A

Step Name	Brief Description
Across	Used to describe the movement of one foot in front of another.
Ankle Rock	With feet crossed and ankles locked rock weight onto forward foot. Return weight to back foot.
Apple Jack	Usually performed in pairs (one left, one right) as syncopated movements (& 1 & 2)
Apple Jack left	Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to centre.
Apple Jack Right	Taking weight onto right heel and left toe swivel right toe and left heel to right side. Return feet to centre.

B

Step Name	Brief Description
Back Rock	Rock back on right. Rock forward onto left.
Balance 1/2 turn Left	Step forward left. Step forward right. Pivot 1/2 turn left.
Balance 1/2 turn right	Step forward right. Step forward left. Pivot 1/2 turn right.
Balance Step	A step in any direction followed by a close step and a hold or step in place. Mostly used in waltzes.
Balance step back left	Step back left. Close right beside left. Step left in place.
Balance step back right	Step back right. Close left beside right. Step right in place.
Balance step forward left	Step forward right. Close left beside right. Step right in place.
Ball change	A quick change of weight from one foot to the other, usually proceeded with a kick or a heel touch.
Beats	A unit of measure of rhythmic time.
Behind	Used to describe the movement of one foot crossing behind another.
Body alignment	The body is made up of three parts; upper torso, center and lower torso. Proper body alignment contains stacked posture.
Body angle	While steps may be performed facing a particular wall the body may be required to angle to preparation for another step.
Body roll	Performed forward, backward or sideways, body rolls are a ripple of the body either up or down over a specified number of counts.
Boogie	The free hip lifts and moves in a circular motion away from the weighted foot.
Boogie roll	Similar to forward Cuban motion, using a bent knee, but the hip stays back.
Boogie walk	While moving forward, the non-support hip and leg moves forward using a circular movement transferring weigh to moving leg.
Box step forward left	Step forward left. Close right beside left. Step left to left side. Touch right beside left.
Box step forward right	Step forward right. Close left beside right. Step right to right side. Touch left beside right.
Box step side left	Step left to left side. Close right beside left. Step forward left. Touch right beside left.
Box step side right	Step right to right side. Close left beside right. Step forward right. Touch left beside right.

Contemporary Line Dancing

Lines in Motion

Never miss a chance to dance!

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Line Dance Step Levels & Step Glossary

Beginner Level Steps:

Across
Balance
Ball
Beats
Behind
Body Alignment
Brush
Bump
Center
Charleston
Count
Cross
Cross Rock
Dig
Frame
Freeze
Grapevine (or Vine)
Heel Splits
Hip Bump
Hitch
Hold
Home
Hook
Hop
Kick
Knee Pop
Pivot Turn
Point (left, right, forward, back)
Posture
Recover
Rock Step (forward, side back)
Rocking Chair
Scuff
Shimmy
Slap
Splits (toe and heel)
Stamp
Step
Stomp
Strut
Sway
Swivel
Together
Touch (or Tap)
Walk
Weave
Weight Change (transfer)

Improver Level Steps:

Balance Step
Ball change
Chasse (side triple or side shuffle)
Coaster (forward & back)
Count "&"
Cross Unwind
Crossing Triple (or crossing shuffle)
Drag (draw)
Fan (toe & heel)
Grind
Jazz Box
Leap
Paddle Turn
Restart
Triple Step
Triple Step – Back (shuffle)
Triple Step – Forward (shuffle)
Triple Turn
Skate
Slide
Spot
Tag
Twinkle

Intermediate Level Steps:

