



Glossary of Round Dance Terms

A joint effort of

**The International Association
of Round Dance Teachers, Inc.**

and

**The Universal Round Dance
Council, Inc.**

*Prepared for the benefit of the
ROUNDALAB & URDC membership*

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Common Glossary of Round Dance Terms

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This document represents months of dedication on the part of the RAL/URDC Joint Committee for Development of a Common Glossary of Round Dance Terms. It is being made available to you with the recognition that it may contain some words and definitions that will need to be corrected and/or in some other way improved upon. However, RAL and URDC believe that even in it's present form the reader will find this Glossary to be an excellent source of terms and definitions encountered in the Round Dancing activity.

A joint committee, composed of RAL and URDC representatives, will update this glossary periodically as needed. Suggestions for corrections and/or revisions should be addressed to the Roundalab main office or the URDC secretary (at the following addresses) for consideration in the next edition.

This glossary is not intended to replace any Glossary issued exclusively under the RAL or URDC Organizational name, but to supplement it.

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Term	Definition
- A -	
"a"	A character designating 1/4 beat, normally the last 1/4 of the beat in which a step or action is completed; so, for example, typical Samba timing might be written "1a2" meaning step one gets 3/4 beat, step 2 gets 1/4 beat, and step 3 gets 1 full beat.
Accent	An emphasis placed on one or more beats of music such that the beat(s) stand out more than others. The beat(s) may stand out by being louder (dynamic), higher in pitch (tonic), or held for a longer time than other beats (agonic).
Acknowledge	A courteous recognition of partner performed as dance directions indicate.
Across	A movement crossing the line of dance or the line of progression. Also see Cross LOD.
Action	A motion without a step or weight change. See Movement.
Adjust	To change from one position to another. Also see Blend/Blending.
Advanced	Generally used as a qualifying term defining a specific form of a figure such as the "Advanced Sliding Door." Also used to refer to a performance level of Round Dancing, generally considered to be RAL Phase V and VI.
Aerial Rondé	A form of Rondé in which the moving foot is elevated well off the floor describing a high arc between the beginning and the end of the Rondé.
Aida Line	To achieve the Aida Position without taking all the normal steps of the Aida Figure.
Aida Position	An open "V" position of the outward facing bodies with inside hands joined and the inside feet free and extended forward and slightly side toward the point of the "V".
Alignment	Most often, alignment refers to the position of the feet (not the body) in relation to the room at the end of a step. Thus, for a couple in semi-closed position ready to step to Line Of Dance, the alignment for the man would be DLW and the alignment for the lady would be DLC. Their Direction is LOD because their first step is to LOD.
Amalgamation	A sequence of two or more figures.
American Style	A style of Ballroom and Round dancing done primarily in the U.S. characterized by more Open Work and Apart-position dancing and a slightly faster Tempo. Rhythms in the American Style are in one of two categories: Smooth Dances or Rhythm Dances. The typical Smooth Dances are Foxtrot, Quickstep, Tango, Viennese Waltz, and Waltz. The typical Rhythm Dances are Bolero, Cha Cha, Swing, Mambo, Merengue, Rumba, and Samba.
"&"	A character designating 1/2 beat, normally taken as the last 1/2 of the beat, in which a step or action is completed; read as "and" (rather than "ampersand"). For example, West Coast Swing timing might be 123&4 1&2; meaning that steps 3, 4, 6, and 7 get 1/2 beat and steps 1, 2, 5, and 8 get 1 full beat.
Apart	To separate, with or without releasing a hand hold. See Open Work.
Appel	A preparatory action to commence movement. The action involves a step in place using a strong lowering action onto a flat foot (generally on man's right and lady's left foot) followed by a strong directional movement assisted by "pushing off of" the Appel foot.
Arabesque	A basic pose with one leg straight out to the back and one arm usually stretched out to the front. The toe of the back leg may in contact with the floor, however more commonly the toe will be lifted off the floor.

Term	Definition
Arch Turn	A turn to the right or to the left, individually or together, through an arch formed by the joined arms.
Attitude Line	A position of the body caused by rising on ball of foot. The free leg is turned outward and raised with a bent knee that is higher than the foot.
Axis	The imaginary line from the ball or heel of the weighted foot through the center of the body around which the body turns on a spin, spiral, and many turns. It is also an imaginary line between a couple about which they may rotate.
- B -	
Back	The back of the body or the direction in which the back of the body is facing. Also, a step direction which is opposite the direction one is facing. See Backing.
Back Feather Position	A Contra Body Movement Position (CBMP) where the lady's weight is forward on her right foot outside the man, the man's weight back on his left foot also in CBMP. The Back Feather Position is the lady's counterpart of the Feather Position. See Feather Position.
Backing	To travel in the direction which is opposite the facing direction. Also used to describe movement in a particular direction, e.g. backing LOD (backing toward LOD). See Backward.
Back To Back	A movement or position such that the couple is facing away from each other. The position may be partially back to back as is the Aida or Aida Line or fully back to back as in the second triple step of the Pretzel Turn.
Backward	Movement in the direction opposite to that one is facing. Also see Backing.
Balance	The correct distribution of body weight between the feet or over the supporting foot when dancing. Balance is determined primarily by the placement of the Center Point of Balance in relationship to the feet.
Ball	Refers to the placement of the foot or transfer of weight, e.g., to the ball of the foot only. The ball of the foot is that part of the foot between the arch and the toes.
Ball Change	Two changes of weight, the first on the ball of one foot and the second on the other foot.
Ball Flat	The placement of the weight first onto the ball of the free foot and then allowed to lower so the weight is on the whole foot.
Ballroom Dancing	A form of dancing in which two people dance as partners in either the American Style or the International Style for recreation and competitive sport.
Banjo Position	A Closed Position in which one partner's upper body is in Closed Position with slight left face lower body turn just enough to allow the feet to step outside partner's right side; another term for outside partner on the right. See Sidecar Position.
Bar	One measure of music. Refers to the vertical lines on each end of a measure of sheet music.
Basic Figure	A figure that is considered to form a part of the foundation of a particular rhythm.
Basketball Turn	A type of Turn in which one foot remains "anchored" on the floor as the other foot is used to execute the step necessary to complete a turn. The movement involves the transfer of weight to the stepping foot as the turn is initiated.
Beat	The underlying single pulse of the music that continues with equal duration and force with which the rhythms are produced.

