

From the collection of Richard Powers

American National Association Masters of Dancing



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Description of Modern Dances as Standardized by the New York Society Teachers of Dancing and approved by the Congress of Dancing Societies of America at meeting held December 27th, 1914, in New York City, N. Y.

The 1915 One-Step

STANDARDIZED BY THE NEW YORK SOCIETY TEACHERS OF DANCING
The gentleman's part will be described—the lady's is the reverse.

(The Crossing Step)

Assume the regular dancing position.

Gentleman takes 4 steps forward, starting with L. ft. (lady backward with R. ft.)	counting 1, 2, 3, 4
	2 measures
Step L. ft. to L. side	counting 1
Step R. ft. across behind L. ft.	counting 2
Step L. ft. forward	counting 3
Step R. ft. to R. side	counting 4
	2 measures
	4 measures

When the gentleman steps across behind, the lady steps across in front.

The Progressive Turn

In the regular dancing position.

Gentleman takes 4 steps forward, starting with L. ft. (lady backward, starting with R. ft.)	count 1, 2, 3, 4
	2 measures

One complete turn to the R. with 4 steps, progressing in the line of direction with each step	2 measures
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4 measures

In detail the above turn is as follows:

Gentleman steps L. ft. forward, making a quarter-turn to R.	count 1
Step R. ft. across behind L., making another quarter-turn to R.	count 2
Step L. ft. back of R. ft., making another quarter-turn to the R.	count 3
Step R. ft. forward, completing the turn to the R.	count 4

Or, very briefly, these steps are forward, back, back, forward.

(The One-Step Corte)

Take the regular dancing position.

Gentleman takes 4 steps forward, starting with L. ft. (lady backward with R. ft.)	count 1, 2, 3, 4
	2 measures

Gentleman steps forward on the ball of L. ft.	count 1
Step in place on R. ft.	count 2
Step back on ball of L. ft.	count 3
Step in place on R. ft. as before	count 4
	2 measures

4 measures

(The Reverse Progressive Turn.)

This is similar to the second figure, except that a pivot turn half-way around is made on the first of the turning steps; the second is taken without turning further, and the 3rd and 4th complete the turn.

(The Drag Step.)

Take the regular dancing position.

Gentleman takes two steps forward, starting with L. ft.	count 1-2
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1 measure

One Chasse, starting with L. ft., moving forward	count 1 and 2
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1 measure

(*Chasse* is: Slide on L. ft. count 1)
 Bring R. ft. up to L. ft. count *and*)
 Slide on L. ft. again count 2)
 Three drag steps, gentleman starting R. ft., moving sideways toward his R.
 side count 1 *and* 2 *and* 3 *and*
 Step on R. ft. count 4
 and pause (count *and*)
 This is 3 1-2 drag steps.
 A drag step is: (Step R. ft. to R. side count 1
 Draw the toe of L. ft. along the floor to R. ft. and transfer
 the weight to L. ft. count *and*)
 2 measures

The drag steps are taken at an angle to the line of direction, bringing one nearer the centre of the room. The gentleman bends at the waist to the L. (lady R.) and they look backward, opposite to the line of direction, toward the feet which are being dragged (gentleman's L. ft.) Make a quarter-turn to the R., so that the gentleman faces in line of direction, and repeat all.
 4 measures

"The Opera Waltz"

DEMONSTRATED BY NEW YORK SOCIETY.

This dance is performed very slowly, the metronome indication being for the dotted half-note at 74.

There are three kinds of steps in it—the Walking step, Hesitation waltz and Boston waltz. The entire combination requires 16 measures of music, and may be repeated at will.

The gentleman's part will be described—the lady's is vice versa.

The regular dancing position kept throughout the dance.

The gentleman starts with L. ft. and takes three slow walking steps forward (the lady backward), taking three counts, or one measure to each step.

R. ft. one waltz step forward without turning	3 measures count 1, 2, 3
Step forward on L. ft. and hesitate	1 measure count 1, 2, 3
Boston waltz turning to the L. (i. e. reversing) 7 times, starting R. ft. back.	1 measure

(The Boston waltz turning to the L. is: Step R. ft. back, rise on to the ball of the R. ft. and make a pivot turn on R. ft. toward L. side (3 counts), step L. ft. forward and pivot turn on L. ft. toward L. side (3 counts).
 7 measures

While the gentleman does these 7 measures of Boston waltz, the lady dances the Hesitation waltz, starting with a waltz step forward on L. ft., and hesitate back on R. ft. 7 measures

The Hesitation waltz is next danced in a grape-vine formation, thus:

Gentleman step L. ft. to side and hesitate	(3 counts)
Waltz forward, starting R. ft.	(3 counts)
Step L. ft. to side and hesitate	(3 counts)
Waltz backward, starting R. ft.	(3 counts)
	4 measures
	<hr style="width: 20%; margin: 0 auto;"/> 16 measures

“Hesitation Waltz”

Moderate $3/4$ time—Metronomic time = 160

DESCRIPTION OF STEPS

Description for the gentleman, lady taking counterpart.

