

From the collection of Richard Powers

FROM THE STUDIOS OF
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BRANCHES IN ATLANTA, GA., AND ASHEVILLE, N. C.

THE ONE STEP

Learn the Fox Trot Before Learning the One Step

THE CORRECT DANCING POSITION—Lesson 15

Stand erect and on your toes, with the body slightly forward. Be natural as well as comfortable and not too close to your partner, yet not too far away. At all times, move easily and smoothly; the shoulders must always be on the same level. Avoid any excess motion. Step lightly without shuffling or scraping the floor.

Dance on the toes or ball of your foot. Make yourself tall and keep your knees straight. Would you bend your knees if you were walking on the street?

The illustrations show the proper positions of the head, hands, arms and body. The man does the leading with right arm and hand. The lady should rest her left arm and hand very lightly, taking pains not to bear down heavily.



DANCE ALONE AT FIRST

It is best not to dance with a partner until after you have mastered the steps ALONE.

The common belief that it is impossible to dance without a partner is absurd. Self balance cannot be acquired if one leans continually upon another. The beginner should learn to dance well alone before dancing with a partner.

Until the learner can move properly alone it would be discourteous to ask anyone to dance.

DANCING IS A PARTNERSHIP, EACH MUST DO HIS PART

Dancing may be likened to a business partnership. In business each partner has certain responsibilities; each one is expected to perform certain duties. So it is with dancing. The man is expected to lead and the lady follows. Each part requires a knowledge of the steps, and both must do their share. The man must guide firmly and KNOW what he is doing.

The lady must follow without being led too forcefully. In order to follow successfully she, too, must know the steps. Both must be able to dance and one must not depend upon the other's knowledge of dancing.

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TO OVERCOME A LACK OF CONFIDENCE

It is therefore necessary for each one to learn his or her part in the dance. Lack of confidence is caused by insufficient knowledge of the subject. When you really know how to dance, you will not be lacking in confidence. Knowledge of the steps inspires one to be an easy, confident dancer.

THE SECRET OF LEADING

The secret of being a good leader in dancing is to know exactly how to do each step, - and then in a decided manner. You must be sure of what you are doing. If you are uncertain as to how the steps are to be done, how is your partner to know?

If you know the steps and can do them well yourself, and then guide your partner firmly, she will follow if she knows anything about dancing. There is a mistaken impression that the man must guide by pushing, pulling, or shoving. This is not necessary if your partner is a good dancer. The good dancer never thinks of how he is leading his partner; he simply does his own part well.

Step in a firm and decided manner. When you go forward, step straight ahead. If you go backward, (very seldom to be attempted by a beginner) lead your partner firmly so that she will step directly toward you, - as though she were about to step on your feet. In the beginning, select a good dancer for your partner.

HOW TO FOLLOW

The first essential to successful following is to know the steps. How can anyone expect to dance with a man unless she is familiar with the steps he will do?

The second requirement is that the lady step in such a way as to always be ready for the next step, - and incidentally keep her feet out of her partner's way. This is accomplished by cultivating the proper step. Note the illustration in lesson three. Remember that it is most important for the lady to cultivate a long step, and take the long step in such a way that you will not pull away from your partner. You can take a long step easily and gracefully by stretching the toes backward. Make the toes step backward as far as possible. Whether you go backward, forward, or sideways, make the toes lead.

When dancing, do not slide the feet, but take them completely off the floor. When your foot is off the floor it is ready for the next step which your partner may take. To be light, dance on the tips of the toes; hold your arms up high. Do not let your hands or arms drag. To follow well, let the man guide you through his movements. Do not, while dancing with a partner, think of your feet or your own steps. Through the lessons you train your feet to know the steps and to dance. Then, when you dance with a partner, trust your feet - not your mind - to follow your partner.

THE RIGHT TURN IN THE ONE STEP

Take four long walking steps before doing the turn.

Eight steps are taken to complete one full turn to the right. Study the diagram a few minutes. Note carefully the direction in which the body moves.

Observe that for the first two steps the man goes forward, left foot, right foot.

Beginning with left, then walk backward four steps (turning meanwhile).

Then walk forward two steps, left, right.

Bear in mind that the object of this step is to make a complete turn to the right. This is done in a total of eight steps.

