

The Four Families of Ragtime One-Step

Brief reminders of steps taught by Richard Powers

Steps that Travel

- One-Step* Simply walk in waltz pos, backing the lady, taking one step to each beat. Gent starts fwd L, lady back R.
- Promenade* Basic One-Step, both walking forward, side-by-side, in promenade position.
- Back the Man* Basic One-Step with the lady walking forward.
- Side Steps (Side Slide)* Step sideways toward line-of-direction, then close the trailing foot. Repeat to the same side.
- Yale Walk* A One-Step in Yale position, holding your partner to one side or the other.
- Step Out* Sweep your partner to Yale position for a step, then back to waltz position.
- The Snake* The same as the Step Out, but swing from one Yale position to the opposite Yale position.
- Lame Duck* Alternate elevated and dipping steps, as if limping.
- Picket Fence* Back W in R-Yale pos diagonally out of hall; twist to back M in L-Yale pos toward center, zig-zag path.
- Grizzly Bear* 1) A popular alternate name for the basic One-Step. 2) A lumbering One-Step often in a shoulder hold.
- Dog Trot* A faster One-Step in a brisk run, with stiffened legs.
- Bunny Hug* 1) A popular alternate name for the basic One-Step. 2) One-Step in a hugging embrace.
- Turkey Trot* 1) A popular alternate name for the basic One-Step. 2) Another name for the Dog Trot, often with kicks.
- Note: In 1910-13 the One-Step was so new it's name was not standardized yet, hence the regional alternate names above.*
- Castle Walk* One-Step up onto the balls of the feet, legs stiffened a bit, taking longer, smoother steps.
- Glide* A simple chassé (galop) smoothly traveling sideways toward line-of-direction.
- Four-Slide (Double-Time Slide of the Turkey Trot)* A series of four chassés, each ending with a half-turn.

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- Pony Step (Joan Sawyer's Skippity Hop of the Turkey Trot)* Skipping the One-Step and its variations.
- Sawyer's Figure Eight* Promenade 3 steps then stop and swivel to CPP; Counter Promenade 3 steps in the opposite direction then stop and swivel to PP; repeat but in a different direction each time, returning back to the same center point.
- Snake Dip* Same thing dipping on the second (crossover) step. Or in Yale pos with lady always crossing behind.
- The Snaky of the Turkey Trot* The same but done in a Zig-Zag pattern "as though writing the letter W on the floor."
- Sawyer's Marcel Wave #1* A Step-Out but you dip on the third (or third and fourth) step.
- The Nip-Up* Promenade fwd 3 steps then rock back one, in S-S-QQ timing. Possibly stamp on the quick steps.
- Skater's Walk* Basic One-Step, both walking forward, side-by-side, in Skaters Position. Both begin R foot.
- Fish Walk* A half-time slow, waddling (swimming) pony trot. Step, hop, step, hop.
- Polka Skip* While doing the One-Step, insert a quick polka step now and then (step-close-step, QQS timing).

Steps that Turn

- Pomander Walk* Both One-Step forward around each other in Yale Position. Walk around the other direction also.
- Rocking Turn* He stops with a fwd step L, then rocks back and forth R and L, in place, turning CCW.
- Promenade Turnout* Walk fwd in Promenade Position, then face partners and do two steps of Traveling Pivots.
- Traveling Pivots* Like a schottische spin but without the hops. Each step is a half-turn, R toe between partner's toes.
- Two-Step* A smooth turning polka (side-close-side) without a hop. A common variation in the One-Step.
- Promenade Walkaround* She promenades fwd then he stops and leads her fwd in a circle around him.
- Anderson Turn* Back the man in left-hip Yale pos, then he crosses L behind R and pivots CCW as she walks around him.

Steps that Cross

- Grapevine* He steps side L, crosses R in front of L, steps side L, crosses R behind L. She crosses mirror or opposite.
- Marcel Wave* A grapevine where she crosses in front as he crosses behind and vice versa, twisting to Yale positions.
- The Scissor* Back the lady 4 steps in Yale position; 4 steps of Marcel Wave. Repeat opposite, backing the man.
- Grapevine Dip* With either of these grapevine steps, dip on the second and fourth steps.
- Boat Swing* He crosses L over R as she crosses R behind L, then back the lady 2 steps. Repeat, opposite feet.
- Forward Boat Swing* The same except both cross over in front. Both of these are danced in 3-step (QQQ) phrases.
- Aeroplane Walk* The Boat Swing but holding both arms out to the sides like wings; sometimes in Skater's Position.
- Serpentine* Back the lady, gent crossing each step over the other as she crosses each step behind the other.
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- Sawyer's Marcel Wave #2* 2 steps of Yale Grapevine (R hip-to-hip) backing the lady followed by 2 steps of Interlaced Grapevine (waltz position) backing the lady. Repeat the 4-step pattern.
- The Rail Fence* (Man faces center) Back the man 2 steps in R Yale Pos (he crosses L behind), back the lady in Waltz Pos.
- Zig-Zag* Back the lady 3 steps in left-hip Yale pos, twist to right-hip Yale on count 4. Repeat opposite feet.
- Sawyer's Scissors of the Turkey Trot* Cross R over L, step side L, shift weight onto R facing CPP, flick L "in the manner of a hen scratching. Repeat opposite, crossing L over R.
- Sawyer's Step Over* 1) Back the lady, 2) M crosses R over L, W crosses L behind R, slightly dipping, 3) Back the lady, 4) Step side diagonal toward the outside wall, toward LOD, rising on the ball of the foot.

Steps that Oscillate

- Double Hesitation* Back the lady one step, stopping, rock back to place, back the man one step, rock fwd to place.
- Promenade Double Hesitation* The same in Promenade Position.
- Crab Walk* Man faces into room, do double hesitation steps repeatedly while traveling LOD in a zig-zagging path.
- Castle Rocks* As gent stands R, he swings L fwd, toe to ground, swings L back, repeat. She swings R back first.
- Advanced Castle Rocks* As gent stands L, he swings R fwd, swings R back, swings R fwd, steps R. Repeat opp.
- Triple Hesitation* Back the lady one step, stopping, then back the man two steps. Repeat with opposite feet.

Considerate leading:

Leads, let her walk comfortably into each variation. She doesn't want to worry if she can figure out what you're doing before it's too late and she doesn't want to be incessantly pushed and pulled around. She'd love to feel confident that all she has to do is keep walking (maybe in the same general direction) and fun variations will easily happen.