DESCRIPTION OF “HESITATION STEP”

Gentleman steps L. ft. to L. side, following line of direction, throwing weight on L. ft. (feet in an open position).	counting 1-2-3
Hesitate or hold	1 measure of music
Plain waltz step.	
Gentleman starts plain waltz step, stepping forward with his R. ft., following line of direction	counting 4-5-6
	1 measure of music

2 measures of music

NOTE—Throughout the dance the gentleman hesitates on his L. ft., and begins the waltz step with his R. and the lady hesitates on her R. ft. and begins the waltz step with her L.

DESCRIPTION OF “SIDE HESITATION”

Gentleman steps with L. ft. to the L. side, throwing weight on the L. ft.	counting 1
Rests with R. toe pointed to the R. side.	counting 2-3
Steps forward with R. ft.	counting 4
Slides sideways with L. ft.	counting 5
Draws R. ft. to meet L. ft., with a transfer of weight	counting 6
	2 measures of music

FIRST FIGURE

“Side Hesitation”

Waltz position.

“Side Hesitation,” both moving sideways, following line of direction.

Gentleman starts with L. ft. Hesitates. 1 measure of music

Plain waltz step with R. ft. forward. 1 measure of music

Gentleman starts again with L. ft. and hesitates. 1 measure of music

This time begins waltz step with R. ft. backward 1 measure of music

Repeat the above. 4 measures of music

Lady counterpart. In all 8 measures of music

SECOND FIGURE

“Forward Hesitation”

Position, both retaining waltz position, but both facing forward.

Hesitate forward on L. ft. 1 measure of music

Waltz forward on R. ft. 1 measure of music

Repeat above twice. 4 measures of music

In all 6 measures of music

Waltz, turn to the right.

Gentleman begins with his L. ft. and the lady with her R. ft., and both make 2 plain waltz steps to the R. 2 measures of music

The lady finishes at the gentleman’s L. side, facing forward.
The Second Figure consists of 8 measures of music

THIRD FIGURE

“The Butterfly”

Position, same as the finish of the proceeding figure.

The gentleman starts backward on L. ft., hesitates 1 measure of music

Waltzes backward on R. ft., turning one-half turn to the L., finishing with the lady at his R. 1 measure of music
 Hesitates, on L. ft., going forward, facing line of direction. 1 measure of music
 Waltzes forward on R. ft., turning one-half turn to the R., again finishing with the lady at his L. 1 measure of music
 Repeat the above. 4 measures of music
 In all 8 measures of music

FOURTH FIGURE

"Hesitation," turning to right and left

Waltz position.

Hesitate, on L. ft. 1 measure of music

Plain waltz, 3 times, turning once around to the R. 3 measures of music

Hesitate, on L. ft. 1 measure of music

Plain waltz, 3 times, turning once around to the L. 3 measures of music

In all 8 measures of music

"Marée"

2½ time—Metronome time—160

Description for the gentleman. (The lady executes the same steps with the opposite foot, except in Third, Fourth and Fifth Figures, when both begin with L. ft.)

DESCRIPTION OF STEPS

"Pas Chasse"

Step with L. ft. to the side, swaying the body left counting 1

Draw toe of the R. ft. to heel of the L. ft., transferring the weight on the R. foot, counting and

Step with L. ft. to the side, throwing weight on the L. ft., feet in an open position, body erect counting 2 and

1 measure of music

Step with the R. ft. to the R. side, swaying the body right counting 3

Draw the toe of the L. ft. to the heel of the R. ft., transferring weight on the L. ft. counting and

Step with the R. ft. to the side, throwing weight on the R. ft., feet in an open position, body erect counting 4 and

1 measure of music

NOTE—*"Pas Chasse" can be executed turning and diagonally forward.*

"Side Chasse"

Step with L. ft. to the side counting 1

Draw the toe of the R. ft. to the heel of the L. ft., transferring weight on the R. ft. counting and

Step with the L. ft. to the side counting 2

Draw the toe of the R. ft. to the heel of the L. ft., transferring weight on the R. ft. counting and

1 measure of music

NOTE—*When executing this step to the left during 4 measures of music, finish with weight on the L. ft. at the end of the fourth measure. Reverse this order when executing to the right.*

"Heel and Toe Glissade"

Step with heel of the L. ft. diagonally forward counting 1

Draw the toe of the R. ft. to the heel of the L. ft., transferring weight on the R. ft. counting and
 Step with toe of the L. ft. diagonally backward to the side counting 2
 Draw the heel of the R. ft. to the toe of the L. ft., transferring weight on the R. ft. counting and
 1 measure of music

NOTE—When executing this step to the left during 4 measures of music, finish with weight on the L. ft. at the end of the fourth measure. Reverse this order when executing this step to the right.