Term	Definition
Behind	Used to describe the relationship of one person to the other, such as, crossing or standing behind the partner. Also used to describe foot position such as cross left behind right (XLIB).
Blend / Blending	An adjustment from one position to another. A transition from one position to another in a smooth and natural manner.
Body Flight	The natural release of body weight from a swinging action that carries the body into the next step or movement. Normally found in the Smooth or Standard Rhythms. Also used to describe the rate of speed or intensity with which the body is driven to move, characterized by the smoothness and continuous progression of the dancers around the room.
Body Ripple	An action normally taking more than one count in which you lower into bent knees with the hips forward and shoulders back, straighten the knees bringing the hips back, then the shoulders forward, and ending with the head moving back. Sometimes called a Body Wave.
Body Rise	Elevation of the body caused by bracing the muscles of the supporting leg and stretching the spine.
Body Turn	The amount of turn of the body when it is different from the amount that the feet turn.
Body Wave	Same as Body Ripple.
Bolero Banjo	A position in which the couple is facing in opposite directions with right arms around each other at the waist, free arms arched upward, palms in and over the head.
Bolero Position	A Banjo Position where dancers use the same arm to wrap the partner's waist with the free arms curved and the free hands over the head.
Bolero Sidecar	A position in which the couple is facing in opposite directions with left arms around each other at the waist, free arms arched upward, palms in and over the head.
Boogie	The action of moving the free hip in a circular motion up and away from the weighted foot.
Bounce	Three or more steps in which a rise and fall on the first step is usually followed by successive rise and fall steps. This rise and fall action is a result of heel-toe or toe-heel action.
Break	To separate by release of position or handhold. To step apart from partner and release at least one hand hold.
Bridge	A figure or figures between two amalgamations to tie them together. Also see Music Bridge.
Brush	To bring the inside edge of the free foot near the inside edge of the supporting foot in one or more motions between changes of weight. When the moving foot is being taken from one open position to another open position, the word Brush is used to indicate that this foot must first close up to the supporting foot, but without the weight being changed.
Butterfly Position	A partner-facing position where the man's hands are extended to the side at a distance comfortable for the lady, palms facing the lady, with the lady's hands resting in the man's hands. In faster dances e.g. Jive and Cha Cha, the butterfly can be with the hands held at waist level between partners' bodies with the elbows held close to the body.
Buzz Turn	A Spot Turn in the direction of the weighted foot caused by pushing with the free foot, turning the weighted foot, and moving the pushing foot after the turn is complete. Same as Paddle Turn.

- C -

Camel Walk	A forward step with the free foot in which the weighted leg does a circular Knee Pop prior to the step.
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Term	Definition
Canter	(a.k.a. Canter Rhythm) A movement rhythm where two steps are taken, one on the first and the second on the third beat; the free foot is generally drawn through the second beat in preparation for the step on the third beat.
Center	Used as an alignment or direction indicating movement toward the center of the hall or an alignment to the center of the hall.
Center of Hall	A facing direction or direction of movement toward the center of the hall (COH).
Center Point of Balance	Normally, the area behind the rib cage for men and the area behind the navel for the lady.
Cha Cha Cha / Cha Cha	The Latin rhythm Cha Cha Cha.
Chair Position	A position involving a strong lowering and checking action taken forward and across in Semi-Closed Position, with the man's right foot and lady's left foot.
Challenge Line	A Closed Position of the body caused after stepping and rising onto the toes of the lead feet with a slight right-face turn through the body, a high upright poise looking over the lead hands, and a straight free leg.
Change of Weight	The transfer of body weight from one foot to the other.
Change Point	A Movement in which the free foot is closed to the weighted foot and as part of the same motion, the new free foot is pointed to the side near the floor.
Charlie Chaplin Feet	A position of the feet in which the toes of both feet are strongly turned out. This position is typical of the lady's second step in an International Tango Open Reverse Turn.
Charleston	A rhythm said to have originated in the Cape Verde Islands. It became popular in White society after the Ziegfield Follies introduced the dance form to the public in 1923.
Chase	A series of dance steps where one partner pursues the other. The name of a figure in International Tango.
Chassé	Three sideward (or somewhat sideward) changes of weight with a close on the second step; also, a series of sideward closes.
Chassé Turn	A turn normally consisting of 3 steps, where the feet are closed on the second step.
Check / Checking	A movement consisting of a pronounced discontinuation of movement in one direction in preparation for moving in a different direction on the next step.
Choreograph	The process of defining the figures and their timing necessary to fit a given piece of music.
Choreographer	One who choreographs dance routines.
Choreography	The arrangement of steps, figures, and patterns into a dance routine. Generally the choreography is consistent with the musical phrasing and the musical arrangement.
Chorus	See Music Chorus.
Circle	Forward movement in a circular pattern.

Term	Definition
Classic	A Round Dance routine selected by Roundalab, which has been widely accepted and has by virtue of its continued performance over a significant period of time, has been recognized as outstanding within its category.
Clinic	A dance lesson which provides an in-depth instruction in the technique of a rhythm and/or figures in that rhythm. See Workshop and Teach.
Clockwise	Movement in a right-hand turning direction, the same as the normal movement of the hands of a clock.
Close	A movement in which one foot is brought to the other and takes the weight.
Closed Finish	When the last step of a figure Closes to the standing foot and ends in Closed Position.
Closed Position	A position of the bodies of the man and the lady where the lady is in front of the man and slightly to his right side so that the lady's right foot points between the man's feet, with both the man's and lady's heads to their left. Any of several holds are possible in Closed Position, depending upon the rhythm being danced.
Collect	The action of drawing the free foot beneath the body at the completion of a step.
Commence	To start or begin.
Complete	To finish a movement previously begun.
Compression	The action of relaxing or bending the supporting knee to lower the Center Point of Balance at the commencement of movement. Also used to describe the lowering of the body when in a static position.
Connection	A means of communication between the partners, either visually, or as an actual physical point of contact. Also the tension applied to a physical point of contact through the manipulation of body weight toward or away from the point of Connection.
Continuity	To blend from one step to another or one figure to another in order that a continuous flow of movement is achieved.
Contra Banjo	Same as Banjo Position.
Contra Body Movement	Same as Contrary Body Movement - The action of the body in turning figures of turning the opposite shoulder in the direction of the moving leg; used to commence turns or create a line.
Contra Body Movement Position	Same as Contrary Body Movement Position - The foot position attained when either foot is placed across the front or the back of the body onto or across the line of the other foot without the body turning. See Pivot and Pivoting Action.
Contra Sidecar	A Closed Position in which one partner's upper body is in Closed Position with slight right face lower body turn just enough to allow the feet to step outside partner's left side; another term for outside partner on the left. See Banjo Position.
Corté	A backward step with a lowering onto a soft knee. Corté means "cut" in Spanish.
Count	One unit of time in a measure of music.
Counter Clockwise	Movement in a left hand turning direction, contrary to the normal movement of the hands of a clock.
Counter Promenade Position	Same as Reverse Semi-Closed Position.

Term	Definition
Counterpart	Refers generally to the lady's normal footwork when in a specified position relative to the man's footwork, e.g., in Closed Position, if the man dances forward on the left foot, the lady dances back on her right foot.
Coupé	With a slight springing action, close the free foot to the other foot and extend the new free foot to the side without weight.
Couple	Any two people dancing as a unit.
Cross	A foot placement in which the moving foot is placed in front of or in back of the supporting foot normally followed by a transfer of weight to the moving foot.
Cross Body	A Movement by the man in which he turns to his left, opening away from the lady, loosening his right arm until he is at an angle with the lady's body so that the lady can walk forward across the line of his body.
Cross Body Lead	To attain a position perpendicular to the lady in order that the Cross-Body Movement may be danced.
Cross Body Position	A loose Promenade Position created when the man has turned and stepped away from the lady up to approximately 90 degrees so there is a clear path across the front of his body. The lady may move forward straight across him with no initial turning necessary.
Cross LOD	To cross over (from one side to the other) the line of dance. See Across.
Cuban Action	A body motion (American Style - Rhythm) involving the rotation of the hips around the spine which is achieved by alternate bending and straightening of the knees.
Cuddle Position	A position where the lady is facing the man, slightly apart, with her hands caressing the man's neck or face, the man's hands loosely on the sides of the lady's back.
Cuer	In Round Dancing, the person who announces the next figure to be executed just in time for the dancers to do it to the music.
Cues	The succinct instructions spoken by a Cuer to Round Dancers for the next figure to be danced, given before the music requires the action.
Cue Sheet	In Round Dancing, a written set of dance figures, instructions, timing, and descriptions which comprise a choreographed routine.
Curtsy	(From European Court Dancing) An action normally done by the lady where weight is maintained on one leg while the other is crossed very loosely behind and lowering into the supporting leg. Frequently combined with a slight bow.
Curve / Curving	To dance in an arc either forward or backward.
Cut	A specific form of the Lock Step. To cross one foot in front of the supporting foot just above the ankle, taking weight to the crossing foot such that a step with the other foot must be backward. See Lock.

