**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.

**Side Steps**
Step sideways toward line-of-direction, then close the trailing foot. Repeat to the same side.

**Promenade**
Basic One-Step, both walking forward, side-by-side, in promenade position.

**Yale Walk**
A One-Step in Yale (sidecar) position, holding your partner to one side or the other.

**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.

**Double Hesitation**
Back the lady one step, stopping, rock back to place, back the man one step, rock fwd to place.

**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.

**Two-Step**
A smooth turning polka (side-close-side) without a hop. A common variation in the One-Step.

**Make Stuff Up**
Borrow variations from Cross-Step Waltz or just vary steps and dance position as you travel.