“Maxixe Step”

Gentleman begins this step with the R. ft. forward and the lady with the L. ft. backward.

Step forward with the R. ft. and point L. toe in front (the toe turning inward) and swinging the body one-quarter turn to the right counting 1

Raise the heel of the R. ft. counting and 2

Bring the heel down on the count of 2

Step with the L. ft. backward, swinging the body one-quarter turn to the left and raise the R. ft. in front counting 3

Raise the heel of the L. ft. counting and 4

Bring the heel down on count of 4

2 measures of music

NOTE—The lady should not be raised from the floor.

DESCRIPTION OF LADY'S STEPS IN THE

“MAXIXE STEP”

Step backward with L. ft. and point R. toe behind the L. ft., swinging the body one-quarter turn to the right counting 1

Raise the heel of the L. ft. counting and 2

Bring the heel down on count of 2

Step forward with R. ft., swinging the body one-quarter turn to the left, raising L. ft. behind R. ft. counting 3

Raise the heel of the R. ft. counting and 4

Bring the R. heel down on count of 4

2 measures of music

Execute all steps in line of direction

INTRODUCTION—WALTZ POSITION

During the introduction of the four measures of music, use Pas Marche (Marching Step), gentleman moving forward, beginning with the L. ft. The lady moving backward, beginning with the R. ft.

Counting 1-2-3-4-5-6-7-8-4 measures of music

FIRST FIGURE

“Pas Chasse”

Starting with the L. ft. turn twice around to the right 4 measures of music

“Side Chasse”

In line of direction. 4 measures of music

“Pas Chasse”

Starting with the R. ft. turn twice around to the right. 4 measures of music

“Side Chasse”

Beginning with R. ft. in line of direction. 4 measures of music

In all 16 measures of music

SECOND FIGURE

“The Single Arch”

“Pas Chasse,” turning twice around to the right 4 measures of music

NOTE—During the above 4 measures the lady brings her R. hand in a circular

manner behind her back to join the gentleman's right hand; both then raise their L. hands, arms well arched, in front of and over their heads and with hands joined they execute the succeeding 12 measures.

"Heel and Toe Glissade"

4 measures of music

The gentleman begins with the L. heel diagonally forward. The lady begins with the R. toe diagonally backward.

"Pas Chasse," beginning with the R. ft. turning to the R. Arms remain arched.

4 measures of music

"Heel and Toe Glissade," gentleman begins with R., lady begins with L.

4 measures of music

NOTE—During the repeat the lady begins the last 4 measures with the L. heel diagonally forward and the gentleman with the R. toe diagonally backward. On the last count of the measure the lady makes a half turn to the right, both finish facing forward, side by side, in line of direction. Weight on R. ft., leaving L. ft. free. R. hands remain clasped at R. side of lady's waist, while the L. hands are lowered and clasped in front of the gentleman.

THIRD FIGURE

"Skating Step"

Side by side in open position. Both beginning with L. ft.

"Pas Chasse" diagonally forward to the left, then diagonally forward to the right with a slight bend of the R. knee, making a long slide diagonally forward on the count of 4.

2 measures of music

In all 8 measures of music

FOURTH FIGURE

"Turning Skating Step"

Side by side in open position. Both beginning with the L. ft.

"Pas Chasse," both turning once around to the right, gentleman finishing at lady's right side with L. hands clasped behind lady's waist and R. hands clasped in front of gentleman, weight on the R. ft.

counting 1 and 2 and 3 and 4 and

Both bend R. knee on the count of four, making long slide.

2 measures of music

"Pas Chasse," starting with the L. ft. Gentleman crosses behind lady to her L. side.

counting 1 and 2 and

"Pas Chasse," both moving to the right, with lady at gentleman's R. side.

counting 3 and 4 and

2 measures of music

Repeat the above in same order.

4 measures of music

In all 8 measures of music

FIFTH FIGURE

"La Coquette"

Lady stands in front of gentleman, and both begin with L. ft. facing line of direction.

"Pas Chasse" lady moving in front of gentleman to his L. side both raising L. hands still clasped above shoulder level, Lady looking over her R. shoulder at gentleman

counting 1 and 2 and

"Pas Chasse," lady passing to the right, looking at gentleman over her L. shoulder

counting 3 and 4 and

2 measures of music

Repeat the above.

2 measures of music

NOTE—The gentleman's steps are very much shorter than the lady's steps.

"Side Chasse," both with L. ft. describing a complete circle to the left and finishing with lady at gentleman's L. side, both facing line of direction, with weight on the L. ft.