Term**Definition****- D -**

DanceSport	The term used for the sport of competitive Ballroom as part of applying to be an Olympic sport.
Demonstration	To show by example the execution of a step, pattern, figure, or dance routine.
Developé	An action in which the free foot is brought up alongside the leg of the supporting foot to beside the knee, toe pointed downwards and then raise the knee slightly higher and keeping toe pointed, extend the leg forward, out, and down returning near the weighted foot.
Diagonal(ly)	Any direction that is 45 degrees from the Line of Dance or Reverse Line of Dance. See Direction.
Dig Step	A step in which the ball of the free foot is strongly pressed to the floor as a step is taken.
Dip	To step forward or backward taking full weight onto a relaxed (bent) knee. The free leg remains extended, the knee and ankle forming a straight line from the hip, the toe in contact with the floor.
Direction	The line along which the next figure will begin, relative to the Line of Dance (LOD). It is designated in degrees of 1/8 turn as (going clockwise from LOD) Diagonal Line & Wall (DLW), WALL, Diagonal Reverse & Wall (DRW), Reverse Line of Dance (RLOD), Diagonal Reverse & Center (DRC), Center Of Hall (COH), and Diagonal Line & Center (DLC).
Downbeat	The first beat of every rhythm unit. They are usually the more heavily accented beats, ordinarily the first beat of the measure. The drums and other percussion instruments, and the bass, often distinguish the downbeats from the upbeats.
Drag	A slow Draw of the extended free foot toward the weighted foot while retaining contact with the floor.
Draw	An Action in which the free foot is pulled to the supporting foot without a transfer of weight. The drawing foot should remain in contact with the floor.
Drift Apart	An adjustment from a position close to the partner to one where partners still have contact but are apart at arm's length.
Drop	An action in which the lady becomes partially or nearly completely supported by the man, while at least one part of her body remains in contact with the floor.

- E -

East Coast Swing	A subset of Swing derived from the Lindy Hop and Jitterbug, making use of refined (American Style) Ballroom technique.
Ending	[choreography] The pattern of steps, figures, or actions which ends a dance routine. [music] See Music Ending.
English Style	The style of Ballroom Dancing which evolved in England, the first country to standardize dance figures and execution technique. Currently known as "International Style."
Eros Line	A line created (normally) by the lady in which she extends her free right leg out to the side and slightly back, with leg bent, calf of the leg nearly level to the floor and toe pointed away from the knee, body arched well back, head to the right.
Escort Position	A Side-By-Side Position where both partners face the same direction and the lady's left arm is passed through the man's curved right arm with her left hand resting on his right forearm.
Explode	A quick movement away from the partner, usually with the free arm thrust up and out away from the partner.

Term	Definition
Expression	To display the feeling, character, and emotion felt by the dancer in the course of performing a dance routine.
Extension	The action of stretching or extending parts of the body.
- F -	
Face	To face in a particular direction as in "Face LOD" or to face the partner as in Waltz Away and to Face."
Facing	The term used to define the Alignment of the body when it is the same as the Alignment of the feet.
Facing Position	A position where the couple is facing each other. See Open Facing or Left Open Facing Position.
Fake	Changing from the usual foot by adding a step to the normal step pattern or eliminating a step from the normal step pattern. See Transition.
Fallaway	A movement in which the man and lady take at least one step backward while in Semi-Closed or Reverse Semi-Closed Position. [Also the name of a dance Figure]
Fallaway Position	The position after the man and lady have taken one step backward with the outside foot while in Semi-Closed or Reverse Semi-Closed Position.
Fan	[Action] To move the free foot in an arc either forward or backward with toe in contact with the floor ending with the free foot to the side. [Also the name of a dance Figure]
Fan Position	A position where the lady is to the man's left side in an "L" Position, lead hands joined and arms slightly extended, lady's lead foot extended forward, man's lead foot extended to the side.
Feather Ending	A figure starting in Semi-Closed Position and ending in Feather Position.
Feather Finish	A figure starting with a back step with the man's right foot and ending in Feather Position.
Feather Position	A Contra Body Movement Position where the man's weight is forward on his right foot outside the lady in Banjo Position. Also see Back Feather Position.
Fencing Line	A dancing line in which the couple emulates the stance of a fencing competitor as he/she thrusts the foil forward toward the opponent.
Figure	A defined (named) pattern of dance steps and/or steps combined with actions that are performed in one or more music measures. See related terms: Basic, Pattern, and Variation.
Figure Four	The Action of creating the Figure 4 by moving the outside ankle of the free foot to the front of the knee of the weighted foot.
Flare	Moving a foot in either a clockwise or counterclockwise circular arc, a few inches off the floor, and bringing it to the supporting foot without weight.
Flat	Normally used to indicate the flat foot, i.e., the whole foot flat on the floor. Also used to indicate no rise.
Flea Hop	A sideways Hop on the weighted foot in the direction of the unweighted foot as the unweighted foot is raised and lowered to tap the floor.
Flex	A term to indicate the relaxed state of the knee or knees.

Term	Definition
Flick	The action of moving the free foot quickly backward without taking weight, normally in a sharp or staccato manner.
Flirtation Position	A variation of the Shadow Position where the man and lady are in close contact, the hands crossed in front of the forward person, man's left and lady's right hands joined, man's right and lady's left hands joined. One of the Cuddle Positions.
Floor Craft	A term used in Ballroom describing a couple's ability to maneuver fluidly in crowded circumstances.
Flow	The term used to describe the smooth continuation of natural movement permitted by the dance choreography.
Follow	To react appropriately to the movements and signals given by the leader, through one or more connections (visual and/or physical). The lead is generally assumed by the man while dancing.
Follow Through	The passing of the moving foot underneath the body between steps.
Foot Rise	Elevation of the body through the use of the ankles by pushing up onto the ball of the foot.
Footwork	A term used to indicate the steps each partner takes. Also refers both to the manner in which the foot is placed in contact with the floor on each step as well as the position of the feet in each step that makes up a figure.
Forward	Movement in the direction that the body is facing.
Foxtrot	A Smooth (Standard) dance introduced to the public in 1913 by Harry Fox, noted for being the first dance to incorporate into the rhythm a combination of steps taken as Slows and Quicks. Foxtrot is characterized by smooth, walking-style movements.
Frame	The position of the hands, arms, and Top Line (shoulders, neck, head, and upper body) while in dance position. A good Frame, in conjunction with the proper relationship of the lower body (hips, legs, and feet), provides the dance posture essential for good balance, movement, and appearance.
Free Style	In Ballroom dancing, the art of dancing in partnership which allows the free expression of individual and unique interpretation.
Freeze	To hold the body and foot position without motion for some period of time, i.e., some number of beats of music.