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Boogie Roll
Boogie Walk (camel walk)
Break Step
Break Turn
Cha Cha
Chug
Cuban Motion
Diagonal
Heel Ball Change
Heel Jacks
Heel Pivots
Heel Turns
Heel Twists
Hip Lift
Jazz Box (turning)
Kick Ball Change
Kick Ball Cross
Lock Step
Lunge
Mambo Step
Mashed Potatoes
Monterey Turn
Pigeon Toe Movement
Press
Progressive Turns
Roll
Ronde de Jambe
Sailor Step
Sailor Step – Turning
Scissors
Scoot
Spin
Stationary Turns
Switches (side & heel)
Swivet
Three Step Turn
Toe/Heel/Cross Swivels
Torque
Turn in/out
Vaudeville (Heel Jacks)

Box steps	A sequence of steps usually linked together into an eight count move forming a box shape on floor. Normally leads forward or to side. (about count 4 in each maneuver is a touch, sometimes replaced with a hold).
Break	Reverse direction. The 6-count pattern in swing is called a break pattern.
Break Turn (step turn, chase turn, military pivot)	Step forward and take weight on the forward foot, turn (1/2, ¼ or 1/8) in the opposite direction of the forward foot , take weight on the other foot.
Bpm	Beat per minute. A way of measuring the tempo of a piece of music. Determined by counting how many beat of music there are in a minute of a track.. It is normally the strongest beat that is counted.
Bridge	Used to describe a break from standard phrasing through out a piece of music and an addition sequence of steps to a dance to compensate for this.
Brush	A brush uses the ball of foot to brush the floor as the foot swings forward or back.
Brush back left	Brush ball of left back.
Brush back left across right	Brush ball of left back across right.
Brush back right	Brush ball of right back.
Brush back right across left	Brush ball of right back across left.
Brush forward left	Brush ball of left forward.
Brush forward right	Brush ball of right forward.
Bump	To isolate upper part of the body, flexing the knees, and pushing the hip to either side in any direction.

C

Step Name	Brief Description
Camel walk left	Step forward left. Slide right beside left. Step forward left.
Camel walk right	Step forward right. Slide left beside right. Step forward right.
Center	Balance point of the body located near the diaphragm. Three centers are high (under the breast plate which controls speed), medium (waist high which is the center of movement) and low (belly button level which is the center of balance.)
Cha Cha	Dance rhythm counted 1&2, 3&4.
Charleston kick left & touch	Kick left forward. Step left beside right. Touch right toe back. Step right beside left.
Charleston kick right & touch	Kick right forward, Step right beside left. Touch left toe back. Step left beside right.
Chasse	A syncopated pattern of side steps where the feet never pass. Normally three steps but can be extended.
Chasse left	Step left to left side. Close right beside left. Step left to left side.
Chasse right	Step right to right side. Close left beside right. Step right to right side.
Chug	With weight on the ball of one foot, lift the opposite foot and scoot forward. For hip-hop, a chug is a movement with the weight on the ball of one foot while using the opposite foot to push off and complete a turn without moving the weighted foot
Clockwise	Movements completed from left to right, the way the hands of a clock move around the face.
Coaster step	A movement with three steps all taking weight. Usually a syncopated movement but can be slowed with each step taken on full counts

Coaster step forward left	Step forward left. Step right beside left. Step back left.
Coaster step forward right	Step forward right. Step left beside right. Step back right.
Coaster step left	Step back left. Step right beside left. Step forward left.
Coaster step right	Step back right. Step left beside right. Step forward right.
Count	Generally used to determine weight changes; slow (2 beats of music), quick (1 beat of music), "and" (half a quick count).
Count "&"	Half of a quick count – generally half of one beat of music.
Counter clockwise	Movements completed from right to left opposite clockwise.
Cross & unwind ½ left	Cross right over left. Unwind ½ turn left.
Cross & unwind ½ right	Cross left over right. Unwind ½ turn right.
Cross & unwind ¾ left	Cross right over left. Unwind ¾ turn left.
Cross & unwind ¾ right	Cross left over right. Unwind ¾ turn right.
Cross kick left	Kick left across right.
Cross kick right	Kick right across left.
Cross left	Cross left over right
Cross right	Cross right over left.
Cross rock back left	Cross rock back on left. Rock forward onto right.
Cross rock back right	Cross rock back on right. Rock forward onto left.
Cross rock forward left	Cross rock forward on left. Rock back onto right.
Cross rock forward right	Cross rock forward on right. Rock back onto left.
Cross shuffle left	Cross left over right. Step left to left side. Cross right over left.
Cross shuffle right	Cross left over right. Step right to right side. Cross left over right.
Cuban motion	This is the name for the contra movement of the hips during a cha cha cha. Hips move in an opposite direction