4 measures of music

Repeat the first 4 measures, both beginning with the R. ft. Repeat the last 4 measures, describing a complete circle to the right. On the last measure the lady turns to the right under the gentleman's L. arm, to face him, and both raise their R. hands clasped in the form of a double arch.

8 measures of music

In all 16 measures of music

SIXTH FIGURE

"Double Arch"

Gentleman begins with the L. ft., lady with the R. ft. The arms of both are held in an arched position in front of and above their heads.

"Pas Chasse," turning twice around to the right. *4 measures of music*

"Side Chasse" to the right, finishing with weight on the L. ft.

4 measures of music

NOTE—During these last 4 measures the arms are gradually lowered out to the side on a line with the shoulders and raised again to form an arch.

Repeat the last 8 measures, beginning with the R. ft., finishing with the weight on the R. ft.

8 measures of music

In all 16 measures of music

SEVENTH FIGURE

"Spinning Step"

Gentleman starting with the L. ft., lady with the R. ft. Gentleman lowers L. hand on a line with his shoulder, and with his R. hand holds the lady's fingers. The lady's arms remain in the Double Arch Position.

Gentleman executes "Side Chasse" to the left while the lady executes "Pas Chasse," turning twice around to the right, spinning or turning under the gentleman's arm

4 measures of music

Waltz position.

Both execute "Pas Chasse," turning to the right, the gentleman starting with L. ft. The lady with R. ft.

4 measures of music

In all 8 measures of music

Repeat the last 8 measures of the "Spinning Step," gentleman starting with the L. ft., lady with the R. ft as before.

8 measures of music

In all 16 measures of music

EIGHTH FIGURE

"Maxixe Step"

Waltz position.

"Side Chasse" to the left, finishing with weight on the L. ft.

4 measures of music

"Pas Chasse," starting with the R. ft., turning twice around to the right

4 measures of music

In all 8 measures of music

"Maxixe Step," starting with the R. ft forward

4 measures of music

"Pas Chasse," starting with the R. ft., and turning once around to the right.

2 measures of music

"Side Chasse," beginning with R. ft. to the right, finishing with weight on the R. ft., with L. ft. free to begin the dance.

2 measures of music

In all 16 measures of music

“Syncopated Waltz”

or

Waltz Canter, 3/4 time—Metronome time=176

Description for the gentleman, lady taking counterpart.

Step, “Pas Boiteux”

Gentleman beginning with L. ft. forward, lady R. ft. backward.

DESCRIPTION OF STEPS

Description of “Pas Boiteux”

Gentleman steps forward on the L. ft.	counting 1
Rises on the L. toe	counting 2
Steps forward on the R. ft., throwing weight forward on the R. ft.	counting 3
	<i>1 measure of music</i>

Description of Turn

Gentleman steps backward on the L. ft.	counting 1
Rises on the L. toe	counting 2
Throws weight forward on the R. ft.	counting 3
	<i>1 measure of music</i>
Gentleman swings L. ft. forward	counting 1
Rises on the L. toe	counting 2
Throws weight backward on the R. ft.	counting 3
	<i>1 measure of music</i>

NOTE—*Gentleman keeps turning on the R. ft. all the time to the right.*

Repeat the above (Description of Turn) 4 times, which makes a complete turn.
2 measures of music

FIRST FIGURE

Waltz position.

Gentleman moving forward and lady moving backward.

Gentleman moving forward with the L. ft. makes 3 “Pas Boiteux.”

3 measures of music

Turning half way around to the R. on the 4th measure. *1 measure of music*

4 measures of music

Moving backward, makes 3 “Pas Boiteux”

3 measures of music

Turning half way around to the L. on the 4th measure. *1 measure of music*

4 measures of music

In all 8 measures of music

Repeat first 4 measures.

Turn once around to the R.

4 measures of music

In all 8 measures of music

In turning toward the R. the gentleman steps back on his L. ft., lady forward on her R. ft.

(See directions above for description of turn.)

The First Figure consists of 16 measures of music.

SECOND FIGURE

Slide L. ft. to L. side in line of direction counting 1-2

Close R. ft. to L. ft. counting 3

1 measure of music

Make “Pas Boiteux” backward with one-quarter turn to the R.

1 measure of music

Make 2 “Pas Boiteux” forward, following line of direction.

2 measures of music

Repeat the above.

4 measures of music
8 measures of music

Turn once around to the R. (See directions above for description of turn.)
 Make 4 "Pas Boiteux," moving backward.

4 measures of music

4 measures of music

8 measures of music

In all 16 measures of music

"Pas Boiteux"

(One Step Canter)

For Syncopated 2|4 time—Metronome time = 152

DESCRIPTION OF STEP

Gentleman steps forward with L. ft. on the count of—1 and rises on the L. ft. on count of—*and* brings R. ft. forward on the count of 2—*and*
 1 measure of music

"Fox Trot"

The basis of the "Fox Trot" is two steps, one a slow walking step on two counts, and the other a quick running step on one count.