- G -

Gancho	The action of hooking the free leg around the partner's weighted leg.
Gaicho	A series of Rocking Steps executed by a couple in Closed Position. The principal action is to rock forward (lady back) with turn, recover back (lady forward) continuing the turn. The number of steps to be executed is dictated by the rhythm and/or choreography. In Argentine Tango, the Gaucho is also known as the Habanera Rocks [a dance figure] and turns left face. In International Tango, the Rock Turn [a dance figure] turns right face.
Guapacha	(Pronounced Wah-pah-cha) A rhythmic variation used in certain basic Cha Cha actions or figures. The variation calls for a delayed first step by 1/2 beat followed by normal timing for the remainder of the steps, i.e., if normally counting 1,2,3&,4 then Guapacha would be danced 1&,2,3&,4 with the first step delayed until the second half of the first count.
Grapevine	Same as Vine.

Term**Definition****- H -**

Half Close	The stepping foot is placed near the supporting foot but not closed to it, followed by a weight change to the stepping foot. In the Latin rhythms, the half closing step occurs on the "and" count in Cha Cha as in 1&2 or 3&4; and on the "a" count in Jive as in QaQ.
Half Open Position	A Side-By-Side Position with the man and lady facing the same direction, lady on man's right side, the man's right hand in back at or near the lady's waist, the lady's left hand on or near the man's right shoulder and the free arms extended to the side. See Left Half Open Position.
Hammerlock Position	A facing Side-By-Side Position with the hands joined with the partner's opposite hands at waist level and one hand of one partner is behind his/her back.
Hand Shake	Partners facing, right hands joined, normally at waist level.
Head Fan	A sharp turn of the head in the opposite direction and back again.
Heel Flat	The placement of the weight first onto the heel of the stepping foot, then onto the whole foot.
Heel Pivot	After stepping back, a turn on the heel of the stepping foot with the unweighted foot being brought to the weighted foot without another weight change.
Heel Pull	This is a type of Heel Turn in which the heel of the second foot is dragged with the toe off the floor past the supporting foot; the feet may be kept slightly apart instead of closed, and the weight is slightly more forward than in a Heel Turn.
Heel Toe	The placement of the weight first onto the heel of the free foot and then rolled forward onto the toe, usually used with a rising action.
Heel Turn	After stepping back, a turn on the heel of the stepping foot with the closing foot being kept parallel throughout the turn, followed by a transfer of weight to the closing foot.
Hesitation	A Movement in which progression is temporarily suspended while the weight is retained on the weighted foot for more than one count.
High Line	A position of the body caused by a high upright Poise.
Hip Lift	The lifting of the unsupported hip while straightening the unsupported leg.
Hip Twist	An action [or figure] often following a foot swivel in which the hips turn more than the foot and upper body, the hips turning in the same direction as the swivel.
Hitch	A closing action in which the movement direction is reversed, as in back, close, forward. Also a Figure.
Hockey Stick	A Figure in the Latin Rhythms named after the path that the lady describes on the floor throughout the Figure.
Hold	A Beat of music for which no step or action is taken. Also the position of the hands, arms, and body in relation to one's partner when in a dance position with contact, such as Closed Position or Open Position, etc.
Hook	To Lock the free foot behind or in front of the weighted foot, sometimes with partial weight.
Hop	A sharp rising in the body with the toe of the weighted foot only barely clearing the floor and returning weight to the ball of the same foot.

Term	Definition
Hover	A part of a figure in which the moving or turning of the body is slowed or checked, while a rise in the body, leg, and foot is performed for the purpose of changing direction or rotation.
Hustle	A fast but smooth-moving dance which originated in the nightclubs of the 1970's disco era, as a modified version of Swing. The Hustle is noted for its fast and elaborate spins and turns, especially for the lady.

Term	Definition
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- I -

ICBD	Formerly, the International Council of Ballroom Dancing, now the World Dance and Dance Sport Council (WD&DSC).
IDSF	International DanceSport Federation.
IDTA	International Dance Teachers Association
Impetus	The driving force behind a movement or rotation. A compact turn. [Also a dance Figure.]
In Place	Without changing your general position on the floor.
Inside Edge	The edge of the foot, toe, or heel nearest the other foot.
Inside Foot/Hand	The foot or hand that is closest to the partner when not facing directly toward or away from the partner.
Inside Turn	A turn that initially moves in or toward the partner. See Turn In.
Interlude	A short piece of connecting or fill-in choreography between two major sequences or musical passages, normally less than eight measures. Also see Bridge. Also see Music Interlude.
Intermediate	Prior to the general acceptance of the RAL Phase Rating System, Round Dancing was generally broken into three levels of difficulty, Easy (including Basic and Square Dance Rounds), Intermediate, and Advanced. The term is still used occasionally today to refer generally to a Phase IV to "soft" Phase V Round Dancer or the Silver level dancer in American and International Ballroom.
International Style	A style of Ballroom and Round dancing evolved from the English Style and used in many modern Ballroom competitions. The 10 International Style rhythms are divided into two groups: Standard Dances (Foxtrot, Quickstep, Tango, Viennese Waltz, and Waltz) are danced only in Closed Position and Latin Dances (Cha Cha, Jive, Paso Doble, Rumba, and Samba). A characteristic of these dances is the look of straight legs which comes from the faster change of weight on each step.
Intro	See Music Intro.
ISTD	The Imperial Society of Teachers of Dancing.

- J -

Jazz Hands	A position of the hands in which the hands are opened as far as possible, fingers widely spread, with palms out.
Jeté	A sharp rising on one step followed by a sharp lowering and pointing of the free foot, usually to the side.
Jive	The International version of Swing.
Jump	To spring into the air using both feet and landing on both feet.

- K -

Kick	The action of lifting the knee and quickly straightening the leg with the toe pointed down.
Knee	A term used to describe a knee lift.

