

FEEL THE BEAT PROMOTIONS LINE DANCING BOOKLET

THIS BOOKLET HAS BEEN DESIGNED AND PRODUCED BY
ALAN & BARB HEIGHWAY
FOR THE USE OF LINE DANCERS ATTENDING THEIR FEEL THE BEAT
LINEDANCE CLASSES. IF YOU ARE CONSIDERING JOINING OUR
CLASSES WE WILL BE PLEASED TO SEND YOU A FREE COPY.
IF YOU NEED A MAP TO ANY OF OUR VENUE'S OR WOULD LIKE TO
FIND OUT MORE PLEASE GIVE US A RING

LEARN TO LINEDANCE WITH US AT ANY OF THESE
VENUE'S WHERE YOU WILL BE MADE MOST WELCOME

MONDAY NIGHT - ALL SAINTS CHURCH HALL
(BY SOMERFIELDS) STIRCHLEY
BEGINNERS 7.15pm & IMPROVERS 8.30pm

WEDNESDAY AFTERNOON - TURREFF HALL
TURREFF AVENUE - DONNINGTON
LOW IMPACT 12.30 - 2pm

WEDNESDAY NIGHT - KETLEY COMMUNITY CTR
HOLLYHEAD RD, KETLEY (OPP WHITE LION)
BEGINNERS 7.15pm & INTERMEDIATES 8.30pm

THURSDAY AFTERNOONS
WELLINGTON LEISURE CTR (BATHS)
(BEGINNERS LEVEL FIRST HALF HOUR) 12.30-2pm

THURSDAY NIGHT - KETLEY COMMUNITY CTR
HOLLYHEAD RD, KETLEY (OPP WHITE LION)
BEGINNERS (LEVEL 2) 7.15pm & IMPROVERS 8.30pm



FOR MORE INFORMATION PLEASE RING US ON
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Webb feelthebeatpromotions.com



WELCOME TO THE WORLD OF **FEEL THE BEAT** **LINE DANCING**

ALAN & BARB INVITE YOU TO COME
ALONG AND START TO LEARN
TO LINE DANCE.
THIS IS A VERY POPULAR FUN
ACTIVITY WITH GENTLE EXERSIZE
AND EVERYONE IS MOST WELCOME.



JOIN IN WITH

FEEL THE BEAT LINE DANCING
AND TAKE PART IN A GREAT NEW SOCAIL
PASTIME, HAVE FUN AND MEET NEW FRIENDS
AT THE SAME TIME - NO PARTNER REQUIRED

WITH OUR COMPLIMENTS HERE IS YOUR FREE
FEEL THE BEAT LINE DANCER GUIDE
WITH INFORMATION YOU NEED TO KNOW
INCLUDING BEGINNERS LINEDANCE STEPS

WE ARE QUALIFIED INSTRUCTORS WITH THE
B.W.D.A.
BEST WESTERN DANCE ACADEMY
& MEMBERS OF THE
C.W.D.C. U.K.
COUNTRY & WESTERN DANCE COUNCIL



MONTERAY 1/4 OR 1/2 TURN L-R

These are linedance turns that are completed over 4-counts of music and they can turn the dance by a 1/4 turn or a 1/2 turn using the same basic steps. The steps can be done left or right direction

1/4 RIGHT TURN

- 1-Right toe touch to right side
- 2-Turn 1/4 turn right putting weight on the right foot beside the left
- 3-Left foot touch to let side
- 4-Step down on left foot by right

1/2 RIGHT TURN

- 1-Right toe touch to right side
- 2-Turn 1/2 turn right putting weight on the right foot beside the left
- 3-Left foot touch to let side
- 4-Step down on left foot by right

PADDLE TURN

These are linedance turns that are completed over 2-counts of music and they can turn the dance by a 1/4 turn or a 1/2 turn using the same basic steps. The steps can be done left or right direction

