MORE MUSTARD. PLUS MOUTARIL One-Step Directions for Dancing The One Step 1. The gentleman walks backward four steps, beginning with the left foot, counting 1, 2, 3, 4, and taking one step on each count. (The lady executes the same steps starting forward with the right foot.) The gentleman walks forward three steps, beginning with the left foot, count 5, 6, 7; step back on right foot and dip, by bending the knee, count 8 2. The gentleman walks forward 4 steps beginning with left foot, count 1, 2, 3, 4; turn to the right with four steps, count 5, 6, 7, 8 4 Bars 3. The gentleman steps to left, count 1; step right foot forward toward partner, count 2; step to side on left foot, count 3; draw right foot behind the left, at the same time making a slight dip by bending the knee, count 4.... 2 Bars Repeat No. 3 2 Bars 4. The gentleman walks forward four steps,

LOUIS MENTEL

COMPOSER OF MENTEL'S HESITATION WALTZ MENTEL'S TANGO ETC.

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