

The Four Families of 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, The Drag) Step sideways toward LOD, 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.

Steps that Turn

Pomander Walk Both One-Step forward around each other in Yale Position. Walk around the other direction also.

Promenade Turnout Walk fwd in Promenade Position, then face partners and do two steps of Traveling Pivots.

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.

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.

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.

Considerate leading:

Leads, let your partner 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.