1/4 TURN LEFT

- 1-Right toe touch to right corner
- 2-Turn 1/4 turn left pushing yourself with your toes in a paddle motion

1/2 TURN LEFT

- 1-Right toe touch to right corner
- 2-Turn 1/2 turn left pushing yourself with your toes in a paddle motion

MAMBO STEP R-L

These are a sets of 3 forward backward or sideward steps right-left-right or left-right-left done on the spot to a 1&2 beat to rock forward, recover & step back or rock back, recover, step forward

KICK BALL CHANGE/STEP L-R

A kick ball change is 3 steps normally 1 & 2 done on the spot, but the kick ball step travels slightly forward by one small step.

RIGHT KICK BALL CHANGE

- 1-Kick Right foot forward
- &-step down on ball of right foot
- 3-transfer weight to left foot

RIGHT KICK BALL step

- 1-Kick Right foot forward
- &-step down on ball of right foot
- 3-step weight forward onto left foot

ROCKING CHAIR

A extension of the forward or back rock step where you do forwards & back rocks on the same foot on 1 2 3 4 or 1&2 3&4 counts

RONDE - RONDE 1/4 TURN

To make a curve as you do the step such as swinging the foot from behind to a front position and can be used to make a 1/4 ronde turn.

An introduction to 'The ideal line dancing world'

What a great feeling when you've made your mind up and taken the first step to join a line dancing class. There you are on your first night, at the lessons and ready to go. Hopefully your instructor has made you feel welcome, and possibly you have met someone you know or you have been introduced to some new friends right from the start. Your instructor walks through a dance and puts the music on and away you go, never to look back....if only this were true...

This next part should not happen but in reality at some clubs new members can be overlooked and sometimes completely ignored due to one reason or another, you sit on your own, no one speaks to you and the chances of you being able to get advise or dance the dances straight away are almost impossible....you begin to wonder why you went in the first place and to make matters worse the dance step descriptions coming from the instructors mouth may as well be in a foreign language.

Don't Worry....This does not happen at our Feel The Beat classes, we realise that you are there to be a part of our scene and that it is going to seem a little strange to you for a short while until you have a better understanding of our way's. We always say it's the same as trying to walk, ride a bike, drive a car etc....you have to learn the right way to do it and every single person in the classes with you started exactly the same way as you are doing now.

Everybody learns at a different pace, some people pick it up quick but others take a little longer, however if you give yourself enough time, there is no reason why you can't line dance so don't worry at all about how other people are doing and most importantly, believe in yourself, because we know if you give yourself enough time you can do it too.

We are here to help, we cannot do it for you, everything you need to know is available, but one thing is certain, you have to be the one on the dance floor to do it, sitting down watching all the others enjoying themselves, will not make you a better dancer.

We fully understand that 'making mistakes' and 'looking foolish' are two of the new line dancers biggest worries, so we can assure you that this is all part of the fun of line dancing, everyone makes mistakes, we are all human beings, no body is always perfect and the person who has never made any mistakes, including instructors, has not been born yet.....we look forwards to seeing you

WELCOME TO THE WORLD OF LINE DANCING

Thank you for asking about our line dance classes. Here is our free beginners guide to help you on your way so please take time to read it through carefully. There seems a lot to have to learn, but do not let this put you off, as the end reward is most satisfying. Everyone has to start right at the very beginning, and there is no substitute for attending your Instructors classes and being taught by them in person. Being there on the dance floor is the only real way to learn and Alan & Barb look forwards to seeing you there soon.

ABOUT ALAN & BARB

We have been teaching line dancing for a number of years, primarily for charity before turning full time professionals In 2001. We are fully qualified instructors and teach at many festivals and events both in the U.K. and abroad. We are resident instructors for Bristol based 'Dancelines' line dance promotions where we teach in both Butlins and Pontins holiday camps for their weekend festivals. We also teach for agencies at many corporate events and have taught off the stage at two of the 'Wolvstock' festivals.