The gentleman starts with the L. ft. forward, the lady with the R. ft. backward.

The gentleman's part is described; the lady's is the counterpart.

FIGURE I

Gentleman walks forward 4 steps, 2 counts to each L. R. L. R (8 counts).

4 running steps, L, R, L, R (4 counts)	2 measures
4 running steps, turning to right (4 counts)	1 measure
Repeat all	1 measure
	<hr/> 4 measures
	8 measures

FIGURE II

Gentleman steps L. ft. diag. forward (counts 1, 2), slides R. ft. across behind L. ft (counts 3, 4), and runs forward 4 steps, L, R, L, R (counts 5, 6, 7, 8)

Repeat all twice	2 measures
Full turn to R., 4 steps, two counts to each step	4 measures
	2 measures
	<hr/> 8 measures

FIGURE III

Gentleman executes a "Maxixe" two-step with L. ft., turn one-half to right (counts 1, 2, 3), hold (count 4), 4 running steps backward, beginning R. ft. (counts 5, 6, 7, 8)

Repeat all starting R. ft., complete the turn to R.	2 measures
Repeat all	2 measures
	4 measures
	<hr/> 8 measures

FIGURE IV

THE ZIG-ZAG RUN

The gentleman moves forward, lady backward; he crosses his foot to the back, and she hers to the front.

Gentleman runs L. ft. to L. side (count 1), R. ft. cross back (count 2), L. ft. to L. side (count 3), R. ft. to R. side (count 4), L. ft. cross back (count 5), R. ft. to R. side (count 6).

Continue through 12 counts	
End with 2 steps forward for gentleman, two counts to each step	3 measures
Repeat all.	1 measure
	<hr/> 4 measures
	<hr/> 8 measures

"Lulu Fado"

Metronome 75—Moderato 2|4

Gentleman starts forward with L. ft.

Lady starts backward with R. ft.

Description for gentleman; lady counterpart

WALTZ POSITION

Introduction

Consists of 4 slow walking steps, 1 to the measure.

Finishing with weight on R. ft., L. ft. 4th position back.

4 measures in all

FIRST FIGURE

Beginning with L. ft.

2 "Pas Marche" (Walking step) forward 1 measure of music

3 running steps, rest on the 4th beat 1 measure of music

Repeat three times, beginning with 2 "Pas Marche," beginning alternately L.

R. 8 measures in all

SECOND FIGURE

Description of Habanera Step.

Gentleman steps forward on L. ft. counting	1
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Changes weight backward to R. ft. counting	and
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Changes weight forward to L. ft. counting	2
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Rest	and
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Bringing R. ft. forward

Habanera Step 4 times, alternating L. and R. ft	4 measures of music
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"Pas Marche" (4 Walking steps)	2 measures of music
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"Chasse" (Two step) turning to the R.	2 measures of music
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Repeat 1st and 2d	8 measures of music
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In all 16 measures of music

NOTE

"Chasse" beginning with the L. ft., counting 1 and 2

"Chasse" beginning with the R. ft., counting 1 and 2

All the time turning to the R., making a complete circle.

FIGURE THREE

Gentleman beginning with L. ft.

Separate from partner, with three running steps,	counting 1, 2, 3
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Rest and snap fingers on	count of 4
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1 measure

(Gentleman turning away from partner, progressing diagonally forward to L.; lady progressing diagonally forward to R.)

Return to partner, beginning with R. ft. 3 running steps	counting 1, 2, 3
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Rest	4
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Clap hands on	3
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Snap fingers	4
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1 measure of music

Repeat above once	2 measures of music
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Turn partner to R. 2 "Chasse"	2 measures of music
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(See description of "Chasse" turn)	2 measures of music
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Habanera twice forward 2 measures of music
 Repeat Figure III 16 measures of music

NOTE BY SECRETARY—Figure III is also done in closed position, lady going back, gentleman forward, eliminating the finger snapping and hand clapping.

“Parisian Tango”

Music 2|4 time—Metronome time 1=84

DESCRIPTION OF STEPS

“Pas Marche”

(The walking or promenade step)

A rythmical walk. Two steps to the measure, made lightly as if one did not wish to make a noise when stepping.

Gentleman steps forward with R. ft., making an uneven number of steps, five or seven. Lady begins with L. ft. backward.

“Pas Corte”

“The Tango Step”

Gentleman points L. ft. backward on	1
Places weight on L. ft. on	2
Steps backward on R. ft. on	3
Steps backward on L. ft. and draw R. ft. backward to side of L. ft., but not quite touching L. ft. on	4
<i>2 measures</i>	

NOTE—*This step has its variants.*

Variant No. 1—Half “Pas Corte,” simply making 1 and 2. This is usually made after making a number of full “Pas Corte” steps.