D

Step Name	Brief Description
Diagonal	A direction that is 45 degrees away from the center of the line of dance.
Diagonal kick left	Kick left diagonally forward left.
Diagonal kick right	Kick right diagonally forward right.
Dig	To touch the ball or heel of the free foot to the floor with a strong emphasis.
Drag (draw)	To bring the free foot slowly up to the supporting foot with the knee slightly flexed.

E

Step Name	Brief Description
Electric kicks	This is a Hip Hop maneuver and is done as follows: Step forward on right foot while kicking left foot backward slightly off of floor. Step back on left foot while kicking right foot forwards slightly off of floor. Step back on right foot while kicking left foot forwards slightly off of floor. Step forward on left foot while kicking right foot backward slightly off of floor.
Extended grapevine	The basic grapevine continued in the same pattern

F

Step Name	Brief Description
Fan	Move the toe out and in while keeping the heel in contact with the floor.
Fancy feet	See apple jack
Flare	A low kick on or near the floor.
Flick	The heel flicks back or out to the side.
Forward	See Direction
Frame	Dance posture for the purpose of maintaining balance, control and appearance. Body parts are stacked with the arms forward. The center is used to facilitate all turning movement.
Freeze = Hold	A stop – no movement

G

Step Name	Brief Description
Grapevine	A three step move which often ends with a touch, step or kick.
Grapevine left	Step left to left side. Cross right behind left. Step left to left side.
Grapevine left ¼ turn	Step left to left side. Cross right behind left. Step ¼ turn left.
Grapevine right	Step right to right side. Cross left behind right. Step right to right side.
Grapevine right ¼ turn	Step right to right side. Cross left behind right. Step right ¼ turn right.
Grind	To dig the heel of the foot into the floor with emphasis. Toes twist in and out, there is some weight on the heel.

H

Step Name	Brief Description
Heel ball change left	Touch left heel forward. Step left beside right. Step right in place.
Heel ball change right	Touch right heel forward. Step right beside left. Step onto left in place.
Heel ball cross left	Touch left heel forward. Step left slightly back. Cross right over left.
Heel ball cross right	Touch right heel forward. Step right slightly back. Cross left over right.
Heel bounce	With weight on balls of feet lift and drop heels.
Heel clicks	Rise onto balls of feet and clicking heels together.
Heel fan	With weight on ball or foot twist heel of foot out to side.
Heel fan left	Fan left heel out to left side. Return heel to centre.
Heel fan right	Fan right heel out to right. Return heel to centre.
Heel grind	Take weight forward onto heel and arc toe over two counts.
Heel grind left	Rock forward on left heel arcing left toe from right to left. Return weight back onto right.
Heel grind right	Rock forward on right heel arcing right toe from left to right. Return weight back onto left.