FEEL THE BEAT

At Feel The Beat we structure our classes for 5 - levels of line dancers offering you the opportunity to develop to higher levels ranging from absolute Beginner, Improver & to Intermediate classes.

BEGINNER - level 1 & level 2 IMPROVERS - level 1 & level 2 INTERMEDIATES

You only develop at your own pace into the level you enjoy most.

BOX SQUARE

These are a sets of 8 steps & beats in a square pattern which can travel left, right, forwards or backwards in direction

RIGHT SIDE

- 1-Right step to right side
- 2-Left step by right
- 3-Right step backward
- 4-Left touch by right

LEFT SIDE

- 5-Left step to left side
- 6-Right step by left
- 7-Left step forward
- 8-Right touch by left

SIDE & HEEL SWITCHES

These are basic moves which you do on the spot right or left. Called 'Toe & Toe' or 'Heel & Heel', normally called 1 & 2 time. Side touches mean you point your toe out to the side and then step down on the same foot and point your other toe out to the other side, like a pendulum swing.. The same steps are done by taping your heel forward and stepping down to switch and tap your other heel forward.

THE '&' STEP

The normal main beats are counted as 1-2-3-4.
YOU CAN ALSO MAKE A STEP BETWEEN THESE BEATS
CALLED THE '& (AND)' STEP - 1-&-2 3-&-4.
Shuffle steps are normally done with this timing

THE R-L HEEL HOOK

These are a sets of 4 steps & beats steps that you do on the spot.

RIGHT HEEL HOOK

- 1-Right heel tap diagonally forward
- 2-Right foot cross in front of left leg
- 3-Right heel tap diagonally forward
- 4-Right foot step beside left

LEFT HEEL HOOK

- 1-Left heel tap diagonally forward
- 2-Left foot cross in front of left leg
- 3-Left heel tap diagonally forward
- 4-Left foot step beside left

LUNGE R-L

Take the right or left foot forward and lean over it bending the knee and recover weight back upright onto the other foot

WEAVE

This is an extension of the vine with one extra step added such a cross step in front before the vine making a 4-step weave

TOE - HEEL OR HEEL - TOE

These are usually done before a cross step or with a stomp.

Left or right side with weight, done on the spot.

TOE - 1 - With weight on left foot turn your right toe towards your left foot pointing heel outwards

HEEL - 2 - With weight still on left foot turn your right heel towards your left foot pointing toes outwards

SHUFFLE STEPS

As above Shuffle steps are normally done with 1&2 3&4 timing

Shuffles any direction forwards, backwards, diagonally or side wards

RIGHT FORWARD SHUFFLE

1-Right foot step forwards

&-Left foot step to side of right foot

2-Right foot step forward

RIGHT SIDE SHUFFLE

1-Right foot step to right side

&-Left foot step to side of right foot

2-Right foot step to right side

KICK L-R

Too make a low kick with your foot forwards or to the side making sure that the move is fully controlled. Do not make a high kick it may injure someone

ROCK AND RECOVER

These are a combination of steps that can be done, forwards backwards, on the diagonal or as sideward movements

Normally taking 2 beats of music. Your weight rocks onto one foot and you recover your weight back onto the original foot

RIGHT ROCK STEP

1-Right foot rock step forward

2-Left foot re-takes weight again

LEFT STEP TOUCH

1-Left foot rock step forward

2-Right foot re-takes weight again

THE RIGHT OR LEFT JAZZ BOX

There are four basic steps in a jazz box taking 4-beats of music

The jazz box steps are done on the spot (no travelling)

RIGHT JAZZ BOX

1-Right foot cross over left foot

2-Left foot step back

3-Right foot step to right side

4-Left foot step beside right foot

LEFT JAZZ BOX

1-Left foot cross over right foot

2-Right foot step back

3-Left foot step to left side

4-Right foot step beside left

WHAT CLOTHES TO WEAR

There is no actual control on what you wear to line dance in, however it makes sense to wear comfortable clothes that allow you to move freely, not too tight though, as it is essential that you can breathe freely. The days where line dancers all wore cowboy outfit's, hat's and boots are long gone, but in some cases such as at 'Western festivals' and 'Country & Western' club's, this is still the normal type of wear.