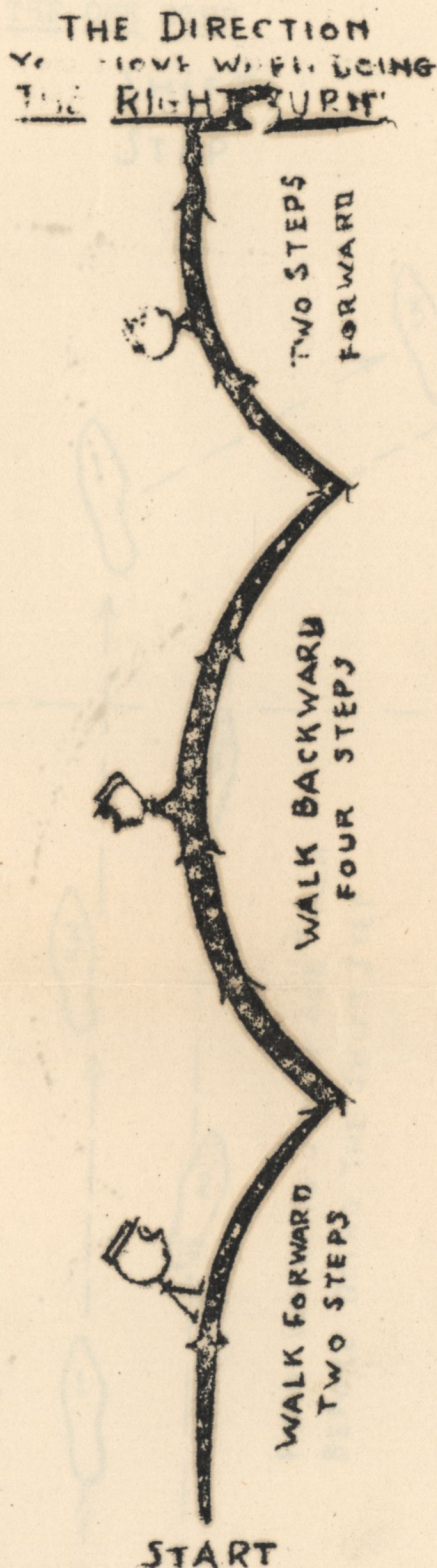
The best way of learning this step is to draw on the floor a diagram 8 feet long. Then walk the steps on the diagram.

The lady begins with her right foot and goes backward two steps; then walks forward four steps (turning) and walks backward for the last two steps.

When you go forward, step straight ahead. Do not be afraid of stepping on your partner's feet. Walk toward his feet when you go forward; do not try to avoid them. If he can dance, he will get them out of your way.

One Step Time.

If you have no phonograph available, learn to practice by taking two steps a second. Hold your watch in your hand while you walk around the room. Simply remember that the One Step is very much like march time. It is almost twice as fast as the walking steps in the Fox Trot.



THE SHIFT STEP IN THE ONE STEP

It is called the Shift Step because during the last part of the step, the weight is shifted from one foot to the other while standing almost on the same spot. Note, in the diagram, the very short step from the third to the fourth step.

The Man's Part: Step directly forward with the left foot, 1;

bring the right foot diagonally forward (feet 20 inches apart), 2;

draw the left foot up to the right (heels together) 3;

rise up on the left foot and shift the weight to the right foot, 4.

Begin with the left foot, repeat this movement of four counts.

The lady does the counterpart. Begin with the right foot and step directly backward, 1;

draw the left foot back and place it about twenty inches to the left side of the right foot, 2;

draw up the right foot to the left, 3;

rise on the right foot and shift the weight to the left foot, 4.