Variant No. 2—Again the step is made in this order, 1 and 2 are made backward, 3 and 4 made forward. The lady commences with the opposite foot, advances when the gentleman retreats and *vice versa*.

“Demi Lune”

(The Half Moon Step)

Gentleman steps forward with R. ft. on	1
Place L. ft. at side of R. ft. and draw R. ft. up to L. ft. on	2
<i>1 measure</i>	
Step backward with L. ft. on	1
Place R. ft. at side of L. ft. and draw L. ft. up to R. ft. on	2
<i>1 measure</i>	

Lady the same, beginning with L. ft. backward.

NOTE—*This step is made on a square or in turning as in the waltz.*

“Le Huit”

(The Eight Step)

Gentleman steps to the left with L. ft. on	1
Cross step with the R. ft. forward on	2
Step to the left with L. ft., making a quarter turn on	3
Step to the right with R. ft. on	1
Cross step the L. ft. forward on	2
Step to the right with R. ft., making a quarter turn on	3

The lady does the same, beginning with the R. ft.

NOTE—*Each 1, 2, 3 takes one and a half measures.*

“Pas de Cote”

(The Side Step)

Both gentleman and lady face diagonally forward in waltz position.	
Gentleman steps forward with L. ft. on	1
Steps forward with R. ft. on	2

Steps forward with L. ft., points the toe, keeping weight of body on the R. ft. and twisting around on R. ft. so as to face partner on 3
1 measure and a half

The lady does the same, beginning with the R. ft.

This step has its variant.

Variant—The description is the same, except that the twisting around to face partner is left out.

NOTE—*In making this variation of the step, the gentleman and lady face each other as in the waltz position. The gentleman makes all of his steps straight forward the lady makes all of her steps straight backward.*

DESCRIPTION OF THE DANCE

INTRODUCTION—WALTZ POSITION

Gentleman starts with R. ft. forward, lady with L. ft. backward, make seven "Pas Marche" steps counting 1-2, 3-4, 5-6, 7

Place L. ft. at L. side and draw R. ft. up to L. ft. counting 8

Gentleman with L. ft. backward, lady with R. ft. forward. "Pas Corte" two and half times counting 1-2, 3-4, 5-6, 7-8, 9-10

Gentleman forward with R. ft., lady backward with L. ft. "Pas Marche" four times counting 1-2, 3-4

Gentleman forward with R. ft., lady backward with L. ft., make five "Demi Lune" steps counting 1-2, 3-4, 5-6, 7-8, 9-10

Gentleman backward with L. ft., lady forward with R. ft., "Pas Corte" two and a half times counting 1-2, 3-4, 5-6, 7-8, 9-10

Gentleman forward with R. ft., lady backward with L. ft., "Pas Marche" five times counting 1-2, 3-4, 5

Gentleman with L. ft., lady with R. ft., make five "La Huit" steps. Face a little in the direction the steps are made, counting 1, 2, 3 4, 5, 6 7, 8, 9

10, 11, 12 13, 14, 15

At the finish the gentleman draws R. ft. up to L. ft., lady draws L. ft. up to R. ft. Gentleman with L. ft. backward, lady with R. ft. forward. "Pas Corte" two and a half times, counting 1-2, 3-4, 5-6, 7-8, 9-10

Gentleman forward with R. ft., lady backward with L. ft., "Pas Marche" five times, counting 1-2, 3-4, 5

Gentleman with L. ft., lady with R. ft. "Pas de Corte" three times, counting 1, 2, 3, 4, 5, 6, 7, 8, 9

At the finish the gentleman draws the R. ft. up to the L. ft., the lady draws the L. ft. up to the R. ft.

Gentleman backward with L. ft., lady forward with R. ft., "Pas Corte" two and a half times, counting 1-2, 3-4, 5-6, 7-8, 9-10

Gentleman forward with R. ft., lady backward L. ft. "Pas Corte" (Variant) three times counting 1, 2, 3 4, 5, 6 7, 8, 9

Gentleman forward with R. ft., lady backward with L. ft. "Pas Marche" three times, counting 1, 2, 3

On the 3d count the gentleman draws R. ft. up to L. ft., the lady draws L. ft. up to R. ft.

Gentleman backward with L. ft., lady forward with R. ft. "Pas Corte" (Variant No. 2) two and a half times, counting 1-2, 3-4, 5-6, 7-8, 9-10

NOTE—*Should the dance be continued the gentleman begins forward with the R. ft., lady backward with the L. ft. "Pas Marche" four times, counting 1-2, 3-4*

.. Then the "Demi Lune" step and so continue at will.

Those who are expert dancers of the Tango do not follow any particular sequence of steps; this, however, requires considerable practice.