FOOTWEAR

Flat bottomed all round shoes or boots are best, as your feet may need some protection from other dancers. Footwear as above need to be what you feel comfortable in, however there are a few 'Do Not Wear these' shoes worth a note about.

HIGH HEELS

No sharp High heeled shoes or stiletto shoes are allowed at our Feel The Beat classes or socials and dances. The reason is that the 'Heel' is sometimes used as a dance step, and the heel could snap causing you to fall, plus and just as important stepping back onto somebody's foot wearing this type of shoe can cause them to become seriously hurt.

TRAINERS, SANDALS & OPEN TOE SHOES

Trainers are designed to grip the floor as in a sports activity, so they will restrict your ability to dance smoothly, plus they are 'soft' topped and will not protect your foot if you should be accidentally trodden on by another dancer. Protecting your toes is very important so the same goes for soft sandals, or open toe type shoes and it goes without saying please never dance on the floor with no shoes on your feet.

IF IN DOUBT PLEASE ASK

Remember your feet are in contact with the floor all the time when you are line dancing, so look after them, if in doubt about your footwear please ask us for our views.

PERSONAL HYGENE

Please remember that when line dancing you can get really hot at times and therefore personal hygiene is very important.

WHERE DO I STAND TO BEGIN TO DANCE

For this one you need to be brave, your normal reaction will be to 'stand on the back row' where you hope you will not be noticed, but remember when we all turn around, you will find yourself on the front row and this will not help you. New beginners should ideally begin in the middle of the room between more experienced dancers, there is a reason for this, if you go onto the, back line or very ends (sides) of the lines, when you make a turn, there will just be a wall in front of you. Now the wall does not know any of the dances or steps we are doing so it cannot help you out. If you are in the middle of the dancers and have more experienced line dancers around you they can help you during the dance or you can follow them until you can dance the patterns better for yourself. If you should unfortunately make a mistake and find yourself facing all the other dancers, 'what the heck' don't worry, just smile and wave to them, wait a few seconds and they will be facing the same way as you again, so you just carry on dancing again as if nothing has happened.....believe me we all do it at some time or other.....

KEEPING FIT WITH MUSIC

Line dancing is a great way to help keep you fit with the aid of music. We will always do a warm up and slow down dance at our sessions. We use a variety of music, country, pop, charts and easy listening music to suit all tastes. Suitable for all ages and you do not need a partner to join in the fun.

BARB'S PRE-CLASS LESSON

To our knowledge no other instructors locally offer this as part of their service to new line dancers. New dancers are invited to come along to our Monday & Wednesday 'Kickstart' night classes about 15 minutes earlier so that Barb, who is also level 2 qualified instructor, can go through some of the basic beginners steps with you. Barb will also walk through the basic steps you need to know for your first line dance.

THE 1/4 & 1/2 TURN

These are two sets of steps that turn you to face another wall during the dance pattern.

1/4 TURN RIGHT

- 1-Left foot step forward
- 2-Keeping weight on right foot swivel 1/4 turn left to face the wall on your right hand side

1/4 TURN LEFT

- 1-Right foot step forward
- 2-Keeping weight on left foot swivel 1/4 turn right to face the wall on your left hand side

1/2 TURN RIGHT

- 1-Left foot step forward
- 2-Keeping weight on right foot swivel 1/2 turn left to face the wall behind you

1/2 TURN LEFT

- 1-Right foot step forward
- 2-Keeping weight on left foot swivel 1/2 turn right to face the wall behind you

THE STEP TOUCH

These are a combination of forward, back, on the diagonal or as sideward movements normally 2 or 4 beats of music.