Heel jack left	Step diagonally back right. Touch left heel diagonally forward left. Step left into centre. Touch/step right beside left.
Heel jack right	Step diagonally back left. Touch right heel diagonally forward right. Step right into centre, Touch/step left beside right.
Heel pivot	Step side or back, turn in the opposite direction of the weighted foot. Feet are brought together. Turn on the heels of both feet. Step forward on the un-weighted foot.
Heel split	Split heels apart. Return heels to center.
Heel strut left	Step forward on left heel. Drop left toe taking weight.
Heel strut right	Step forward on right heel. Drop right toe taking weight.
Heel switches (left)	Touch left heel forward. Step left beside right. Touch right heel forward. Step right beside left.
Heel switches (right)	Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.
Heel Swivets (4 counts)	(1) fan right toe to right and left heel to left (2)return feet to place change weight to left heel and right toe, (3)fan left toe to left and right heel to right, (4)return feet to place
Heel turn	Same as *heel pivot* except you end by stepping forward on the opposite foot
Heel twist	Weight is on balls of feet, feet are together, move both heels to one side (left or right) and then back to center.
Hip bumps back left	Step back left, bumping hips – left, right, left.
Hip bumps back right	Step back right, bumping hips – right, left, right.
Hip bumps forward left	Step forward left, bumping hips – left, right. Left.
Hip bumps forward right	Step forward right, bumping hips – right, left, right
Hip lift	The hip lifts by straightening the non-supporting leg and leaving the heel up.
Hip roll	The movement of the hips in a circular action either clockwise or anti-clockwise.
Hitch left or right	Hitch left (or right) knee up.
Hold	A pause with no movement
Home	Return to starting location
Hook	Lift foot and cross in front of supporting leg.
Hop	A jump on the spot of one foot and landing on same foot.

J

Step Name	Brief Description
Jazz box ¼ turn left	cross left over right. Step back on right. Step left ¼ turn left. Step right beside left.
Jazz box ¼ turn right	cross right over left. Step back on left. Step right ¼ turn right. Step left beside right.
Jazz box left	cross left over right. Step back on right. Step left to left side. Close right beside left.
Jazz box right	cross right over left. Step back on left. Step right to right side. Close left beside right.
Jumping jacks	a jump landing feet apart, then returning to centre. Often syncopated and some times returning to a crosses position.

K

Step Name	Brief Description
Kick	A leg lift movement in any direction taken from the knee. The knee does not completely straighten.
Kick ball change left	Kick left forward. Step left beside right. Step onto right in place.
Kick ball change right	Kick right forward. Step right beside left. Step onto left in place.
Kick ball cross left	Kick left forward. Step left beside back. Cross right over left.
Kick ball cross right	Kick right forward. Step right beside left. Cross right over left.
Kick forward left	Kick forward left.
Kick forward right	Kick forward right.
Knee pops	A sequence of moves pushing knee forward, lifting heel off floor with ball of foot remaining in contact with floor.

L

Step Name	Brief Description
Leap	To spring into the air from one foot and land on the other foot.
Lock back left	Step back left. Lock right across left. Step back left.
Lock back right	Step back right. Lock left across right. Step back right.
Lock forward left	Step forward left. Lock right behind left. Step forward left.
Lock forward right	Step forward right. Lock left behind right. Step forward right.
Louie Louis	A maneuver done with one foot forward of the other and weight on the balls of both feet. The knees are bent slightly and both heels swivel inward and then back to centre.
Lunge	The transfer of weight to a bent leg with free leg extended.

M

Step Name	Brief Description
Mambo basic	Step forward left foot, step in place right foot, step left foot beside right foot.
Mash potato	A syncopated maneuver traveling rearward which involves the stepping back (usually behind the other foot) with the heel turned slightly inward, and then the quick swiveling of the heel on the weighted foot outward.
Military pivot	See pivot 1/2 turn
Military turn	See pivot 1/4 turn
Monterey 1/2 turn left	Touch left to left side. On ball of right make 1/2 turn left, stepping left beside right. Touch right to right side. Step right beside left.
Monterey 1/2 turn right	Touch right to right side. On ball of left make 1/2 turn right, stepping right beside left. Touch left to left side. Step left beside right.
Monterey 1/4 turn left	Touch left to left side. On ball of right make 1/4 turn left, stepping left beside right. Touch right to right side. Step right beside left.
Monterey 1/4 turn right	Touch right to right side. On ball of left make 1/4 turn right, stepping right beside left. Touch left to left side. Step left beside right.