Term	Definition
Knee Pop	The Action of lifting the heel off the floor while bending the knee and returning the heel to the floor as the knee is straightened. See also Camel Walk.
- L -	
L Position	A position where the partners' facing directions are nearly perpendicular to each other and intersect.
Lace	A progressive movement in which the couple progresses forward and Across, changing sides with each other under a joined hand.
Lateral Movement	A movement both side and forward or side and back.
Latin Cross	Generally refers to unique positions of the feet in Cha Cha. When moving forward with toe of the front foot turned out, the back foot is crossed behind the front foot with the knee tucked behind the front knee; the toe of the back foot is also turned out. When moving backward where the front foot is half crossed in front of the back foot with the knee closed to the knee of the back foot; the toe of the back foot is turned out. When turning as in the Natural Top, the Latin Cross refers to another position of the feet in which the toe of the front foot is turned out, the toe of the back foot is also turned out and near the heel of the front foot; the knee of the back leg is tucked behind the knee of the forward leg. The line of the feet will resemble the number 7.
Latin Dances/Latin Rhythms	The Latin Dances in International Style are Cha Cha, Jive, Paso Doble, Rumba, and Samba. In the American Style, the Latin dances are included within the Rhythm Dance category and include the Cha Cha, Mambo, Merengue, Rumba, Samba, and Swing. In Round Dancing the category has been broadened to include most of the more popular rhythms that are recognized to have their roots in the Latin-American and South American countries. These Rhythms are Argentine Tango, Bolero, Cha Cha, Jive/Swing, Mambo, Merengue, Paso Doblè, Rumba, Samba, Slow Two Step, and West Coast Swing.
Lead	The subtle indication by the man to the lady that initiates and communicates the dance movement or action to be performed. The lead can take many forms, including visual, depending upon the positions of the dancers' bodies and the figure to be lead.
Lead Foot/Hand	The man's left and the lady's right foot/hand.
Left Half Open Position	A Side-By-Side Position with the man and lady facing the same direction, lady on man's left side, the man's left hand in back at or near the lady's waist, the lady's right hand on or near the man's left shoulder and the free arms extended to the side.
Left Open Position	A position where both partners face the same direction with lady to the man's left side, man's left and lady's right hands joined.
Left Open Facing Position	Same as Left Open Position except partners are facing each other.
Left Varsouvienne Position	A variation of the Varsouvienne Position in which the lady is to the man's left side with hand holds reversed. See Varsouvienne Position.
Lift	Any movement during which one of the dancers has both feet off the floor at the same time, with the assistance of the partner. Also to rise on the supporting foot with the free foot forward of the supporting foot with leg straight and toes pointed downward.
Lilt	Two steps in which a lowering in step one is followed by a rising to the toes on the second step. Frequently the second step is a closing step.
Limp	A Movement or Figure similar to the Vine except that each crossing step is taken behind with a slight lowering action to the crossing foot, such as side, behind, side, behind. A Front Limp involves the same action except that the crossing foot is in front as opposed to behind.

Term	Definition
Line	A defined position of the body(s). Also, the action of moving to a specified position without taking an additional step, e.g. a SWAY LINE or LUNGE LINE.
Line of Dance	The normal line of forward progression at a given distance from the nearest wall and counterclockwise around a room with rounded corners.
Line of Direction	Same as Line of Dance.
Lock	A position of the feet in the Smooth Rhythms where one foot has been crossed closely in front or behind the other, feet nearly parallel. See Lock Step. See Latin Cross.
Lock Step	The Movement in which the free foot is moved to a Lock position with the weighted foot and then weight is transferred to it.
Looking Circle	An expanded circle, all couples looking toward the demonstrating couple in the center of the floor, man standing behind and slightly to one side of the partner to enable all couples to observe the instruction being performed on the floor without an obstructed view.
Loop Turn	An American Style term used to describe any one of a number of underarm Figures or Movements in which one of the partners "loops" the arm (using joined hands) over his or her head while turning. An example of a loop action would be the Head Loop of the figure Miami Special (Jive).
Loose Closed	A Closed Position with separation between the partners, normally about a hands width. Used primarily in the Latin dances.
Lowering	The action of lowering the Center Point of Balance from an elevated position through the action of the ankles and feet, not the knees. See Compression.
Lunge	A movement, usually to the side or side and forward, with Compression (flexed knee) into the moving leg, body inclined from the ankle to the head toward the moving foot. A straight line is normally described from the toe of the free foot up and through the inclined body to the top of the head.
Lunge Line	To achieve the final position of the Lunge without taking the side or side and forward step into the Lunge. Normally accomplished by compression into the supporting leg adding the body inclination characteristic to the Lunge.

- M -

Mambo	A fast Latin dance, similar to Salsa.
Maneuver Position	The movement of the man in front of the lady, normally to Closed Position backing LOD.
Man's Skaters Position	A Skaters Position with the man's and lady's positions switched. See Skaters Position.
Man's Tamara Position	A Tamara Position with the man's and lady's positions switched. See Tamara Position.
Mark Time	To shift weight from one foot to the other in time with the music, usually in place and with two or more steps.
Measure	A division of music. A group of beats marked off by the regularly recurring Accent of the music. See Bar.
Merengue	An energetic Latin-style march originated in the Dominican Republic, emphasizing an 8-count Rhythm using Cuban Action.

Term	Definition
Merengue Action	A more-controlled form of the Cuban Action in which the hip of the moving foot starts in a down position, foot placement is from the inside edge rolling onto the outside edge, and there is little or no movement in the upper body.
Modern Dances	A former term for International Style Standard Dances.
Movement	A motion of one or more parts of the body with no step taken or a motion of the body where a step is taken.
Muscle Memory	The ability to subconsciously perform a series of actions, movements, or figures without thinking about the individual components.
Music Bridge	A passage connecting two sections of a composition.
Music Chorus	The repeated or main section of the music, a refrain. Normally a Chorus means going through the entire number one time, whether that means as few as 12 Bars (measures) or as many as 32 Bars. Usually the Chorus is divided into Phrases of eight Bars each.
Music Ending	A short musical Phrase at the end of the entire piece of music, usually two to eight Bars long.
Music Interlude	A piece of "fill music" between the sections in a musical composition.
Music Intro	Music that is played before, and leading up to the Music Chorus. Usually the Intro is four Measures long, but may be anywhere from two to eight Measures of music. In dancing the Intro will normally set the mood, Rhythm, and Tempo in preparation for performing the body of the dance routine.
Music Phrase	A segment of musical structure. Phrases are unified by rhythms, melodies, and harmonics and will come to a closure with a cadence or resolve. Musical phrases are composed in two-to-four Bar segments, although exceptions do exist. A Mini-Phrase in 4/4 time is 8 Beats of music and in 3/4 time is 6 Beats of music. A Minor Phrase in 4/4 time is 16 or 24 Beats of music. A Major Phrase is a series of Mini or Minor Phrases which expresses a complete musical thought. See Music Chorus.
Music Tag	Any music that is added to, but not part of the Chorus is referred to as the Tag. A Tag may be added between Choruses or to end a music composition and is usually two to eight Measures long. In Round Dance choreography, the Tag (if used) defines the ending of the dance routine. See Music Ending. Also see Tag.
- N -	
Natural Turn	A Turn to the right.
No Foot Rise	An Action of rise which is taken through the knees and body only (not through the feet). No Foot Rise occurs when stepping back on the inside of most turns when the heel of the supporting foot will remain in contact with the floor until full weight is taken onto the next step. The rise is felt in the body and legs only.

