Common Dance Terms

* + 1. Arms in Lateral Position – both arms are at one side, either right or left; at shoulder, chest, or waist level.
    2. Brush – weight on one foot, hit the floor with the ball or heel of the other foot, and lift that foot from the floor to any direction.
    3. Bilao – to turn palms of hands up and down alternately, hands at waist le- vel in front, elbows close to waist.
    4. Cabeceras - the couples occupying the width of the hall when the dancers are in square formation (head couple).
    5. Clockwise – like the motion of the hands of the clock. R shoulder is toward the center of an imaginary circle.
    6. Counterclockwise – the reverse direction of clockwise, L shoulders to- ward the center. Movement is toward right when facing center of circle.
    7. Costados – the couple occupying the length of the hall when dancers are in square formation (side pairs).
    8. Crossed Arms – Partners facing each other or standing side by side join their L hands together and the R hands together; either R over L or L over R hands.
    9. Cut – to displace quickly one foot with the other.
    10. Do- si- do (Dos-a-Dos) – Partners advance forward, pass each other’s right (or left) side, step across to the right (or left) move backwards without turning around , pass each other left (or right) side to proper places.
    11. Free Foot – the foot not bearing the weight of the body.
    12. Free Hand – the hand not placed anywhere, or not doing anything.
    13. Hayon – Hayon – to place one forearm in front and the other at the back of the waist
    14. Hop – a spring from one foot landing on the same foot in place or in any direction.
    15. Inside Foot – the foot nearer the partner when partners stand side by side.
    16. Jaleo – partners turn around clockwise (with R elbows almost touching) or counterclockwise (with L elbows touching) using walking or any kind of dance step.
    17. Jump – a spring on one foot or both feet landing on both feet in any direction.
    18. Kumintang – moving the hand from the wrist either in a clockwise or counterclockwise direction.
    19. Leap – a spring from one foot, landing on the other foot in any direction.
    20. Outside Foot – the foot away from one’s partner, when partners stand side by side.
    21. Outside Hand – the hand away from one’s partner when partners stand side by side.
    22. Place – to put foot in a certain position without putting weight on it; the sole of the foot rests on the floor.
    23. Pivot – to turn with the ball, heel, or whole foot; on fixed place or point.
    24. Point – touch the floor lightly with the toes of one foot, weight of the body on the other foot.
    25. Salok – swinging the arm downward – upward passing in front of the body as if scooping; the trunk is bent forward following the movement of the arm doing the salok.
    26. Saludo – partners with feet together bow to each other, to the audience, opposite dancers, or the neighbors.
    27. Sarok – cross the R (or L) foot in front of the L (or R) bend the body slightly forward and cross the hands down in front with the R (or L) hand over the L (or R).
    28. Set – a dance formation like a square or a unit formation composed of two or more pairs.
    29. Slide – to glide foot smoothly along the floor.
    30. Stamp – to bring the foot forcibly and noisily on the floor.
    31. Step – to advance or recede by moving one foot to another resting place with a complete transfer of weight from one foot to another.
    32. Supporting Foot – the foot that bears the weight of the body.
    33. Tap – to rap slightly with the ball or toe of the free foot keeping weight of the body on the other foot. There is no transfer of weight.
    34. Whirl – to make fast turns by executing small steps in place, to right, or to left.