“La Russe”

A BALLROOM DANCE OF RUSSIAN AND AMERICAN CHARACTERISTICS

Composed by Mr. Louis H. Chalif, and

Standardized by NEW YORK SOCIETY TEACHERS OF DANCING

The tempo is 2/4, counting 1 and 2. The cycle of music is 8 measures. The dance should be executed majestically and with precision. The position of the dancers is the regular waltz position. The gentleman's part is described throughout—the lady counterpart.

MEANING OF TERMS

“*Pas Chasse*” is: Slide R. ft. forward, or to the side, (count 1) transferring the weight to it (count 1), bring L. ft. up to R. ft. (count *and*), and slide Rt. ft. forward, again transferring the weight to it (count 2). Bend slightly toward the ft. which begins the *chasse*. 1 measure

“*Pas Boiteux*” as used in this dance is: Step L. ft. to side rising on the toes (count 1), step R. ft. across in front of L. ft., allowing the knee to bend slightly (count 2). 2 measures

On count 1 stand very erect with the chest elevated.

“*Frotte*” is: Start with the L. ft. lifted backward a few inches above the floor, brush the L. toe forward along the floor and lift the L. ft. forward a few inches from the floor, the two movements being done together in 1 count and sharply, with an accent. “*Frotto*” occupies but a part of the measure.

FIGURE I

The gentleman takes 3 steps forward, starting L. ft. (counts 1, 2, 3) and rests (count 4). The lady starts R. ft. back. 2 measures

2 Chasses making a half-turn to R. The gentleman begins the 1st *chasse* with R. ft. and the 2d with L. ft. 2 measures

Repeat the 3 steps and rest, the gentleman moving backward in the line of direction and the lady forward. The gentleman now begins R. ft. 2 measures

2 Chasses making $\frac{3}{4}$ turn to the R., the gentleman starting L. ft. 2 measures

8 measures

FIGURE II

“*Pas Boiteux*”

Keep regular dancing position, but move sideways in line of direction with “*pas boiteux*” 8 times. The gentleman starts with L. ft. 8 measures

FIGURE III

Keep the same position and move sideways in line of direction with 3 steps and rest (counts 1, 2, 3, 4), the gentleman starting L. ft. 2 measures

Turn to the R. with 2 chasses, gentleman beginning R. ft. 2 measures

Repeat 3 steps and rest in the line of direction, this time the gentleman moving backward and the lady forward. The gentleman starts R. ft. 2 measures

2 Chasses turning to R. (half turn), the gentleman starting with L. ft. 2 measures

8 measures

FIGURE IV

Turning Figure

1 Chasse turning to R. (counts 1, 2), gentleman starting L. ft. and stop on R. ft. and rest (counts 3, 4). The gentleman bends to L. on counts 1, 2, and to R. on

counts 3, 4. The single step may be a light stamp.	2 measures
Repeat 3 times more continuing to turn to R.	6 measures
	<hr/>
	8 measures

FIGURE V
"Pas Frotte"

1 Chasse moving sideways in line of direction, the gentleman starting step L. ft. counts 1, 2), step R. ft. in line of direction, <i>i. e.</i> , crossing it over L. ft. (count 3), and make a frotte with L. ft. (count 4).	2 measures
Repeat 7 times more, gentleman always starting L. ft.	14 measures

16 measures

Repeat the dance from the beginning, but start moving sideways in line of direction, as in the previous figure, to avoid making an abrupt change of position.

The Brazilian Polka

The gentleman's part will be described; the lady's is opposite

A

Take the regular dancing position. The gentleman moves forward and the lady backward. Starting L. ft. take 4 walking steps forward, each step requiring 1 count (*i. e.*, 2 steps to a measure)

Continue moving forward with 4 quick running steps (counts 1 and 2 and	1 measure
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1 Chasse forward, starting L. ft.	1 measure
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"Chasse" is: Slide on L. ft. (count 1), bring R. ft. up to L. ft. (count and) and slide on L. ft. again (count 2.)

Turn with chasse 3 times, starting the first chasse with R. ft., and finish with step L. ft. back and close R. ft. to L. ft. The lady does the same but with the opposite foot, *i. e.*, steps R. ft. and draws L. ft.

4 measures
<hr/>
8 measures

B

In this figure partners change places and then return to original places, having passed completely around each other. The steps for this are slow walking steps as follows: (Both begin R. ft.) Release partner but continue to face each other. Step R. ft. diagonally forward to R. (count 1).

Step L. ft. to L. side, turning the back to partner (count 2).

Step with R. ft. in place where partner originally stood and face partner, having changed places (count 3—1st count of 2nd measure).

Close L. ft. to R. ft. (count 4).	2 measures
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Repeat these 3 steps and close the feet, returning to original place and both starting R. ft. to R. side again.