Term	Definition
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- O -

Offbeat	An unaccented Beat in a Measure.
Open Break	A step taken in Open Facing Position in which the partners move in opposite directions.
Opening Out	A Swivel and turning of the body, normally by the lady, of at least 1/4 turn in the opposite direction of the supporting foot.
Open Facing Position	A Facing Position where the man and lady stand apart from each other with the man's right and lady's left hands joined.
Open Figure	A Figure performed in any of the Open Positions or any turning Figure which involves the continuous passing of the feet.
Open Finish	The last part of a Figure which ends with feet passing, as in the Tango Reverse Turn With Open Finish, or outside partner as in Foxtrot Feather Finish.
Open Position	A position where both partners face the same direction with lady to the man's right side, man's right and lady's left hands joined. See Left Open Position.
Open Turn	A Turn in which the feet pass continuously throughout all steps.
Open Work	Any Movement or Figure in which the couple is not in one of the closed dance positions. The couple may or may not have physical contact. A characteristic of American-Style dancing.
Opposite	The natural Counterpart. In footwork as well as hands, the man's left and lady's right or the man's right and the lady's left. In any of the facing or closed dance positions, refers to the man's step forward and the lady's step back or the man back and the lady forward. See Counterpart.
Opposition Line	A Picture Figure created by both partners in a Closed Position lowering on the weighted leg and pointing the free leg away from the partner.
Outside Foot	The foot which is farther away from one's partner when in Semi-Closed, Banjo, Sidecar, or Side-By-Side Position.
Outside Partner	A forward step by the lady or the man that does not follow the partners opposite foot but is taken to the right or left of both of his or her feet.
Outside Turn	A turn that initially moves out or away from the partner.
Oversway	The Stretch of the man's left side and the slight turning of the man's upper body to the left in order to turn the lady's head strongly to the left.
Overturn	To Turn more than the standard amount of turn in a turning Figure.

- P -

Paddle Turn	See Buzz Turn.
Pas de Basque	A three step Movement or Figure consisting of a side step followed by a quick and light crossing step high on the ball of the foot and return to the first foot. The crossing step may be taken in front or in back. Normally associated with the Waltz Rhythm.

Term	Definition
Parallel Position	A Side-By-Side Position in which the couple face the same direction and are nearly in line (hips aligned nearly the same line) or in Shadow Position (hips parallel but staggered, i.e., one person of the couple is forward with respect to the other). In this position, the couple should normally be prepared to dance to the side or across the body as opposed to forward or back.
Partner In Line	Same as Closed Position.
Partner Outside	The term used to describe the position of the partner when describing a dancer's footwork for a figure, e.g. "the lady steps back in CBMP partner outside ".
Partner Outside on Left	Same as Sidecar Position.
Paso Doble	A dramatic Flamenco-style march danced in 2/4 time, with the man portraying the matador in a bullfight, the lady as his cape.
Pattern	The term for a sequence of individual Steps or Actions.
Phrase	As used in dance choreography, Phrase refers to recognition of the individual segments of musical structure. Dance choreography will normally recognize and respond to the musical Phrases by structuring the figures to be executed into segments of two, four or eight Bars. See Music Phrase.
Phrasing	The fitting of Figures to the Rhythm and/or melody of the music.
Pickup	The Movement in which a man (without changing his facing direction) leads the lady in front of him ending in Closed Position.
Picture Figure	A dance Figure in which an attractive line or pose is created by the bodies, often held for one or more counts.
Pigeon Toed	A position of the feet in which the toes of both feet are strongly turned in. This position is typical of the lady's step 3 in an International Tango Open (or Closed) Promenade.
Pitch	The frequency of the musical sounds - the number of vibrations per second of some sound-producing element. The relative position of a tone within a range of musical sounds.
Pivot	A Turn on the ball of the supporting foot caused by a strong turning of the body and with Contra Body Movement, the other foot being kept in front or behind in Contra Body Movement Position. See Pivoting Action.
Pivoting Action	A Turn on the ball of the foot with the free leg <u>not</u> held in Contra Body Movement Position, e.g. the lady's action on step two of a Spin Turn.
Plié	A knee-bend Action (from Ballet) done with the legs turned out and the back held straight.
Point	An Action in which the toe of the free foot is kept near the floor and aimed in the direction indicated.
Pointing	Refers to the Alignment of the feet when different from the direction the body is facing or moving.
Poise	The position of the body in relation to the feet and arms. Depending on the dance and its characteristic style, the body may be poised in an upright, or slightly forward, or slightly backward position.
Polka	A fast and lively Bohemian dance of Polish origin, danced to traditional German "oom-pah" music in 2-4 time.

Term	Definition
Polka Bounce	From position high on the toes, lightly lowering about an inch before rising again to give a bouncing effect.
Position	Refers to the placement of a couple relative to each other.
Posture	The term given to the natural carriage of the body in the correct vertical alignment, e.g. shoulders back and head up.
Prance	A forward walking step on the balls of the feet with knees being lifted very high.
Press Line	A body (and foot) position seen in Paso Doble and occasionally in Tango. The position is attained by pressing the Ball of the free foot into the floor with light pressure (heel off the floor), the weighted foot flat on the floor in an open position behind the pressing foot. The body and supporting foot are normally turned out 1/8 relative to the knee of the pressing leg with a slight forward Poise of the body. Although the arm positions vary dramatically depending upon the dancer and/or choreographer, the placement of the arms is important in fully developing the appearance of the Press Line.
Progressive	The continuation of movement in a general direction.
Promenade Position	Same as Semi-Closed Position.

Term	Definition
- Q -	
Quick	A term used in timing steps. A Quick step always occupies half the time of a Slow step.
Quickstep	An English style Ballroom dance which is characterized by fast movement, often including a variety of Hops, Kicks, Skips, Lock Steps and Chassés.
- R -	
RAL	Roundalab
Recover	The movement of returning weight to the free foot without moving it from its last position of contact with the floor.
Reverse Semi-Closed Position	The position in which the man's left side and the lady's right side are kept in close contact, the lady slightly ahead of the man, and the opposite sides of the bodies turned out to form a narrow "V" shape. The feet are usually turned to the same direction as the body and the heads are looking just outside each person's own trail hands.
Reverse Turn	A Turn to the left.
Rhythm	This term usually refers to the Accented Beats of the music which occur regularly and give character to the music. Although the timing of several pieces of music may be identical, it is the Rhythm that gives the music an entirely different character, which the dancer will attempt to express in his/her dancing.
Rhythm Dance	In Round Dancing, this term usually refers to a dance that does not adhere strictly to a single Rhythm, thus requiring the dancers to more carefully listen and dance to the Beat and/or melody. This term is also used in American Style Ballroom to categorize the Latin Dances. See American Style.
Right Face	To turn in a clockwise direction.
Right Shadow Position	The position where the partners are facing the same direction with the man slightly to the right side and behind the lady.
Rise and Fall	The continuous changing of body elevation through the use of the feet, ankles, and legs.
Rocking Steps	Two or more changes of weight, each change of weight being in the opposite direction from the preceding.
Roll	A series of two or more Turning Steps which progress along the same line.
Roll In	A Solo Roll initiated by turning to the Inside Foot and toward the partner, continuing the rotation with progression to the next step(s). Normally danced from an Open or Semi Closed Position.
Roll Out	A Solo Roll initiated by turning to the Outside Foot and away from the partner, continuing the rotation with progression to the next step(s). Normally danced from an Open or Semi Closed Position.
Rondé	Moving a foot outward from the hip so as to inscribe either a clockwise or counterclockwise circular arc with the toe on [or near] the floor. See Arial Rondé.

Term	Definition
Round Dance	A choreographed routine normally intended to be performed in progressive counterclockwise flow to a specific piece of music. Also a function such as a festival or party where people gather for the purpose of Round Dancing.
Round Dancing	A form of Ballroom Dancing characterized by all dancers executing a pre-choreographed dance in a non-competitive setting. Usually it is danced to audible Cues but sometimes without Cues. This necessitates dancers knowing the Figure names and executing Figures in a standard way.
Running	Any Figure which includes an extra Step, usually with Syncopation or all-Quick timing and passing Steps.

