	3

RF bwd basic step

Step	Fotposition	Turning	Rhythm
1	RF fwd	-----	1
2	LF fwd short step	Body turns to the L	2
3	RF closes to LF	-----	3

Note: The basic steps are links between the Natural turn and the Reverse turn. All Basic steps can be danced by both the Man and the Lady.

Example: As Man dance figure A the Natural turn, dance 2 fwd basic steps and then the figure B the Reverse turn. Or dance figure A the Natural turn, dance 2 fwd basic and then into figure C the Quarterturn.

Wedding Waltz figure A

Natural turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-3	123	LF fwd basic step	Body turns to L	1,2,3,
4	1	RF fwd	1/8 to R	1
5	2	LF to side small step	1/8 to R	2
6	3	RF closes to LF	-----	3
7	4	LF back	1/8 to R	1
8	5	RF closes to LF	1/8 to R	2
9	6	LF step in place	-----	3

Repeat step 4-9 continue turning to R to complete one full turn to the R. It is possible to turn less by using 4 times fwd and back to complete one full turn to the R. It is also possible to turn more by turning one full turn to the R over the 9 steps

Lady

1-3	123	RF bwd basic step	Body torn to L	1,2,3,
4	1	LF back	1/8 to R	1
5	2	RF closes to LF	1/8 to R	2
6	3	LF step in place	-----	3
7	4	RF fwd	1/8 to R	1
8	5	LF to side small step	1/8 to R	2
9	6	RF closes to LF	-----	3

Repeat step 4-9 continue turning to R to complete one full turn to the R. It is possible to turn less by using 4 times fwd and back to complete one full turn to the R. It is also possible to turn more by turning one full turn to the R over the 9 steps

Wedding Waltz figure B

Reverse turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-3	123	RF fwd basic step	Body turns to R	1,2,3,
4	1	LF fwd	1/8 to L	1
5	2	RF to side small step	1/8 to L	2
6	3	LF closes to RF	-----	3
7	4	RF back	1/8 to L	1
8	5	LF closes to RF	1/8 to L	2
9	6	RF step in place	-----	3

Repeat step 4-9 continue turning to L to complete one full turn to the L. It is possible to turn less by using 4 times fwd and back to complete one full turn to the L. It is also possible to turn more by turning one full turn to the L over the 9 steps

Lady

1-3	123	LF bwd basic step	Body torn to R	1,2,3,
4	1	RF back	1/8 to L	1
5	2	LF closes to RF	1/8 to L	2
6	3	RF step in place	-----	3
7	4	LF fwd	1/8 to L	1
8	5	RF to side small step	1/8 to L	2
9	6	LF closes to RF	-----	3

Repeat step 4-9 continue turning to L to complete one full turn to the L. It is possible to turn less by using 4 times fwd and back to complete one full turn to the L. It is also possible to turn more by turning one full turn to the R over the 9 steps

Wedding Waltz figure C

Quarter turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-3	123	LF fwd basic step	Body turns to L	1,2,3,
4	4	RF fwd	1/8 to R	1
5	5	LF to side small step	1/8 to R	2
6	6	RF closes to LF	1/8 to R	3
7-9	123	Dance a LF Bwd basic	-----	1,2,3
10	4	RF back toe turned in	Commence turn to L	1
11	5	LF closes to RFtoe turned out	1/4 to L (Body turns less)	2
12	6	RF step in place	Body turns to L	3
Lady				
1-3	123	RF bwd basic step	Body torn to L	1,2,3,
4	4	LF back	1/8 to R	1
5	5	RF closes to LF	1/8 to R	2
6	6	LF step in place	1/8 to R	3
7-9	123	Dance a RF fwd basic	-----	1,2,3
10	4	LF fwd	1/8 to L	1
11	5	RF to side small step	1/4 to L	2
12	6	LF closed to RF	-----	3

Note: The Figure C Quarterturns is first turning to R, then a basic step to stop the turning and then turning back to the L the last 3 steps. This Figure could be repeated several times before dancing another figure.

Tango

Basic steps

Man

LF Basic in place

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF places to side small step	-----	Q

Lady

RF Basic in place

1	RF fwd	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF places to side small step	-----	Q

Man

LF Basic moving fwd

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF places to side small step	-----	Q

Lady

RF Basic moving backwards

1	RF back	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF places to side small step	-----	Q

Man

LF Basic moving backwards

Step	Fotposition	Turning	Rhythm
1	LF back	-----	S
2	RF back	-----	S
3	LF back small step	-----	Q
4	Replace weight fwd to RF (Rockstep)	-----	Q

Lady

RF Basic moving backwards

1	RF fwd	-----	S
2	LF fwd	-----	S
3	RF fwd small step	-----	Q
4	Replace weight bwd to LF (Rockstep)	-----	Q

Note: The basic steps can be used any time. Before dancing a figure, after having danced a figure or in the middle of a figure. The basic steps are used as links between the figures. What kind of basic should be used depends from where you are coming and where you are going. To dance a basic in place or a basic moving backwards, keep the weight back on the previous last steps and to dance a basic moving forward keep the weight forward on the previous last steps.

