

# The One Step

Brief descriptions of a few selected One-Step variations



## BASIC WALKS

- o *One-Step* Simply walk, backing the lady, one step to each beat of music. Gent starts forward left, lady back on her right.
- o *Castle Walk* Step up onto the balls of the feet with each step, legs stiffened a bit. Long steps.
- o *Polka Skip* Backing the lady, do a quick little 1-2-3 polka step, then another. Possibly high kick behind in preparation.
- o *Lame Duck (Canter)* Alternate high and dipping steps, as if limping.
- o *Bunny Hug* One-step in a hugging hold.
- o *Dog Trot* One-step in a brisk run, with stiffened legs.
- o *Turkey Trot* Many variations. One is a dog trot interrupted with stops and kicks to the rear, possibly flapping arms.
- o *Pony Trot* One-step skipping. Add a brief hop between each step. Brick and gliding.
- o *Fish Walk* A slower, waddling pony trot. Step, hop, step, hop.
- o *Yale Walk* A one-step in Yale Position, standing the to side of your partner, usually right hip to right hip, sometimes left.
- o *The Snake (The Step Out)* From a one-step, cross over into Yale Position. Then back over. *Snake* alternates side to other side.
- o *One Step Cortez* From a one-step, step into Yale for 2 steps, then step back to facing for 2 steps.
- o *Boat Swing* Gent crosses L over to R side as lady crosses R behind L. Back lady 2 steps. Repeat to other side, swaying as a boat.
- o *Aeroplane Walk* Same 1-2-3 pattern as the *Boat Swing*, but holding both arms out to the sides like wings.
- o *Skaters Walk* One-step in skaters position, both walking forward. A variation has the gent directly behind the lady, both starting R.
- o *Figure 8* One-step backing the lady in a large figure 8 pattern on the floor.
- o *Spiral* Similar, but curve the floor pattern tighter into a spiral until you are turning in place.

## URNS

- o *Spin (Turn, Swing)* Like a buzz-step swing, both starting R. No bouncing up & down. Castle photo shows R between partner's legs.
- o *Chicken Scratch* Similar, but as you step R, kick L to the rear at the same time, like a chicken scratching in the dirt.
- o *Egg Beater* Face partners and alternately kick feet to the rear. Do this while turning to look like an egg beater.
- o *Pomander Walk* Both one step forward around each other in Yale Position. Turn the other shoulder in and walk the other direction.
- o *Traveling Turns* A schottische spin without the hops. Each step is a half-turn, R between partners legs. Kick L back when free.
- o *Promenade Turnout* Two walks forward in promenade position, beginning with outside feet, then 2 steps of the *Traveling Turn*.
- o *Turning Fish Walk* Just that...a *Fish Walk* turning in place, like a schottische.

## HESITATIONS

- o *Dip* Simply stop one-stepping with a dip (bending the legs but not necessarily the body).
- o *Single Hesitation* After one-stepping, back the lady one more step and hold. Or back the man. Hold is usually for 2 counts.
- o *Double Hesitation* After 4 steps backing the lady, back her 1 more, back the man 2, back the lady 1. Arms swing with steps.
- o *Triple Hesitation* After 4 steps, back the lady 1, back the man 2, back lady 1, back man 2, etc., alternating footwork.
- o *Castle Rocks* As gent stands L, he swing R fwd, toe to ground; swing R back, swing R fwd; step R. Lady opposite. Same, other side.

## GRAPEVINES

- o *Basic Grapevine* Step to the side, facing partner, cross the 2nd foot in front of the first, side step, cross 2nd behind. Repeat.
- o *Marcel Wave (Yale Grapevine)* As she crosses in front on the 2nd step, he crosses behind, vice versa on the 4th step. Repeat.
- o *Grapevine Dip* With either of the above steps, dip on the 2nd and 4th steps.
- o *The Scissor* Back the lady in Yale pos. 4 steps; face and continue with 4 steps of the *Marcel Wave*. Repeat.
- o *Crab Step* *Marcel Wave* with no twisting of the body whatsoever. Variation: Cross-in-front follows partner's cross-behind.
- o *Double Crab* *Crab Step* done double time, 2 steps per beat.
- o *Sawtooth Crab* Back the lady 2 steps, back the man 2 steps, etc., while progressing to the side, forming a sawtooth pattern.
- o *Picket Fence* Back the lady 4 steps, back the man 4, etc. Sometimes done in a fast trot.
- o *Cross-8 Swing (Eight-Step)* Walk 3 steps fwd in promenade position; stop & turn in toward partner to counter-promenade 3 steps. QQS.
- o *Snake Dip* *Cross-8 Swing* (3 promenade steps and a hold while turning in) dipping in the 2nd of the 3 steps.
- o *Zig-Zag* Back the lady 3 steps in left-hip Yale pos, pivot to rt-hip Yale on ct. 4. Back lady 3 steps, pivot to left-hip Yale.
- o *Serpentine* Back the lady, gent crossing each step over the other while the lady crosses each step behind the other.

## OTHERS

- o *Glide* A simple chassez (galop) smoothly.
- o *4-Slide* Series of 4 chassez, each ending with a half-turn, like an extended polka. Side, close, side, close, side, close, side, turn.
- o *2-Step* Polkas and 2-steps (a smoother polka without the hop) were included in one-step sequences.
- o *Grizzly Bear* Many versions. A common one is a lumbering side-close-side-close. Half the tempo of the *Glide* (which was doubletime).
- o *Wallaby Jump* Both dancers step to the same side, then hop 3 more steps to that side. Repeat to the other side.
- o *Drag Step* He side-steps L, shooting the R out to the rt. Side; then drags the R to the L. Lady does opposite steps. Repeat.
- o *Get Over Sal* Similar to the *Drag Step*. He steps L to the L side and leans & looks down to the rt; draw R to L. Repeat other side.
- o *The Outer Edge* Back the lady 2 steps shifting into right-hip Yale pos. Then turn to face partners doing the *Get Over Sal* step.
- o *Camel Walk* Many versions. An early one is to sway the hips forward and backward, in unison with partner, while stepping side.
- o *Flea Hop* May versions. One is to leap to the side, closing both feet together as you land. Repeat in same direction or reverse.
- o *Anderson Turn* Back the man in Yale pos. Then the man stops while she continues forward around him (he pivots on both toes).
- o *Wind-Up* Push away from partner for 2 steps, his L hand keeping her R. Then he pivots left for 3 steps while she walks CW around him (this wraps his L arm around his own neck). They meet closely, take ballroom hold and do *Traveling Turns*.