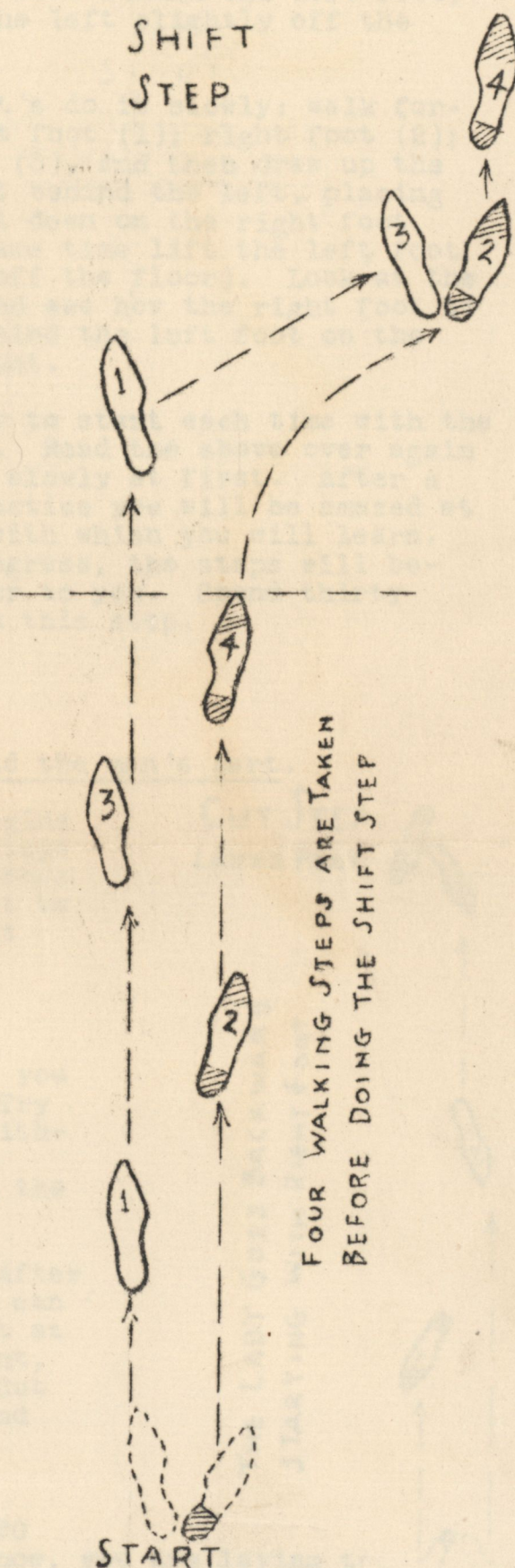
Practice this step for half an hour or more.

The lady always begins with right foot. THE MAN STARTS WITH HIS LEFT.

Remember to rise up high on the third count and drop or shift the weight to the fourth count.

Do this step around the room, counting 1, 2, 3, 4, at least thirty minutes.

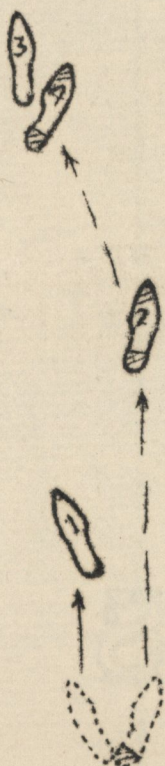
When leading your partner, walk four steps before doing the Shift Step. Count it: Walk forward, begin with left foot, 1, 2, 3, 4. Then do the Shift Step, which takes four counts. See diagram.



THE CUT STEP IN THE ONE STEP

MAN'S PART: It is advisable for the lady to learn this part also.

CUT
STEP
-
MANS
PART



Face the line of direction, start with the left foot and walk forward three steps; on the fourth, draw up the right foot behind the left foot, lifting the left slightly off the floor.

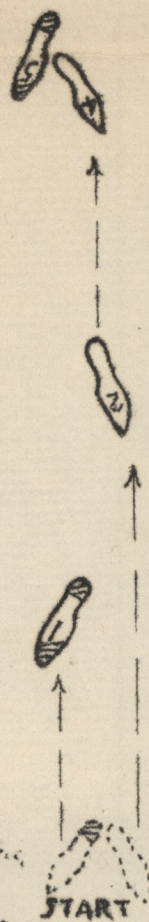
Now, let's do it slowly: walk forward, left foot (1); right foot (2); left foot (3), and then draw up the right foot behind the left, placing the weight down on the right foot (at the same time lift the left foot slightly off the floor). Look at the diagram and see how the right foot is placed behind the left foot on the fourth count.

Remember to start each time with the left foot. Read the above over again and do it slowly at first. After a little practice you will be amazed at the ease with which you will learn. As you progress, the steps will become easier to you. Spend thirty minutes on this step.

THE LADY'S PART: First read the man's part.

The lady goes backward and begins with her right foot. Walk three steps (a long step backward on 3), and cross the left foot in front of the right on the fourth count, lifting the right foot slightly off the floor.

CUT STEP
LADY'S PART



THE LADY GOES
BACKWARD
STARTING WITH
RIGHT FOOT

NOTES

Do not read any further until you can do the above step perfectly. Try to do it ten times in succession without a single mistake. Remember to keep to the right and follow along the line of direction.

Note carefully the diagram. After you have mastered the cut step and can do it perfectly, you may do the cut at any even count. But for the present, simply cut on the fourth count. (Cut means to bring the right foot behind the left.)

Do this step around the room, counting 1, 2, 3, 4, for at least 20 minutes. By practicing this step now, you are laying a good foundation and you are acquiring ease and grace. Your work now will bring in dividends of pleasure later. So, please practice.

You do not need music, but if there is a phonograph handy, walk around to any good One Step AFTER YOU HAVE LEARNED THE STEP. Do not dance with a partner until you are sure that you know the step perfectly. Take two walking steps a second.