Tango Figure A

Natural turn

Man

Step	Footposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	1/8 to R	S
3	LF to side wide step	1/4 to R	Q
4	Replace the weight fwd to RF (Rockstep)	1/8 till R	Q

Step 5-8 repeat step 1-4 continue turning to the R and complete one full turn to the R over 8 step.

Note: It is possible to turn less by repeating steps 1-4 three or four times before having made a complete turn to R

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side small step	3/8 to R body turns less	Q
4	Replace the weight bwd to the LF (Rockstep)	Body turns	Q

Step 5-8, repeat figure A to complete a full turn to the R over 8 steps. The turn could be less and a full turn to the Right can be done by repeating the figure three or four times

Tango Figure B

Reverse turn

Man

Step	Footposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF diag fwd	1/8 to L	S
3	LF fwd	1/8 to L	Q
4	RF to side and slightly back	1/8 to L	Q

Step 5-8 repeat step 1-4 continue turning to the L and complete one full turn to the L over 8 step.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to L	S
3	RF back toe turned in	1/8 to L	Q
4	LF closes to RF toe turned out	1/4 to L Body turns less	Q

Step 5-8 repeat step 1-4 continue turning to the L and complete one full turn to the L over 8 step.

Note: It is possible to turn less by repeating steps 1-4 three or four times before having made a complete turn to L

Tango figure C

Quarterturn

Man

Step	Footposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid wide step	1/4 to R	Q
4	Replace the weight fwd to RF (Rockstep)	-----	Q
5	LF back	-----	S
6	RF back	1/8 to L	S
7	LF to side small step	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8. It is possible to change the rhythm of the last 4 steps counting SQQS. This kind of counting is used by more advanced Tango dancers.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side small step	1/4 to R Body turns less	Q
4	Replace the weight bwd to the LF (Rockstep)	Body turns	Q
5	RF fwd	-----	S
6	LF fwd	1/8 to L	S
7	RF till sid wide step	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4. It is possible to change the rhythm of the last 4 steps counting SQQS. This kind of counting is used by more advanced Tango dancers and the initiative must come from the man.

Cha-Cha-Cha

Basic step

LF fwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	LF fwd	-----	1
2	2	Replace weight back to RF	-----	1
3	3	LF to side small step	-----	½
4	&	RF closes to LF	-----	½
5	4	LF to side	-----	1

Note: It is possible to turn the LF fwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

RF bwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	RF back	-----	1
2	2	Replace weight fwd to the LF	-----	1
3	3	RF to side small step	-----	½
4	&	LF closes to RF	-----	½
5	4	RF to side	-----	1

Note: It is possible to turn the RF bwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

General: As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step and the same way around when the man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step. A complete Basic step will therefore consist of 10 steps. The man is dancing the LF fwd basic and directly also the RF bwd basic while the Lady starts with the RF bwd basic and continue with the LF fwd basic. Repeat the 10 steps again until a complete full turn to the L have been achieved or without turning, dance any number of full basic steps.

Cha-Cha-Cha figure A

The Promenade

Release hold with R hand Man and L hand lady and keep the hold for man L hand and Lady R hand

Step	Count	Footposition	Turning	Rhythm
1	1	LF fwd	1/4 to R (Side by side with the Lady)	1
2	2	Replace weight back to RF	Commence to turn to L	1
3	3	LF to side small step	Continue turning 1/4 to L	1/2
4	&	RF closes to LF	-----	1/2
5	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Release hold with L hand Man and R hand lady and keep the hold for man R hand and Lady L hand

Step	Count	Footposition	Turning	Rhythm
1	1	RF fwd	1/4 to L (Side by side with the Lady)	1
2	2	Replace weight back to LF	Commence to turn to R	1
3	3	RF to side small step	Continue turning 1/4 to R	1/2
4	&	RF closes to LF	-----	1/2
5	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Note General:

As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step turning to R the Lady is dancing the RF fwd basic step turning to L resulting in a side by side position. Mans L hand and Ladys R hand are joined. The same way around when the man is dancing the RF fwd basic step turning to L the Lady is dancing the LF fwd basic step turning to R again resulting in a side by side position but facing the other way around. The mans R hand and the Ladys L hand are now joined. A complete Promenade will therefore consist of 10 steps. The man is dancing the LF fwd basic turning to R and directly also the RF fwd basic turning to L while the Lady starts with the RF fwd basic turning to L and continue with the LF fwd basic turning to R. Repeat the 10 steps any number of time.

