

Dancing Cheatsheet

Basic Steps

Box Step

- Step forward with the left foot.
- Step to the right with the right foot.
- Bring the left foot together with the right foot.
- Step back with the right foot.
- Bring the left foot together with the right foot.

Two-Step

- Step to the side with the left foot.
- Bring the right foot together with the left foot.
- Step to the side with the left foot.
- Step in place with the right foot.

Waltz

- Step forward with the left foot.
- Step forward with the right foot.
- Step to the left with the left foot.
- Step together with the right foot.

Turns

Pivot Turn

- Step forward with the left foot.
- Pivot 180 degrees to the right on the ball of the left foot.
- Step back with the right foot.
- Pivot 180 degrees to the right on the ball of the right foot.

Spot Turn

- Step forward with the left foot.
- Pivot 90 degrees to the right on the ball of the left foot.
- Step in place with the right foot.

Chaîné Turn

- Step forward with the left foot.
- Step forward with the right foot.
- Pivot 180 degrees to the left on the ball of the left foot.
- Step in place with the right foot.
- Repeat.

Resources

- [Learn to Dance: Waltz, Foxtrot, Swing, Rumba, Cha Cha, Tango and Salsa](#)
- [Dance Tutorials Live](#)
- [Online Dance Classes](#)