

ONE-STEP VARIATIONS

Brief descriptions of steps taught by Richard Powers

- One-Step* Simply walk in waltz pos, backing the lady, taking one step to each beat. Gent starts fwd L, lady back R.
- Castle Walk* One-Step up onto the balls of the feet, legs stiffened a bit, taking longer, smoother steps.
- Yale Walk* A One-Step in Yale position, holding your partner to one side or the other.
- Step Out* From the basic One-Step, 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.
- Promenade* Basic One-Step, both walking forward, side-by-side, in promenade position.
- Skaters Walk* Basic One-Step, both walking forward, side-by-side, in skaters (shadow) position. Both begin R foot.
- Back the Man* Basic One-Step with the lady walking forward.
- Side Steps* Step sideways toward line-of-direction, then close the trailing foot. Repeat to the same side.
- Polka Skip* While doing the One-Step, insert a quick polka step now and then (step-close-step, QQS timing).
- Lame Duck* Alternate elevated and dipping steps, as if limping.
- Bunny Hug* One-Step in a hugging hold.
- Dog Trot* A faster One-Step (and Turkey Trot) in a brisk run, with stiffened legs.
- Fish Walk* A half-time slow, waddling (swimming) pony trot. Step, hop, step, hop.
- Boat Swing* He crosses L over R as she crosses R behind L, then back the lady 2 steps. Repeat, opposite feet.
- Aeroplane Walk* The same 1-2-3 pattern as the Boat Swing, but holding both arms out to the sides like wings.
- Pomander Walk* Both One-Step forward around each other in Yale Position. Walk around the other direction also.
- Traveling Pivots* A schottische spin without the hops. Each step is a half-turn, R toe between partner's toes.
- Promenade Turnout* Walk fwd in Promenade Position, then face partners and do two steps of Traveling Pivots.
- Rocking Turn* He stops with a fwd step L, then rocks back and forth R and L, in place, turning CCW.
- Double Hesitation* Back the lady one step, stopping, rock back to place, back the man one step, rock fwd to place.
- Triple Hesitation* Back the lady one step, stopping, then back the man two steps. Repeat opposite.
- Castle Rocks* As gent stands L, he swings R fwd, toe to ground, swings R back, swings R fwd, steps R. Repeat opp.
- 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 with four steps in Yale position, then face partner to do four steps of the Marcel Wave.
- Grapevine Dip* With either of these grapevine steps, dip on the second and fourth steps.
- Zig-Zag* Back the lady 3 steps in left-hip Yale pos, twist to right-hip Yale on count 4. Repeat opposite feet.
- Serpentine* Back the lady, gent crossing each step over the other as she crosses each step behind the other.
- Glide* A simple chassé (galop) smoothly traveling sideways toward line-of-direction.
- Four-Slide* A series of four chassés, each ending with a half-turn, like an extended polka.
- Two-Step* A smooth turning polka (side-close-side) without a hop. A common variation in the One-Step.
- Wallaby Jump* Both dancers step to the same side, then hop 3 more times on that foot, possibly turning. Repeat opp.
- Anderson Turn* Back the man in left-hip Yale pos, then he crosses L behind R and pivots CCW as she walks around him.