Cha-Cha-Cha figure B

Hand to Hand

Release hold with L hand Man and R hand Lady and keep the hold for man R hand and Lady L hand

Step	Count	Fotposition	Turning	Rhythm
1	1	LF back	1/4 to L (Side by side with the Lady)	1
2	2	Replace weight fwd to RF	Commence to turn to R	1
3	3	LF to side small step	Continue turning 1/4 to L	1/2
4	&	RF closes to LF	-----	1/2
5	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Release hold with R hand Man and L hand Lady and keep the hold for man L hand and Lady R hand

Step	Count	Fotposition	Turning	Rhythm
1	1	RF back	1/4 to R (Side by side with the Lady)	1
2	2	Replace weight fwd to LF	Commence to turn to L	1
3	3	RF to side small step	Continue turning 1/4 to L	1/2
4	&	RF closes to LF	-----	1/2
5	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Note General:

As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step turning to R the Lady is dancing the RF fwd basic step turning to L resulting in a side by side position. Mans L hand and Ladys R hand are joined. The same way around when the man is dancing the RF fwd basic step turning to L the Lady is dancing the LF fwd basic step turning to R again resulting in a side by side position but facing the other way around. The mans R hand and the Ladys L hand are now joined. A complete Promenade will therefore consist of 10 steps. The man is dancing the LF fwd basic turning to R and directly also the RF fwd basic turning to L while the Lady starts with the RF fwd basic turning to L and continue with the LF fwd basic turning to R. Repeat the 10 steps any number of time.

Cha-Cha-Cha figure C

The under arm turn

Man

Step	Count	Footposition	Turning	Rhythm
1-10	123&4,123&4	Dance a complete basic step	Turn to L or no turn	11½½1,11½½1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Lady

Step	Count	Footposition	Turning	Rhythm
1-5	123&4	Dance step 1-5 of a RF bwd Basic	Turn to L or no turn	11½½1
6	1	LF fwd	1/4 to R	1
7	2	RF fwd	Continue turn to R	1
8	3	LF to side	Continue turn having made 1 complete turn to R over 3 step	½
9	&	RF closes to LF	-----	½
10	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Note General:

While the man is dancing a complete Basic the lady is dancing the first half of the basic as normal but on step 6 the man is raising his L arm starting to turn her to the R under the arm. The lady continue turning under the arm for step 7 and on step 8 she will be facing the man again and take normal hold finishing dancing step 9 and 10. The whole figure can be repeated any number of times.

Rumba

Basic step

LF fwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	LF fwd	-----	1 Q
2	2	Replace weight back to RF	-----	1 Q
3	3-4	LF to side	-----	2 S

Note: It is possible to turn the LF fwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1

RF bwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	RF back	-----	1 Q
2	2	Replace weight fwd to the LF	-----	1 Q
3	3-4	RF to side	-----	2 Q

Note: It is possible to turn the RF bwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

General: As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step and the same way around when the man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step. A complete Basic step will therefore consist of 6 steps. The man is dancing the LF fwd basic and directly also the RF bwd basic while the Lady starts with the RF bwd basic and continue with the LF fwd basic. Repeat the 6 steps again until a complete full turn to the L have been achieved or without turning, dance any number of full basic steps.

Rumba figure A

Hand to Hand

LF bwd basic step turning to L

Step	Count	Fotposition	Turning	Rhythm
1	1	LF back	1/4 to L	1 Q
2	2	Replace weight fwd to RF	Commence to turn to R	1 Q
3	3-4	LF to side small step	Continue turning 1/4 to R	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

RF bwd basic step turning to R

Step	Count	Fotposition	Turning	Rhythm
1	1	RF back	1/4 to R	1 Q
2	2	Replace weight fwd to LF	Commence to turn to L	1 Q
3	3-4	RF to side small step	Continue turning 1/4 to L	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Note General:

As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step turning to L the Lady is dancing the RF bwd basic step turning to R resulting in a side by side position. Mans R hand and Ladys L hand are joined The same way around when the man is dancing the RF bwd basic step turning to R the Lady is dancing the LF bwd basic step turning to L, again resulting in a side by side position but facing the other way around. The mans L hand and the Ladys R hand are joined. A complete Hand to Hand figure will therefore consist of 6 steps. The man is dancing the LF bwd basic turning to L and directly also the RF bwd basic turning to R while the Lady starts with the RF bwd basic turning to R and continue with the LF bwd basic turning to L. Repeat the 6 steps any number of time.

Rumba figure B

The under arm turn

Man

Step	Count	Footposition	Turning	Rhythm
1-6	123-4,123-4	Dance a complete basic step	Turn to L or no turn	112,112 QQS,QQS

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Lady

Step	Count	Footposition	Turning	Rhythm
1-3	123-4	Dance step 1-3 of a RF bwd Basic	Turn to L or no turn	112, QQS
4	1	LF fwd	1/4 to R	1 Q
5	2	RF fwd	Continue turn to R	1 Q
6	3	LF to side	Continue turn having made 1 complete turn to R over 3 step	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Note General:

While the man is dancing a complete Basic the lady is dancing the first half of the basic as normal but on step 4 the man is raising his L arm starting to turn her to the R under the arm. The lady continue turning under the arm for step 5 and on step 6 she will be facing the man again and take normal hold. The whole figure can be repeated any number of times.

