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Dance *Feldman's* 6th Edition Tutor

FELDMAN'S HOW TO DANCE

THE
ONE-STEP

□

BY

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□

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Photographs by W. BARNARD



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FELDMAN'S How to Dance the ONE-STEP

THERE is no sequence of steps danced in the One-Step, and no hard and fast rule as regards the dancing of the variations given. The gentleman by his leading must convey to the lady the various steps he wishes her to do. The lady must never lead, only follow the steps indicated by the gentleman. All the steps must be danced very smoothly on the soles of the feet. Great care must be taken to keep all forward and backward steps narrow, that is to say, the heels close together; the steps may be long, but they must not be wide. The most important step of all in the One-Step is the smooth walk, which is taken forwards and backwards and in all directions. Avoid all exaggerations and contortions. Keep the knees fairly loose, as in walking. Do not put in any extra shoulder movement. If the body is kept in an absolutely natural position, the shoulders will move slightly of their own accord in harmony with the feet. In the following description the Kick Step, Curve Step, Dip Step, and Side Lift should not be attempted until the other more simple steps have been thoroughly practised and mastered, as the former are rather more complicated and not in such general use.



Introduction.



Fig. 1.

Position. *Fig. 1.*—Gentleman with his weight on left foot, right foot forward; lady with her weight on right foot, left foot back; gentleman's right hand on lady's waist almost underneath her left arm. He places his left hand over her right, holding same slightly above her waist.

Walk. *No. 1, Fig. 1.*—Gentleman walks forward six steps,

commencing with his right foot, finishing with his weight on his left foot, slightly turning on this step, close right foot up to left, step back on left. Lady walks back six steps, commencing with left foot, finishing with her weight on her right foot, close left foot to right, slightly turning on it, step forward on right foot. At the end of this movement the lady will



Fig. 2.



Fig. 3.

be in a position to walk forward on her left foot, and the gentleman back on his right foot. Gentleman walks back four steps, commencing on his right foot, turning slightly on the fourth step (left foot), take right foot to side, close left foot to right. Lady walks forward four steps, commencing on her left foot, slightly turning on fourth step (right foot), slide left foot

to side. close right foot to left.

Side Step. *No. 2, Fig. 2.*—Gentleman walks forward two steps, commencing with right foot (count 1, 2), slide right foot to side (3) (see photo.). Lady walks back two steps, commencing with her left foot (count 1, 2), slide left foot to side.



Fig. 4.

Fig. 3.—Gentleman close left

foot to right. Lady close right foot to left.

Repeat this movement four times in all.

Kick Step. *No. 3, Fig. 4.*—Gentleman walks forward four steps, commencing with his right foot. Lady walks back four steps, commencing with left foot. Gentleman lift right foot up forward (count 1, 2) (see



Fig. 5.

photo.). Lady kick left foot back (count 1, 2).

Fig. 5.—Gentleman lift left foot up forward (count 3, 4). Lady lift right foot back (count 3, 4).

Repeat this movement again, *i.e.*, walk four steps, kick 1, 2, 3, 4. Gentleman walks four steps forward, commencing with right foot, finishing standing on left foot. step to side with right



Fig. 6.

foot, close left foot to right. Lady walks back four steps, commencing with left foot, finish standing on right foot, take left foot to side, close right foot to left.

Turn. No. 4, Fig. 6.—Gentleman places right foot against lady's right foot (see photo.), the lady at the same time stepping back on her left, taking a small step.



Fig. 7.

Fig. 7.—Turning on the soles of both feet (1), gentleman take left foot around lady outside, turning on it (2). Lady take left foot around gentleman outside, turning on it.

Repeat this, counting 3, 4. Gentleman walks forward six steps, commencing on his right foot, lady walks back six steps, commencing on her left.



Fig. 8.

Curve Step. No. 5, Fig. 8.—Gentleman curve right foot forward. Lady curve left foot back.

Fig. 9.—Gentleman takes left foot to side. Lady takes right foot to side.

Fig. 10.—Gentleman close right foot to left. Lady close



Fig. 9.

left foot to right, pause for fourth beat.

Gentleman curve left foot back, take right foot to side, close left foot to right. Lady curve right foot forward, left foot to side, close right foot to left. Gentleman walks forward four steps, commencing with his right foot, lady walks four back, commencing on her left. Repeat curve step again.



Fig. 10.

Fig. 11.—Gentleman walks forward four steps, commencing on his right foot, left foot, right foot, turning on left foot. Lady walks back four steps, commencing on left foot, turning on her last step (right foot). The gentleman will now have his back to centre of room, and the lady facing centre, as in photo.

Travelling Step. No. 6,



Fig. 11.

Fig. 12.—Gentleman close right foot to left. Lady slide left foot to right.

Gentleman slide left foot to side, slide right foot to left, slide left foot to side. Lady slide right foot to side, slide left foot to right, slide right foot to side. Repeat this movement four times in all, counting 1, 2, 3, 4. Take a small turn on the last step (left foot), walk



Fig. 12.

back four steps, commencing with right foot. Lady take a small turn on last step (right foot), walk forward four steps, commencing on left foot. Gentleman step to side with right foot, close left foot to right, turning so as to face line of direction. Lady step to left with left foot, close with right foot turning. Gentleman



Fig. 13.

will now be facing forward and lady backward.

Dip Step. No. 7, Fig. 13.—Gentleman step forward on right foot, forward on left, feet together, forward on left foot, bending the left knee (see photo.). Lady step back on left foot, right foot, feet together, back on right foot with knee bent.



Fig. 14.

Gentleman walk two steps forward, right, left. Lady walk two steps back, left, right.

Repeat this Dip Step once more.

Gentleman walk forward four steps, lady walk back four.

Side Lift. No. 8, Fig. 14.—Gentleman step forward on right foot, forward on left, feet together, left foot back, standing on right foot in between the lady's feet, pause. Lady step back on left foot, back on right, feet together, right foot forward against gentleman's right foot, raising left foot at side. Lady lower left foot, standing on it.

Gentleman walks forward, commencing with left foot, and lady back, commencing with right foot. Walk forward, backward, and turning, *ad lib.*



Finale.

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DANCE.

f *fz*