Term	Definition
- S -	
Salsa	A popular nightclub dance which evolved as a modified form of Mambo.
Samba	A rhythmic Brazilian dance noted for it's distinct style of movements, which incorporates both Latin hip motion and the signature Samba Bounce action.
Samba Bounce	A bouncing motion achieved by the continuous flexing and straightening of the knees, as well as the usage of the feet and ankles.
Scoop	A long step, normally to the side, with the feeling of lowering and rising in the body.
Scoot	The Action of sliding the weighted foot along the floor, normally forward, followed by a closing step.
Semi-Closed Position	Same as Promenade Position - The position in which the man's right side and the lady's left side are kept in close contact, the man slightly ahead of the lady, and the opposite sides of the bodies turned out to form a narrow "V" shape. The feet are usually turned to the same direction as the body and the heads are looking just outside each person's own lead hands.
Sequence	In Round Dance choreography, the order in which dance Figures, Actions, or Movements are to be performed.
Shadow Position	The position where the partners are facing the same direction with the man slightly to the left side and behind the lady.
Shimmy	The Action of alternately moving the left and right shoulders forward and backward at a rapid rate.
Shoulder Lead	This term refers to the leading movement of the same side of the body as the moving leg on either a forward or backward step. The opposite of Contra Body Movement.
Shuffle	A Step in which the foot is slid across the floor creating the sound of a dragging foot.
Side By Side Position	Any position in which the two bodies are facing the same direction and are approximately shoulder to shoulder and the shoulders are in line to one another.
Sidecar Position	A closed dance position with one partner slightly left, with right shoulder lead, allowing the feet to move outside partner. Also, see Banjo Position.
Side Step	A step in line with the hips and away from the supporting foot.
Skaters Position	The position where the partners are facing the same direction, the man slightly to the left and behind the lady, both partners' left hands joined at the lady's shoulder height and the lady's right hand is placed palm out on her right hip holding the palm of the man's right hand. See Man's Skaters Position.
Skip	A Step followed by a progressive Hop on the same foot. This can be repeated using alternate foot work.
Skirt Skaters	Same as Skaters Position except that the lady holds her skirt out with her right hand and the man places his right hand on her right hip.
Slide	An Action of moving a foot in which the foot maintains contact with the floor.
Slip	A Backward or Forward step normally with 1/8 turn in the direction of the unweighted foot, normally ending in Closed Position.

Term	Definition
Slot	The term applied to the rectangular area on the floor in which one couple dances West Coast Swing. It is (normally) slightly wider than the lady's shoulders and several feet long.
Slow	A comparative term used in timing steps. A "Slow" step occupies twice the time of a "Quick" step; e.g. in 4/4 time, a Slow step takes two beats of music and a Quick step takes one.
Slow Dancing	A free-form type of social dancing to slow ballad or blues music. There are no pre-determined Basic steps or stylistic interpretations. Typically characterized by a compact dance hold or even full embrace, with dancers swaying back and forth in slow, steady Rhythm.
Slow Foxtrot	The contemporary International Foxtrot was originally called the Slow Foxtrot to distinguish it from the faster Tempo Arthur Murray style Foxtrot (which was danced at the original Harry Fox Tempo). The term is still used today [IDSF and DanceSport].
Smooth Dances	This term refers to the American Style rhythms of Foxtrot, Tango, Viennese Waltz, and Waltz. Sometimes the Peabody is included in this list.
Smoothness	The term used to describe the ease of movement and control with which the dancer performs.
Social Ballroom	The term used to loosely describe non-competitive Ballroom dancing, usually done Free Style.
Solo	The term for a Movement or Figure that is performed independently by each partner.
Sombrero Position	A hip to hip position, partners facing opposite directions, with the arms on the same side as adjacent hips held around the partner's waist, free arms extended upward and curving with hands above the head.
Spanish Line	Any pose which utilizes the arm positions of Paso Doble or Flamenco dancing. A proud stance with toned arms.
Spin	A fast turning Action, normally up to 1/2 turn, on the Ball of one foot with the free foot allowed to rotate with the turn, the free foot may be held close to the Supporting Foot.
Spiral	A Turn of up to 1 full turn on the Ball of one foot in the opposite direction of the Supporting Foot and usually ending with crossed thighs.
Spot	A Figure performed in place.
Spot Pivot	A Pivot without progression.
Spot Turn	A Turn without progression. Normally taken as a Solo turn.
Spotting	The action of focusing on a fixed point and turning the head at a different speed than the body is turning in order to maintain focus upon the selected spot.
Springing Action	A sharp rising in the body with the Ball of the weighted foot maintaining contact with the floor.
Staccato Action	An Action that is rapid, faster than the normal rhythmic "Quick" involving head, body, or foot movement.
Stamp	An Action of producing a definite sound with the free foot, without the transfer of weight.
Standard Dances	This term refers to the International Style rhythms of Waltz, Tango, Viennese Waltz, Foxtrot, and Quickstep. These dances are danced almost exclusively in Closed Position.

Term	Definition
Star Position	A position where the partners are facing opposite directions and to the side of the other with the Inside Hands joined palm-to-palm at the lady's eye level and elbows nearly touching.
Step	A change of weight from the Supporting Foot to the free or moving foot. A Step has a time value and is not completed until ready to commence another Step.
Step In Place	A Step taken directly under the body.
Stomp	A step that produces a definite sound.
Stork Position	The position of standing on one foot with the free foot raised beside the knee of the weighted foot with the toe pointed toward the floor.
Stretch	The Action of elongating one side of the body in order to create body shaping (Sway) in the opposite direction. When elongating one side of the body, caution must be exercised not to collapse the other side.
Strict Tempo	The term applied to dance music which consistently adheres to a Tempo that is within the range that is specified for the Rhythm being danced. The table in Appendix A provides the ranges for several Rhythms (in Measures Per Minute) used in competitive Ballroom dancing and medal tests.
Styling	The manner in which a dancer projects his/her own interpretation of the characteristic style, rhythm, or melody of the music into his/her dancing.
Supporting Foot	The weighted foot.
Sway	Sway is normally used in turning or curving figures [or for starting or stopping] , in which case it is the inclination of the body toward the side of the moving foot, and in nonmoving picture figures such as SWAY LINE, in which it is the inclination of the body toward the unweighted foot. Since Sway is an inclination of the body, it can be to the left or the right.
Swing	The pendulum-like swinging action of the body resulting from the continuation of body movement.
Swing Dances	A general term used to cover many dance Rhythms. Some of the more widely known are: Bop, Charleston, Disco, East Coast Swing, Hustle, Jitterbug, Lindy Hop, Push, Shag, West Coast Swing, and Whip.
Swinging Rhythms	The Rhythms which need to take advantage of a body swinging action in order to achieve Body Flight. They are Waltz, Foxtrot, Quickstep and Viennese Waltz.
Switch	A quick change in facing position accomplished by a Swivel on the Supporting Foot and transferring weight to the free foot. The amount of turn in a Switch will vary, and may encompass from 1/4 to 1/2 Facing change depending upon the preceding Figure or relative positions of the couple.
Swivel	The Action of turning on the Ball of the Supporting Foot. May be up to 1/2 Facing change in the Direction of the Supporting Foot.
Swoop	With a strong lowering action, a long Step to the side.
Syllabus	A grouping of Cue Sheets along with information about the teachers and pertinent educational information about the material being taught at a weekend/festival/convention/etc. In Ballroom, the list of Figures defined (e.g. by the ISTD) to be in each level of each style of dance.
Syncopation	A Variation from the standard Timing of a particular Rhythm. The result is usually more than one Step on a single Beat of music.