Rumba figure C

The Spot turn

Man

Step	Count	Fotposition	Turning	Rhythm
1	1	LF fwd	1/4 to R	1 Q
2	2	RF fwd	Continue turn to R	1 Q
3	3-4	LF to side	Continue turning having made 1 complete turn to R over 3 step	2 S
4	1	RF fwd	1/4 to L	1 Q
5	2	LF fwd	Continue turn to L	1 Q
6	3-4	RF to side	Continue turning having made 1 complete turn to L over 3 step	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Lady

Step	Count	Fotposition	Turning	Rhythm
1	1	RF fwd	1/4 to L	1 Q
2	2	LF fwd	Continue turn to L	1 Q
3	3-4	RF to side	Continue turning having made 1 complete turn to L over 3 step	2 S
4	1	LF fwd	1/4 to R	1 Q
5	2	RF fwd	Continue turn to R	1 Q
6	3-4	LF to side	Continue turning having made 1 complete turn to R over 3 step	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Note General:

Release hold at the end of previous figure. While the man is dancing a complete turn to the R on the spot over step 1-3 the lady is dancing a complete turn to the L on the spot until they are facig each other again. On step 4-6 the man is dancing a complete turn to the L on the spot over step and the lady is dancing a complete turn to the R on the spot until they are facig each other again.

Samba

Basic step

LF fwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	LF fwd	-----	1
2	2	Close RF to LF without weight	-----	1

RF fwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	RF fwd	-----	1
2	2	Close LF to RF without weight	-----	1

LF bwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	LF Back	-----	1
2	2	Close RF to LF without weight	-----	1

RF bwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	RF Back	-----	1
2	2	Close LF to RF without weight	-----	1

Note General: As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step. When the Man is dancing the RF fwd basic step the Lady is dancing the LF bwd basic step. It is possible to dance any number of basic steps moving forward for the man and backward for the Lady.

If the Man is dancing the LF bwd basic step the Lay is dancing the RF fwd basic step and when the Man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step. It is possible to dance any number of basic steps with the Man moving backwards and the Lady moving forwards.

Note: The basic steps are links between the Natural turn and the Reverse turn.

Example: Man step.

Dance figure A the Natural turn, dance 3 fwd basicsteps RF, LF, RF, and then the figure B the Reverse turn.

Samba figure A

Natural turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-2	12	RF fwd basic step	1/8 to R	1,1
3-4	34	LF bwd basic step	1/8 to R	1,1
5-8	5678	Repeat step 1-4	1/4 to R	1,1,1,1
9-16	1234 5678	Repeat steps 1-8	1/2 to R	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times fwd and back to complete one full turn to the R.

Lady

1-2	12	LF bwd basic step	1/8 to L	1,1
3-4	34	RF fwd basic step	1/8 to R	1,1
5-8	5678	Repeat step 1-4	1/4 to R	1,1,1,1
9-16	1234 5678	LF step in place	1/2 to R	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times back and forward to complete one full turn to the R.

Samba figure B

Reverse turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-2	12	LF fwd basic step	1/8 to L	1,1
3-4	34	RF bwd basic step	1/8 to L	1,1
5-8	5678	Repeat step 1-4	1/4 to L	1,1,1,1
9-16	1234 5678	Repeat steps 1-8	1/2 to L	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times fwd and back to complete one full turn to the L.

Lady

1-2	12	RF bwd basic step	1/8 to L	1,1
3-4	34	LF fwd basic step	1/8 to L	1,1
5-8	5678	Repeat step 1-4	1/4 to L	1,1,1,1
9-16	1234 5678	LF step in place	1/2 to L	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times back and forward to complete one full turn to the R.

Samba figure C

The Whisk

Step	Count	Footposition	Turning	Rhythm
Man				
1	1	RF to the side small step	---	3/4,
2	&	LF places behind RF (part weight)	---	1/4
3	2	Replace weight to RF	---	1
4	3	LF to the side small step	---	3/4,
5	&	RF places behind LF (part weight)	---	1/4
6	4	Replace weight to LF	---	1
Lady				
1	1	LF to the side small step	---	3/4,
2	&	RF places behind LF (part weight)	---	1/4
3	2	Replace weight to LF	---	1
4	3	RF to the side small step	---	3/4,
5	&	LF places behind RF (part weight)	---	1/4
6	4	Replace weight to RF	---	1

Note: There is a slight turn of the body for the man to the L on step 1-3 and to the R on step 4-6. The Lady is turning slightly to the R on step 1-3 and to the L on step 4-6

Swing dance

Basic step

Start in close dance hold facing sideways with the bodies in a V-shape.

Step	Count	Footposition	Turning	Rhythm
Man				
1	1	LF foot sideways in promenad position	---	S
2	2	Replace weight to RF in V-shape pos	---	S
3	3	Place LF behind RF small step	---	Q
4	4	Replace weight fwd to RF still in V-shape pos	---	Q
Lady				
1	1	RF foot sideways in promenad position	---	S
2	2	Replace weight to LF in V-shape pos	---	S
3	3	Place RF behind LF small step	---	Q
4	4	Replace weight fwd to LF still in V-shape pos	---	Q

Note General: The Basic step can be taken in place without turning but could also turn to the L or to the R. Four Basic step would be the normal way of dancing to complete one full turn to the L or to the R still with normal dance hold and the bodies held in a V-shape position.