P

Step Name	Brief Description
Paddle Turn	A stationary turn that rotates around one predominantly weighted and centralized foot using the second foot to push off or paddle around the stationary foot.
Phrased	If a dance is phrased it has been choreographed to exactly fit the pattern of the music. Some dances have tags. Bridges or are structured in parts to achieve this.
Pigeon Toed	A pattern traveling sideways bringing the toes together leaving the heels apart, then bringing the heels together leaving the toes apart.
Pivot	A turn where on foot is forward of the other and the turn is made on the balls of the feet changing weight. Feet do not leave floor.
Pivot 1/2 left	Step forward right. pivot 1/2 turn
Pivot 1/2 right	Step forward left. Pivot 1/2 turn.
Pivot 1/4 left	Step forward right. Pivot 1/4 turn
Pivot 1/4 right	Step forward left Pivot 1/4 turn
Pivot 3/4 left	Step forward right. Pivot 3/4 turn
Pivot 3/4 right	Step forward left. Pivot 3/4 turn
Point left	Point left toe to left side.
Point right	Point right toe to right side.
Posture	To stand tall with all parts of the body stacked under the head. Smooth: Hips are tucked under the body in one solid line – used in smooth dances. Rhythm: Hips are released into two separate units – used in rhythm dances.
Press	Step forward (or backward) with your free foot, putting partial weight on the ball of your foot. Your supporting leg should be straight and your pressed leg (free foot) is bent with some pressure (partial weight) on the floor. Your body should be leaned forward (or backward) just a bit.
Progressive turn	A traveling rotation of the body done moving forward or backward down the line of dance.
Push step	A step ball change pattern moving to the side, forward or backward.

R

Step Name	Brief Description
Ramble	To travel right or left twisting heels and toes.
Recover	To step in the original position (see in place)
Restart	Restarting a dance at the beginning at a certain interval in the choreography.
Reverse pivot	Same movement as a basic pivot but the initial step is back.
Rhythm	The recurring flow of heavy and light accents in a piece of music. These accents are used to create a pattern of foot and body movements which becomes a dance.
Rock back left	Rock back of left. Rock forward onto right.
Rock back right	Rock back of right. Rock forward onto left.
Rock forward left	Rock forward on left. Rock back on right.
Rock forward right	Rock forward on right. Rock back onto left.

Rock left	Rock to left side on left. Rock onto right in place.
Rock left 1/4 turn right	Rock to left side on left. Rock onto right making 1/4 right.
Rock, recover	Can be done forward, back, or to either side, step forward and without moving feet, shift weight to forward foot, (rock) then shift weight back to stand on back foot. (recover)
Rock right	Rock to right side on right. Rock onto left in place.
Rock right 1/4 turn left	Rock to right side on right. Rock onto left making 1/4 turn left.
Rocking chair forward left	Rock forward on left. Rock back onto right. Rock back on left. Rock forward onto right.
Rocking chair forward right	Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.
Roll	The "indicated" body part circles right or left.
Rolling full turn left	Step left 1/4 turn left. On ball of left make 1/2 turn left stepping back right. On ball of right make 1/4 turn left stepping left to left side.
Rolling full turn right	Step right 1/4 turn right. On ball of right make 1/2 turn right. On ball of right make 1/2 turn right stepping back left. On ball of left make 1/4 turn right stepping right to right side.
Ronde de Jambe (Ronde)	With weight on one foot sweep free foot around with point toe. (this move can incorporate a turn).
Running man	Stepping forward right. Hitch left knee as you scoot right back. Step forward left. Hitch right knee as you scoot back on left.

