

## TwoStep Part 1

**Fig 1 Side TwoStep:** This figure can begin with either foot, facing in any direction. It is an easy figure which establishes the basic rhythm and movement.

Step Side, Close feet together and take weight, Step Side (same direction), Touch (do not take weight) ; Side TwoStep is a one measure figure; we can repeat with the other foot.

*Solo Practice 1.1: Side Left, Together Right, Side Left, Touch ;*

*Side Right, Together Left, Side Right, Touch ; repeat*

Facing your partner in **Butterfly position** (both hands joined) with the Man facing the **Wall**, you will have opposite feet free. Usually we will start with **Lead feet** free ie Man's Left foot and Ladies Right foot, so that we move together in the same direction. Remember the cues are given to the Man, so Side TwoStep LEFT will be to the Man's Left and Ladies Right.

*Practice 1.2: Butterfly position Man facing the Wall, Lead feet free*

*Side TwoStep Left and Right ;; repeat*

If we now change to **Open position** (side by side with Man's Right and Ladies Left hands joined) facing **Line of Dance** with **Lead feet** free, a Side TwoStep will now move partners apart and a second will move partners together.

*Practice 1.3: Open position facing Line of Dance Lead feet free :*

*Side TwoStep Apart and Together ;; repeat*

We can progress around the room by alternating the Side TwoSteps with Walking steps.

*Practice 1.4: Open position facing Line of Dance Lead feet free :*

*Side TwoStep Apart and Together ;; Walk 4 ;; repeat*

We can use these simple figures in different ways by Blending (changing) position at the end of a figure. We can Walk 4 and **Blend** to Butterfly position after the final step or we can Side TwoStep Left & Right and **Blend** to Open position after the final step. It is important to take the step before you turn your body to change position.

*Practice 1.5 Open position facing Line of Dance Lead feet free :*

*Side TwoStep Apart and Together ;; Walk 4 to Butterfly ;;*

*Side TwoStep Left and Right ;; Side TwoStep Left and Right and Blend to Open ;;*

The Cues can randomly mix these figures, so long as the changes of position are indicated.

**Fig 2 Box:** This is a development from the Side TwoStep, and begins the same way with a Side, Close (Q,Q) but instead of another Side step, the third step is Forward with the Left foot or Back with the Right foot for the Lady. This makes Half a Box, so we continue with the other foot to complete the Box. The Box takes 2 measures of music.

*Solo Practice 2.1:*

*Side Left, Together R, Fwd L, Touch ; Side Right, Together L, Back R, Touch ;*

Facing your partner in **Butterfly position** with the Man facing the **Wall**, with **Lead feet** free ie Man's Left foot and Ladies Right foot.

Man: Side Left, Together R, Fwd L, Touch ; Side Right, Together L, Back R, Touch ;

Lady: Side Right, Together L, Back R, Touch ; Side Left, Together R, Fwd L, Touch ;

*Practice 2.2: Butterfly position* with the Man facing the **Wall**, with **Lead feet** free

*Box ;; Box ;; Side TwoStep Left and Right ;; Box ;; repeat*

*Practice 2.3 Open position* facing **Line of Dance** **Lead feet** free :

*Side TwoStep Apart and Together ;; Walk 4 to Butterfly ;;*

*Box ;; Side TwoStep Left and Right ;;*

*Box ;; Side TwoStep Left and Right and Blend to Open ;;*

*Walk 4 ;; Side TwoStep Apart and Together ;;*

There are a family of BOX figures, which are based on this figure, so we will revisit it often.

**Fig 3 Reverse Box:** This is the equal and opposite of a Box.

Facing your partner in **Butterfly position** with the Man facing the **Wall**, with **Lead feet** free

Man: Side Left, Together R, **Back L**, Touch ; Side Right, Together L, **Fwd R**, Touch ;

Lady: Side Right, Together L, **Fwd R**, Touch ; Side Left, Together R, **Back L**, Touch ;

*Practice 3.1: Butterfly position* with the Man facing the **Wall**, with **Lead feet** free

*Box ;; Reverse Box ;; Side TwoStep Left and Right ;; Reverse Box ;; repeat*

**Fig 4 Forward TwoStep:** This is a one measure figure which progresses forward using the typical Step, Close, Step, -; action in the usual Q,Q,S,-; rhythm. It can begin with either foot, although is frequently used as 2 Forward TwoSteps starting with lead feet. If danced in **Closed position**, the Lady will move backwards, but in **Open position** or **Semi-Closed position** both partners move forwards.

In **Open position** facing the **Line of Dance** with **Lead feet** free. **2 Forward TwoSteps**

Man: Forward Left, Together R, Fwd L, - ; Forward Right, Together L, Forward R, -;

Lady: Forward Right, Together L, Forward R, - ; Forward Left, Together R, Forward L, - ;

**Note** Here we do not “Touch” on the 4<sup>th</sup> beat, instead we count “And” while drawing the free foot towards the weighted foot in preparation for the next Forward step. This makes the action smoother.

*Practice 4.1:* In **Open position** facing **Line of Dance** with **Lead feet** free

*2 Forward TwoSteps ;; Walk 4 ;; repeat*

We can also **Blend** to a facing position at the end of Forward TwoSteps to add variety.

*Practice 4.2:* In **Open position** facing **Line of Dance** with **Lead feet** free

*2 Forward TwoSteps ;; Walk 4 ;;*

*2 Forward TwoSteps Blend to B'Fly ;; Box ;;*

*Side TwoStep Left and Right ;; Reverse Box ;;*

*Side TwoStep Left and Right and Blend to Open ;; Walk 4 ;;*

We use the same footsteps in a number of figures where the Man and Lady move in different directions to make different patterns on the floor.