For more advanced dancers it is possible to tap the foot without weight before taking the step with weight on step 1 and 2. Counting tap-step, tap-step, behind replace. It is even possible to make a small chasse on step 1 and step 2 counting 1&2, 3&4, behind, replace. The three kinds of dancing the basic step is called, single, double and triple timing.

Swing dance figure A

Swing out and in again

Start in close dance hold facing sideways with the bodies in a V-shape dancing one basic step.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF foot sideways in promenad position	---	S
6	2	RF to side releasing hold with R hand	---	S
7	3	Place LF behind RF small step	---	Q
8	4	Replace weight fwd to RF now in open facing pos.	---	Q
9	1	LF step in place start to bring in the lady	---	S
10	2	RF step in place take hold with RH again	---	S
11	3	Place LF behind RF small step	---	Q
12	4	Replace weight fwd to RF now in V-shape position	---	Q
Lady				
5	1	RF foot sideways in promenad position	1/4 to L	S
6	2	LF back release hold with L hand	1/8 to L	S
7	3	Place RF behind LF small step	---	Q
8	4	Replace weight fwd to LF now in open facing pos	---	Q
9	1	RF fwd towards the man	1/8 to R	S
10	2	LF to side place L hand on man's shoulder	1/4 to R	S
11	3	Place RF behind LF small step	---	Q
12	4	Replace weight fwd to LF now in V-shape position	---	Q

Note General: Dance one Basic step to start the figure. The Man is leading the Lady to turn to her L releasing hold with his R hand, pushing her out away from the man to an open facing position still holding her with his L hand in her R hand. On the next 4 steps he will pull her in to his arm again taking the normal hold in a V-shape position.

For more advanced dancers it is possible to tap the foot without weight before taking the step with weight on step 1 and 2. Counting tap-step, tap-step, behind replace. It is even possible to make a small chasse on step 1 and step 2 counting 1&2, 3&4, behind, replace. The three kinds of dancing the basic step is called, single, double and triple timing.

Swing dance figure B

Swing out under the arm and in again

Start in close dance hold facing sideways with the bodies in a V-shape dancing one basic step.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF foot sideways in promenad position Lift L hand	---	S
6	2	RF to side releasing hold with R hand by pushing her under the raised L hand	1/4 to L	S
7	3	Place LF behind RF small step lower L hand	---	Q
8	4	Replace weight fwd to RF now in open facing pos.	---	Q
9	1	LF step in place start to bring in the lady	---	S
10	2	RF step in place take hold with RH again	1/4 to R	S
11	3	Place LF behind RF small step	---	Q
12	4	Replace weight fwd to RF now in V-shape position	---	Q
Lady				
5	1	RF foot fwd lift R hand, start to turn R	---	S
6	2	LF back and sideways release hold with L hand turning to R under the raised R hand	1/2 to R	S
7	3	Place RF behind LF small step	---	Q
8	4	Replace weight fwd to LF now in open facing pos	---	Q
9	1	RF fwd towards the man	1/4 to R	S
10	2	LF to side place L hand on man's shoulder	1/4 to R	S
11	3	Place RF behind LF small step	---	Q
12	4	Replace weight fwd to LF now in V-shape position	---	Q

Note General: Dance one Basic step to start the figure. The Man is leading the Lady to turn to her R under his L hand releasing hold with his R hand, pushing her out away from the man to an open facing position still holding her with his L hand in her R hand. On the next 4 steps he will pull her in to his arm again returning to the normal hold in a V-shape position

For more advanced dancers it is possible to tap the foot without weight before taking the step with weight on step 1 and 2. Counting tap-step, tap-step, behind replace. It is even possible to make a small chasse on step 1 and step 2 counting 1&2, 3&4, behind, replace. The three kinds of dancing the basic step is called, single, double and triple timing.

Swing dance figure C

Changing hands behind back

Start in close dance hold facing sideways with the bodies in a V-shape, swing out the lady by dancing the first 4 steps of figure A or B.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF fwd towards the lady, start turning to the L	---	S
6	2	RF to side placing R hand on ladys R hand changing back to L hand behind mans back	1/4 to L	S
7	3	Place LF behind RF small step	1/4 to L	Q
8	4	Replace weight fwd to RF still in open position	---	Q
9-12	1-4	Repeat steps 5-8 continue turning 1/2 a turn to L changing the hands behind the back one more time	1/2 to L	SSQQ
13	1	LF step in place start to bring in the lady	---	S
14	2	RF step in place take hold with RH again	1/4 to R	S
15	3	Place LF behind RF small step	---	Q
16	4	Replace weight fwd to RF now in V-shape position	---	Q
Lady				
5	1	RF foot fwd turn R	1/8 to R	S
6	2	LF back and sideways continue turning (Hold R hand fwd and the man will grip and change the hold behhind his back).	3/8 to R	S
7	3	Place RF behind LF small step	---	Q
8	4	Replace weight fwd to LF now in open facing pos	---	Q
9-12	1-4	Repeat steps 5-8 continue turning 1/2 a turn to R (Holding R hand forward for the man to grip and change the hand behind his back).	1/2 to R	SSQQ
13	1	RF fwd towards the man	1/4 to R	S
14	2	LF to side place L hand on man's shoulder	1/4 to R	S
15	3	Place RF behind LF small step	---	Q
16	4	Replace weight fwd to LF now in V-shape position	---	Q