S

Step Name	Brief Description
Sailor step left	Cross left behind right. Step right to right side. Step left to place.
Sailor step right	Cross right behind left. Step left to left side. Step right to place.
Scissor (left) steps	Step left to left. Step right beside left. Cross left over right.
Scissor (right) steps	Step left foot to left side. Close right foot beside left. Cross left foot in front of right and hold.
Scoot (Skip)	A loop or jump with movement forward.
Scuff left or right	Scuff left or right forward.
Shimmy	Rapid, alternate shoulder movement. As left shoulder moves forward, right moves back.
Shuffle 1/2 turn left	Shuffle step forward making 1/2 turn left, stepping – right, left, right.
Shuffle 1/2 turn right	Shuffle step forward making 1/2 turn right, stepping – left, right, left.
Shuffle back left	Step back left. Close right beside left. Step back left.
Shuffle back right	Step back right. Close left beside right. Step back right.
Shuffle forward left	Step forward left. Close right beside left. Step forward left.
Shuffle forward right	Step forward right. Close left beside right. Step forward right.
Skate	Moving forward sliding one foot diagonally forward, taking weight, and sliding the other foot diagonally forward in the opposite direction.
Slap	Use of the hand to slap heel or knee.

Slide	To move a foot in any direction while keeping it in contact with the floor. Usually used to describe the drawing of one foot to another.
Spin	A full or 3/4 turn executed on the ball of one foot over one beat of music.
Splits	Heel Split: keep weight on balls of feet and move both heels out at the same time and then back together. Toe Split: keep weight on heels of feet and move both toes out at the same time and then back together.
Spot dance	Executed in one area or spot.
Stamp	Another word used to stomp up.
Stationary turn	A rotation in place taking one or more weight changes to complete.
Step	The word used to indicate a movement of a foot with change of weight.
Step, touch	Step on one foot. Touch other foot beside it.
Stomp left	Stomp left beside right.
Stomp right	Stomp right beside left.
Stomp up left	Stomp left beside right (no weight).
Stomp up right	Stomp right beside left (no weight).
Stride	A large step forward or back.
Stroll	Step forward left. Step forward right.
Strut	Toe Strut: moving forward or backward. Count 1 – place the toe of the foot on the floor. Count 2 – come down on the heel with a weight change. Heel Strut: moving forward, place the heel on the floor for count 1, come down on the ball of the foot for count 2 with a weight change.
Sugarfoot left	Touch left toe to right in step. Touch left heel to right instep.
Sugarfoot right	Touch right toe to left instep. Touch right heel to left instep.
Sugarfoot swivel left	Swivel left heel to right side while touching right toe to left instep. Swivel left to right side while touching left heel to right instep.
Sway	Rhythmically moving the upper torso to one side and/or the other.
Sweep	To arc pointed toe out and around from front to back or back to front. Can sometimes be executed with a turn.
Switches	See Toe and/or Heel Switches.
Swivel	A movement of heels or toes while weight is on opposite part of foot.
Swivel left	Taking weight onto left heel and right toe swivel both toes to left. Return feet to centre.
Swivel right	Taking weight onto right heel and left toe swivel both toes to right. Return feet to centre.
Swivet	Isolating the upper body and executing a twisting movement on the ball of one foot and the heel of the other. End with both feet facing the same direction.
Syncopated grapevine	The same pattern of steps as a basic grapevine but the timing uses whole and half counts making the movement quicker. (1&2&)
Syncopation	The use of the downbeats of music or the beats in between the whole beats. e.g. - shuttle, kick ball change.