Term	Definition
- T -	
Tag	The ending of a Round Dance Routine. See Musical Tag.
Tamara Position	A near-facing position with the partner in front and to the right side in which the hands are joined with the partner's opposite hands, the lady's left arm is behind her back and the other hands are above eye level forming a window. See Man's Tamara Position.
Tandem Position	The position where one partner is directly in front of the other and Facing the same Direction.
Tap	The Action of touching the floor with the toe or other part of the free foot without a transfer of weight. In International Tango, Tap refers to a position of the free foot with the Inside Edge of the toe touching the floor.
Teach	A dance lesson in which a dance routine is taught to dancers already generally familiar with how to execute many Figures in that Rhythm. See Workshop and Clinic.
Tempo	A measure of the speed of the music, normally in terms of Measures per minute (MPM). May also be measured in the number of Beats per minute (BPM - Metronome beat). In Round Dancing, although an incorrect use of the term, Tempo often refers to the RPM (revolutions per minute) at which a dance's choreographer recommends that the record should be played. See Strict Tempo.
Thru	A Step with the Inside Foot between the partners.
Time or Time Signature:	The number and kind of Beats in each Measure of music. It is designated by the musical signature, e.g. the Time Signature of Waltz is 3/4, meaning that there are three quarter notes in each Measure, and the Time Signature of Foxtrot, Swing, and Cha Cha are 4/4 time.
Timing	Adherence of the movement to the Beat of the music.
Toe Spin	A Turn on the Ball of one foot in which the body weight is kept slightly more forward than on a normal Spin. This technique is used for example by the lady on steps five and six of a Telespin.
Top Line	The Line created by the head, neck, shoulders, arms and back, usually in dance position.
Touch	An Action in which the toe of free foot is placed at the instep of the Supporting Foot in contact with the floor.
Tracking	The placement of a foot on a line directly in front of or directly behind the preceding Step.
Trail/Trailing Foot/Hand	The man's right and the lady's left foot/hand.
Transition	A Count on which either the man or the lady will not take a Step while the other person does take a Step. The purpose is to put the partners on either the same or back to opposite footwork.
Traveling	Any Figure that continues to progress, normally with the addition of one or more Steps.
Triple Rhythm Unit	The three Beats in two Counts of music that is characteristic of Jive, Cha Cha, and other Rhythms. A Triple Rhythm Unit is not normally considered a Syncopation.
Tuck	An Action in which the man leads a lady's Spin by bringing the lead hands in between the couple causing her to make an inward turn of the upper body (wind-up) in preparation for an outward Spin.
Tumble Action	The Movement of quickly lowering from an elevated position onto a small left-turning forward step, Checking the Forward movement.

Term	Definition
Turn	A change in the Direction that the dancer is Facing. It is measured by the Direction of the feet and in units of 1/8 turn. The amount of body turn is specified only when it is different from the feet. See Direction.
Turn In	A Solo Turn initiated by turning the side with the free foot toward the partner.
Turn Out	A Solo Turn initiated by turning the side with the free foot away from the partner.
Twirl	A progressive Turn by the lady under joined hands.
Twist	To turn the upper body to a new Facing Position without turning the feet or taking a Step. Also a Swivel on the Supporting Foot or feet without turning the upper body.
Twist Turn Action	The Action of turning with the weight between the two feet using the heel of one foot and the toe of the other foot.

- U -

Underturn	Less than the standard amount of turn in a turning Figure.
Up Beat	The second beat in 4/4 time and the second & third beats of every Rhythm unit in 3/4 time.
Upper Body	The part of the body above the waist.
URDC	Universal Round Dance Council
USABDA	United States Amateur Ballroom Dancers Association

- V -

Variation	A modified form of a defined Figure or modification of a section of a dance routine.
Varsouvienne Position	A Shadow Position with the man in back with left hands joined and held slightly higher and forward of her left shoulder, right hands joined and held slightly above her right shoulder.
Vine	A series of Steps consisting of the sequence Side Step, Cross, Side Step, Cross alternating the crossing steps to cross in front then behind or behind and then in front. The series can start with any Step in the sequence and continue for any number of Steps. Also called Grapevine.
Visual Lead	A Lead given by the man and recognized visually by the lady in order to execute certain Open Work Figures when the normal lead is not desirable or not possible.

- W -

Wheel	The rotation of a dance couple with the center point between the couple being the Axis of the rotation.
Whip	A left-turning Movement where the man leads the lady to change sides as he does a Backward or Cross behind action with his right foot. The man's turn can be up to 180 degrees.
Whisk Line	To Cross the free foot closely behind the Supporting Foot ending in a Whisk Position without taking all the normal Steps of the Whisk Figure.
Wiggle	An Action done on soft knees in which the hips are quickly moved side to side while maintaining the upper body still.

Term	Definition
Window	With a dance couple in an L Position, a position of the arms (usually man's left and lady's right) in which bent elbows, man's elbow to his side, forearm held horizontally in front of his head above his eyes, and lady's elbow in front of her, forearm held vertically, create a frame through which the partners can see each other.
Workshop	A dance lesson in which emphasis is placed upon selected Figures and the execution of those Figures in a particular dance routine and/or Rhythm. See Teach and Clinic.
Wrapped Position	Commonly a Shadow Position with the man in back holding the lady's right hand in his left hand in front at the lady's waist and his right arm behind her back and around the lady's right side holding her left hand in his right hand. The lady's arms are crossed in front of her body. Normally the lady's left arm is crossed below her right arm. May also be in a Side-By-Side Position or Tandem Position as opposed to Shadow Position.

- X -

X-Line	A Picture Figure resembling an "X" created by both partners in a very open Semi-Closed Position with Trail Feet weighted, lowering on the weighted leg and pointing the free leg and Upper Body away from the partner.
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Appendix A

Strict Tempo: The term applied to dance music which consistently adheres to a tempo that is within the range that is specified for that rhythm in competitive Ballroom dancing.

See Tempo for the number of beats/measure. The following table provides the ranges for several rhythms (in Measures Per Minute):

Style:	International			American
Rhythm:				
According to:	NDCA	ISDF	ISTD	NDCA
Argentine Tango				28-30
Bolero				24-26
Cha Cha	32	30	32-34	28-32
East Coast Swing				34-38
Foxtrot	28-30	30	30	30-32
Hustle				28-30
Jive	44	44	40-46	
Mambo				47-51
Merengue				29-32
Nightclub Two-Step				16-22
Paso Doble	60-62	62	60-62	58-60
Peabody				60-62
Polka				60-62
Quickstep	50-52	50	50	
Rumba	27	27	28-30	32-36
Samba	50	50	48-56	52
Tango	33	33	33	30-32
Viennese Waltz	56-60	60	50-60	54-58
Waltz	28-30	30	30	28-30
West Coast Swing				28-32