Note General: Dance the first 4 steps of figure A or B starting step 5 facing each other in an open facing position. The Man is turning to the L, leading the Lady to turn to her R passing behind mans back placing his R hand over her R hand releasing hold with his L hand. He change back his hold to L hand in her R hand behind his back ending in an open facing position having turned 1/2 turn, man to the L, lady to the R. Repeat these four step again returning to the open position again facing the other way having turned another 1/2 turn. On the last 4 steps he will pull her in to his arm again returning to the normal hold in a V-shape position

For more advanced dancers it is possible to tap the foot without weight before taking the step with weight on step 1 and 2. Counting tap-step, tap-step, behind replace. It is even possible to make a small chasse on step 1 and step 2 counting 1&2, 3&4, behind, replace. The three kinds of dancing the basic step is called, single, double and triple timing.

Swedish Bugg

Basic step (Four step in place or turning to the R)

Start in double hand hold facing each other. Left palm up, R palm down.

Step	Count	Footposition	Turning	Rhythm
Man				
1	1	LF foot fwd small step	---	Q
2	2	Replace weight to RF	---	Q
3	3	Place LF behind RF small step	---	Q
4	4	Replace weight fwd to RF	---	Q
Lady				
1	1	RF foot fwd small step	---	Q
2	2	Replace weight to LF	---	Q
3	3	Place RF behind LF small step	---	Q
4	4	Replace weight fwd to LF	---	Q

Note General: The Basic step can be taken in place without turning but could also turn to the R. Four Basic step would be an easy way of dancing to complete one full turn to the R but also three or even two basic step could make a full turn to the R.

The man is leading the lady by placing his L hand (Lady's R hand) cross over his R hand (Lady's L hand) on step 1-2 and back to normal position on 3-4. Lady is circling around the man and take slightli larger steps to get around. The man is dancing very much on the spot with rather small steps.

The Swedish Bugg is danced with slightly bended legs on the same level above the floor. There should be no bumping running or bouncing up and down. The man can in principe dance any steps, with hesitations, kicks or taps following the rythm in the 4/4 timing of the music leading the lady who should dance on every beat. It is a similar dance as the Salsa but danced to Swing, Rock, Boogie music from 30 bars per minute up to 48 bars per minute. The dance was developed in Sweden from around 1965 meaning that the Bugg is older then the Salsa. The combinations are endless as in Salsa and it is a live dance invented while the dance goes on by the man leading the lady and the lady is just following his leads.

Swedish Bugg figure A

The Carousell

Start in double hand hold facing each other. Left palm up, R palm down. Dance one basic step in place 1-4.

Step	Count	Footposition	Turning	Rhythm
Man				
5-8	1-4	Dance one basic step in place (The man is leading the lady into the hook of his R arm by lifting the L hand over her head and turning her half a turn to her L into his R arm. Cuddle hold).	---	QQQQ
9-12	1-4	Dance four steps fwd in a small circle to the R	1/1 turn to the R	QQQQ
13-16	1-4	Dance one basic step in place (The man is leading the lady to turn out under his raised L hand to original position).	---	QQQQ
Lady				
5	1	RF foot to side small step (Lift R hand)	1/4 to L	Q
6	2	LF back small step (Turn under the raised R hand in to the mans R arm. Lady is now in cuddle hold).	1/4 to L	Q
7	3	Place RF behind LF small step	---	Q
8	4	LF in place	---	Q
9-12	1-4	Dance four steps back in a circle small steps	1/1 to the R	QQQQ
13-16	1-4	Dance one turning basic step under the raised R arm man.	back to the original position facing the 1/2 turn to the R	QQQQ

Note General: The figure could be described in a simple way like this. Dance one basic step, dance four steps in place turning lady into the hook of mas R arm, dance four steps going around to the R, man forward, lady backwards, dance four steps in place turning her out under the L arm keeping the double hold all the time.

It is possible to dance the last four step rolling the lady out of mans R arm by releasing hold of L hand and pull her out with the R hand holding her L hand.