During these 4 measures place both hands on the hips at about 12 inches below the waist, and keep the head erect and turned toward partner as long as possible.

4 measures

C

Take the regular dancing position and move forward facing in line of direction—an open position. 2 polka steps forward, gentleman starting L. ft.

2 chasses turning	2 measures
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<hr/> 4 measures

“Le Balancello”

Composed by A. and R. PERIN and
Standardized by NEW YORK SOCIETY TEACHERS OF DANCING
Music 4|4 time—Metronomic time=120

Gentleman's part described throughout, lady taking counterpart.

DESCRIPTION OF STEPS

“Calm” (Calm)

Gentleman, step forward on L. ft.	counting 1
Change weight backward to R. ft.	counting 2
Change weight forward to L. ft.	counting 3
Rest on	4
<i>1 measure</i>	

Repeat the same, commencing with the R. ft. Lady begins with R. ft. backward.

“Alga” (Sea Weed)

Gentleman, cross step in front with L. ft. to R.	counting 1
Steps R. ft. to R. side and making quarter turn to L.	counting 2
Sway body to L.	counting 3
Sway body to R.	counting 4
<i>1 measure</i>	
Step L. ft. to L. side, making quarter turn to R.	counting 1
Step backward on R. ft.	counting 2
Cross step in front with L. ft. to R.	counting 3
Step backward on R. ft.	counting 4
<i>1 measure</i>	

“Zephyr” (Gentle Breeze)

Gentleman, step to R. with R. ft.	counting 1-2
L. ft. up to R. ft., heels together	counting 3-4
Repeat 4 times	4 measures
Waltz forward with R. ft.	counting 1-2, 3-4
Waltz backward with L. ft.	counting 1-2, 3-4
Waltz forward with R. ft.	counting 1-2, 3-4
Waltz backward with L. ft.	counting 1-2, 3-4
Making a quarter turn each time.	4 measures

Repeat from the beginning, stepping to the L., and commencing the waltz backward with the L. ft.

“Estralla” (Star)

Gentleman, steps backward with L. ft. and point R. ft. in fourth position back.	counting 1
Pause in same position.	counting 2-3-4
On fourth count change weight to R. ft.	1 measure
Repeat, but keep weight on L. ft. during 2-3-4.	1 measure
Step forward with R. ft. and point L. ft. in fourth position front	counting 1
Pause in same position	counting 2-3-4
On fourth count change weight to L. ft.	1 measure
Repeat, but keep weight on R. ft. during 2, 3, 4	1 measure
Repeat “Estralla” from beginning	4 measures

“Balancello” (Balancing)

Gentleman, step backward with L. ft.	counting 1, 2
Step backward with R. ft.	counting 3, 4

Step to left with L. ft., placing weight on L. ft., leaving R. ft. in second position	counting	5, 6
Change weight to R. ft.	counting	7, 8
		2 measures
Repeat 1, 2, 3, 4, 5, 6, 7, 8.		
"Sercia" (Mermaid)		
Gentleman, step backward with L. ft.	counting	1, 2
Step backward with R. ft.	counting	3, 4
Waltz backward with L. ft.	counting	5, 6, 7, 8
		2 measures
Step forward with R. ft.	counting	1, 2
Step forward with L. ft.	counting	3, 4
Waltz forward with R. ft.	counting	5, 6, 7, 8
		2 measures
Repeat		4 measures
"Vaga" (Wave)		
Gentleman, steps forward with L. ft., bending knee weight on L. ft.	counting	1-2
Change weight to R. ft. back	counting	3-4
Step backward with L. ft.	counting	5-6
Step to right side with R. ft., weight on R. ft. and feet apart	counting	7-8
Repeat 4 times in all		8 measures
"Brisa" (Wind)		
Gentleman and lady in waltz position, both face forward. Gentleman, step forward with L. ft., swings R. ft. forward, at same time brushing the floor	counting	1-2, 3-4
Repeat	counting	1-2, 3-4
Step on L. ft. and with R. ft. behind, make 3 chasse steps backward.	counting	1-2, 3-4, 5-6, 7-8
In waltz position, but changing arms, face opposite direction. Repeat commencing with opposite foot.		4 measures
Repeat these eight measures.		

DESCRIPTION OF DANCE

WALTZ POSITION

The first two steps, "Calma" and Alga," are danced together *like one step*,

"Calma-Alga."		
"Calma-Alga," dance twice through		16 measures
"Zephir"		16 measures
Calma-Alga," once through		8 measures
"Estralla"		8 measures
"Calma-Alga"		8 measures
"Balancello"		8 measures
"Calma-Alga"		8 measures
"Sereia"		8 measures
"Calma-Alga"		8 measures
"Vaga"		8 measures
"Calma-Alga"		8 measures
"Brisa"		16 measures
"Calma-Alga," twice		16 measures