T

Step Name	Brief Description
Tag	An addition to a dance sequence added at various points in a piece of music to keep dance in phrase with track.
Tap	See Touch
Tempo	The speed of a piece of music.
Three step turn	Full rotation of the body done by stepping with one foot and making ½ turn, step with the other foot for ½ turn and ending by stepping forward with the free foot.
Toe fan left	Fan left toe to left side. Return toe to centre.
Toe fan right	Fan right toe to right side. Return toe to centre.
Toe heel cross swivels	Isolate the upper body. 1) swivel or pivot right on the right foot. Foot to face diagonal wall with left toes touching the right instep. (2) swivel or pivot left on the right foot. Foot to face diagonal center, tough left heel forward. (3) swivel or pivot right on the right foot. Foot to face line of dance. Cross (lock) the left foot over the right and change weight. Toes point in the same direction during the swivel (pivoting) motion. Repeat to the left.
Toe splits (L&R)	With heels in place, fan both toes out and back together.
Toe strut back left	Step left toe back. Drop left heel taking weight.
Toe strut back right	Step right toe back. Drop right heel taking weight.
Toe strut forward	Step forward on right toe. Drop heel taking weight.
Toe strut forward left	Step forward on left toe. Drop heel taking weight.
Toe switches (left)	Touch left toe forward. Step left beside right. Touch right toe forward. Step right beside left.
Toe switches (right)	Touch right toe forward. Step right beside left. Touch left toe forward. Step left beside right.
Together	Move free foot next to opposite foot.
Torque	A rotation of the upper body which twists and stretches the abdominal muscles and creates tension in them. Creates energy to a turn.
Touch	To tape toe or heel without weight.
Traveling applejacks	A pattern traveling sideways bringing to toes together leaving the heels apart, then bringing the heels together leaving the toes apart. Weight is on one toe and the opposite heel, then reversed to result in sideways traveling.
Triple 1/2 turn left	Triple step 1/2 turn left, stepping - left right left
Triple 1/2 turn right	Triple step 1/2 turn right, stepping - right left right
Triple 1/4 turn left	Triple step 1/4 turn left, stepping - left right left.
Triple 1/4 turn right	Triple step 1/4 turn right. stepping - right left right
Triple 3/4 turn left	Triple step 3/4 turn left, stepping - left right left.
Triple 3/4 turn right	Triple step 3/4 turn right, stepping - right left right
Triple full turn left	Triple step full turn left, stepping - left right left.
Triple full turn right	Triple step full turn right, stepping - right left right.
Triple step left	Triple step in place, stepping - left right left.
Triple step right	Triple step in place, stepping - right left right.
Turn	a movement made to change direction.
Turn in	A turn that rotates in the opposite direction of the weighted foot.
Turn out	A turn that rotates in the same direction of the weighted foot.

Twinkle	Can begin with either foot. Cross right in front of left foot. Step to side with left. Close right.
Twist turn	From a locked position, turn on the heel of one foot and the toe of the other in the direction of the back foot.
Twist	With weight on balls of feet heels move freely in given direction.
Two step	A six count rhythm which uses counts 1 and 3 as quick steps, then counts 3,4 and 5,6 as two slow counts. (quick, quick, slow, slow.)

V

Step Name	Brief Description
Vaudeville left	Step diagonally back left on left. Cross right over left. Step diagonally back left on left. Touch right heel diagonally forward right.
Vaudeville right	Step diagonally back right on right. Cross left over right. Step diagonally back right on right. Touch left heel diagonally forward left.

W

Step Name	Brief Description
Walk	Stepping and taking weight on each foot as you move forward or backward.
Waltz	A rhythm with 3 beats to each bar of music. Dances in waltz timing are organized in the same way, with section containing three or six steps. Usually a step is taken on each of these counts. Experienced dancers can work on their rise and fall to give added grace to this dance.
Weave left	Cross right over left. Step left to left side. Cross right behind left. Step left to left side.
Weave right	Cross left over right. Step right to right side. Cross left behind right. Step right to right side.
Weight Change (transfer)	Shifting body weight from the supporting foot to the free foot.
Wizard Right	Step Right forward, lock Left behind Right, step Right forward. This is a syncopated step (1,2&)
Wizard Left	Step Left forward, lock Right behind Left, step Left forward. This is a syncopated step (1,2&)
Willies	A pigeon toed step forward with the weight on the balls of the feet

Compiled using a variety of internet sources