Swedish Bugg figure B

The under arm turn Lady turning L

Start in double hand hold facing each other. Left palm up, R palm down. Dance one basic step in place 1-4. Release R hand from lady's L hand.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF to side small step (The man is raising his R hand leading the lady to turn under the joined hands to her L).	1/4 to R	Q
6	2	Replace RF on the spot (Lower the joined hands to finish side by side)	1/4 to R	Q
7-10	3-6	Dance a basic step (The man is leading the lady to dance a turning Basic step to the R finish facing each other).	---	QQQQ

Lady

5	1	RF foot to side small step (Lift R hand and turn to L under the joined hands)	1/4 to L	Q
6	2	LF to side very small step toe turned out. (Continue turning under the joined hands, finish LF Chaplin step side by side).	1/4 to L	Q
7	3	RF fwd start turn to the R	1/8 to R	Q
8	4	LF to side and slightly back	3/8 to R	Q
9	5	RF crosses behind LF (Body turn to R)	1/8 to R	Q
10	6	LF to side small step (Body turn to L)	1/8 to L	Q

General: This figure can be danced with 5 different handholds.

a/ Man's L hand-Lady's R hand

b/ Man's R hand-Lady's R hand

c/ Man's R hand-Lady's R hand and the joined L hands crossed over.

d/ Man's R hand-Lady's L hand

e/ Man's L hand-Lady's L hand

Lead: The man is leading the Lady to turn 1/2 a turn to her L under the joined hands on the first two steps, finishing facing the same way side by side with Lady on man's L side. He will then lead her to turn to the R in front of him by lowering the joined hands forward leading her to face him again with a slight puch and pull moment on step 9-10.

This figure can be repeated again starting from step 5 directly, not dancing a basic step before the underarm turn. By only dancing step 5-10 all the time, changing to different handholds, there, will be a nice flow in the dance.

Swedish Bugg figure C

The under arm turn Lady turning R

Start in double hand hold facing each other. Left palm up, R palm down. Dance one basic step in place 1-4. Widen the hold, keep the hands down and out.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF to side small step (The man keeping his L hand down leading the lady to step fwd).	1/4 to R	Q
6	2	Replace RF on the spot (Pull the Lady fwd, keep the L hand down and release the R hand)	1/4 to R	Q
7-10	3-6	Dance a basic step (The man is leading the lady to dance a spin to her R under the raised L hand finish facing each other).	---	QQQQ
Lady				
5	1	RF foot fwd small step (Keep R hand down and out).	---	Q
6	2	LF back very small step	1/2 to R	Q
7	3	RF fwd small step	1/2 to R	Q
8	4	LF back very small step	1/2 to R	Q
9	5	RF crosses behind LF (Body turn to R)	1/8 to R	Q
10	6	LF to side small step (Body turn to L)	1/8 to L	Q

General: This figure can be danced with 5 different handholds.

- a/ Man's L hand-Lady's R hand
- b/ Man's R hand-Lady's R hand
- c/ Man's R hand-Lady's R hand and the joined L hands crossed under.
- d/ Man's R hand-Lady's L hand
- e/ Man's L hand-Lady's L hand

Lead: The man is leading the Lady to turn one and a half turna turn to her R under the joined hands (Man's L, Lady's R hand) on steps 6-8 finishing facing each other. Important is to keep the joined hands down on step 5-6 turning her under the arm on 7-8.

The best way to continue is to dance step 5-10 of Figure B before starting again with the whole figure C

Salsa

Basic step

Start in double hand hold or a normal open Ballroom hold. Dance with relaxed arms but toned enough to be able to lead the lady.

Step	Count	Footposition	Turning	Rhythm
Man				
1	1	LF fwd small step	---	Q
2	2	RF step in place	---	Q
3	3	Place LF in place beside RF small step	---	Q
-	-	Paus on the fourth beat (no step)	---	q
4	5	RF bwd small step	---	Q
5	6	LF step in place	---	Q
6	7	Place RF in place beside LF small step	---	Q
-	-	Paus on the eight beat (no step)	---	q
Lady				
1	1	RF bwd small step	---	Q
2	2	LF step in place	---	Q
3	3	Place RF in place beside LF small step	---	Q
-	-	Paus on the fourth beat (no step)	---	q
4	5	LF bwd small step	---	Q
5	6	RF step in place	---	Q
6	7	Place LF in place beside RF small step	---	Q
-	-	Paus on the eight beat (no step)	---	q

Note General:

As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step. The same way around when the man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step.

Note

The Salsa basic can be danced without any turn or can be turned to the L or to the R. It can be danced with the double hand hold or with a normal open Ballroom hold with man holding the Lady with his L hand in her R hand having placed his R hand under her L shoulderblade. The lady is resting her L hand on his R shoulder.

It is also possible to dance the basics with R hand in R hand or with a cross hand hold.

Many dancers are only dancing the Basic step the whole dance. However it is nice to also dance some figures.

Salsa Figure A

Change of places

Start in double hand hold or a normal open Ballroom hold. Dance with relaxed arms but toned enough to be able to lead the lady.

Step	Count	Footposition	Turning	Rhythm
Man				
1	1	LF fwd small step	---	Q
2	2	RF step in place	1/8 to L	Q
3	3	Place LF in place beside RF small step	1/8 to L	Q
-	-	Paus on the fourth beat (no step)	---	q
4	5	RF bwd small step	1/8 to L	Q
5	6	LF step in place	1/8 to L	Q
6	7	Place RF in place beside LF small step	---	Q
-	-	Paus on the eight beat (no step)	---	q
Lady				
1	1	RF bwd small step	---	Q
2	2	LF step in place	---	Q
3	3	RF fwd small step	1/8 to L	Q
-	-	Paus on the fourth beat (no step)	---	q
4	5	LF fwd small step	1/8 to L	Q
5	6	RF to the side and backwards	1/8 to L	Q
6	7	LF bwd small step	1/8 to L	Q
-	-	Paus on the eight beat (no step)	---	q

Note

The Change of places is almost like a normal basic step but because of the 1/2 turn to the L the Lady's step will be different. The man is standing very much on the spot leading the Lady to dance around him and she will therefore be dancing with slightly larger steps.

It is also possible to dance the change of place with R hand in R hand or with a cross hand hold.

Salsa figure B 1

The under arm turn Lady

Man

Step	Count	Fotposition	Turning	Rhythm
1-6	123-, 567-,	Dance a complete basic step	---	QQQq, QQQq

Lady

Step	Count	Fotposition	Turning	Rhythm
1-3	123-	Dance step 1-3 of a Basic step	Start turn to R	QQQq
4	5	LF fwd	1/4 to R	Q
5	6	RF fwd	Continue turn to R	Q
6	7-	LF to side small step	Continue turn having made 1 complete turn to R over 3 step	Q q

Note:

While the man is dancing a complete Basic the lady is dancing the first half of the basic as normal but on step 4 the man is raising his L arm starting to turn her to the R under the arm. The lady continue turning under the arm for step 5 and on step 6 she will be facing the man again and take normal hold or double hand hold. The whole figure can be repeated any number of times.

It is possible to dance the underarm turn with different hand holds like R hand in R hand or R hand in R hand with L hands crossed under.

Salsa figure B 2

The under arm turn Man

Man

Step	Count	Fotposition	Turning	Rhythm
1-6	123- 567-	Dance step 1-6 of a Basic step	Start turn to R	QQQq
7	1	LF fwd	1/4 to R	Q
8	2	RF fwd	Continue turn to R	Q
9	3	LF to side small step	Continue turn having made 1 complete turn to R over 3 step	Q q
10-12	567-	Dance step 4-6 of Basic step	---	QQQq

Lady

Step	Count	Fotposition	Turning	Rhythm
1-6	123-, 567-,	Dance a complete basic step	---	QQQq, QQQq
7-12	123-, 567-,	Dance a complete basic step	---	QQQq, QQQq

Note:

Start by dancing a complete basic and on step 6 the man releases his L hand and lifting his R hand starting to turn under the arm. He turns one complete turn under his R arm and take double hand hold again and dances the last three steps of the basic ready to start again.

It is possible for the man to change hands behind his back instead of turning under the arm by taking Lady's R hand in his R hand behind his back on step 8 while he is turning. Change back to double hold or continue dancing with R hand in R hand.

Figure B1 and B2 is the same figure but when danced by the Man or the Lady respectively the order of the steps turns out differently.

Salsa figure C

The turning Top to R, Opening out to Changing of places

Man

Step	Count	Footposition	Turning	Rhythm
1-6	123-, 567-,	Dance a complete basic step Release hold of R hand on step 6	---	QQQq, QQQq
7-9	123-,	Dance steps 1-3 of basic step taking the first step back and placing R hand on Lady's back on the last step.	1/8 to R	QQQq,
10	5	Cross Rf behind LF	1/8 to R	Q
11	6	LF to side	1/8 to R	Q
12	7-	RF slightly fwd	1/8 to R	Qq
13	1	LF fwd	1/8 to R	Q
14	2	Replace weight to RF	start to turn L	Q
15	3-	LF to side small step	1/8 to L	Qq
16-18	567-	Dance step 5-7 of Change of place	1/2 to L	QQQq

Lady

Step	Count	Footposition	Turning	Rhythm
1-6	123-, 567-,	Dance a complete basic step	---	QQQq, QQQq
7-9	123-	Dance step 1-3 of a Basic step	Start turn to R	QQQq
10	5	LF to side	1/8 to R	Q
11	6	RF fwd to turned out	1/8 to R	Q
12	7-	LF to side small step	1/4 to R	Qq
13	1	RF back (turn sharp to R)	up to 1/2 to R	Q
14	2	Replace weight to LF	1/8 to L	Q
15	3	RF to side facing man	3/8 to L	Qq
16-18	567-	Dance step 5-7 of Change of place	1/2 to L	QQQq

Note:

Dance one complete basic and on step 6 releasing the R hand hold at the end of the Basic step. Step 7 will be taken back to get away from the Lady making it possible to pull her in to a normal Ballroom hold on steps 8 and 9 with the R hand placed on her back. By dancing cross behind, to side and forward while turning a half turn to the R the speed will increase in the turn. It is also possible to dance fwd, side and fwd if that feels better. Continue turning the lady to her R for up to a half turn while checking the turn by placing LF forward and opening out the hold allowing lady to turn. Man and lady are now almost side by side facing the same way. Turn the lady back to facing position and lead her to dance the last three steps of Changing place turning 1/2 a turn to R ready to start again from original position.