RIGHT STEP TOUCH

- 1-Right foot step to right side
- 2-Left toes touch floor beside right

LEFT STEP TOUCH

- 1-Left foot step to left side
- 2-Right toes touch floor beside left

SWIVEL STEPS (THE TWIST)

These are basic moves which you can either do on the spot like the 'Twist' or move side wards right or left and these are usually over 4-beats of music

SWIVEL ON THE SPOT

- (WEIGHT ON BALLS OF BOTH FEET)
- 1-Both Heels swing to right side
 - 2-Both heels swing to left side (Twisting body at hips)

SWIVEL TO LEFT OR RIGHT

- (WEIGHT ON BALLS OF BOTH FEET)
- 1-Both Heels swing to right side (WEIGHT ON HEELS)
 - 2-Both toes swing to right side (Travelling side wards while twisting body at hips)

THE SCUFF/BRUSH R-L

The scuff or brush like the stomp is usually an add on step where you just scuff or brush the ball of the foot onto the floor.

THE VINE

There are three basic steps to a vine taking up 3-beats of music with a touch step, hitch, scuff or brush etc added as the 4th beat.

RIGHT VINE

- 1-Right foot step slightly forward
- 2-Left foot step behind right foot
- 3-Right foot step to right side
- 4-Add on step

LEFT VINE

- 1-left foot step slightly forward
- 2-Right foot step behind left foot
- 3-Left foot step to right side
- 4-Add on step

TOE HEEL STRUT - HEEL TOE STRUT

There are two basic steps to a strut taking up 2-beats of music
For each set with a left & right strut taking 4-beats of music
The strut can be done with either the toe or heel first and travelling forwards, backwards or sideways.

FORWARD TOE STRUT

- 1-Right toe touch forwards
- 2-Step down on Right heel
- 3-Left foot touch forwards
- 4-Step down on Left heel

FORWARD HEEL STRUT

- 1-Right heel step forward
- 2-Step down on right foot
- 3-Left heel step forward
- 4-Step down on left foot

THE HITCH

The hitch means to bend your right or left knee as you lift your leg upwards making the top of the leg parallel with the floor.

THE STOMP R-L

The right or left stomp is usually an add on step such as on the end of a vine and means to stamp your flat foot down onto the floor. At all times when doing the stomp keep the knee slightly bent to absorb the impact.

THE STOMP UP

The same as above but you immediately lift the weight from the foot after the stomp Again keep the knee slightly bent to absorb the impact.

CHA CHA CHA R-L

These are a sets of 3 steps stepping your feet up and down right-left-right or left-right-left on a 1&2 beat on the spot.

DANCE FLOOR ETIQUET

As in every type of activity there are some hard and fast rules to follow and line dancing is no exception. These are for your safety and without guide lines for everyone to need and follow, all sorts of problems could exist. We will identify the main points to make your line dance visits safe and these will be strictly adhered to during any of our classes or social events that you may attend. The main thing to you need to remember is that line dancing is a fun activity so help us to keep it that way by agreeing to the following simple rules and everyone will be happy. Feel The Beat will not tolerate 'spitting' or the use of 'any bad language' or 'bullying' at any of the events.

Do Not's

All of our classes and socials are no smoking, but even at festivals or outside events there is no smoking allowed while dancing amongst the lines of dancers

Never carry drinks or glasses onto the dance floor area please always go around the outside and please don't take short cuts through the lines when people are dancing

If you accidentally bump into another line dancer, then say sorry immediately, if you have been bumped into an apology should be the end of the matter. However if someone is really hurt shout to let your D.J know to stop the dancing immediately.

Children are welcome but must be under control at all times

Partner dancers travel around the room always in an 'ANTI' clockwise direction and have right of way so please keep vigilant and let them pass you.

Wear suitable footwear and sensible clothing.

When a kick is required always keep the kick low pointing toes towards the ground never kick high up in the air.

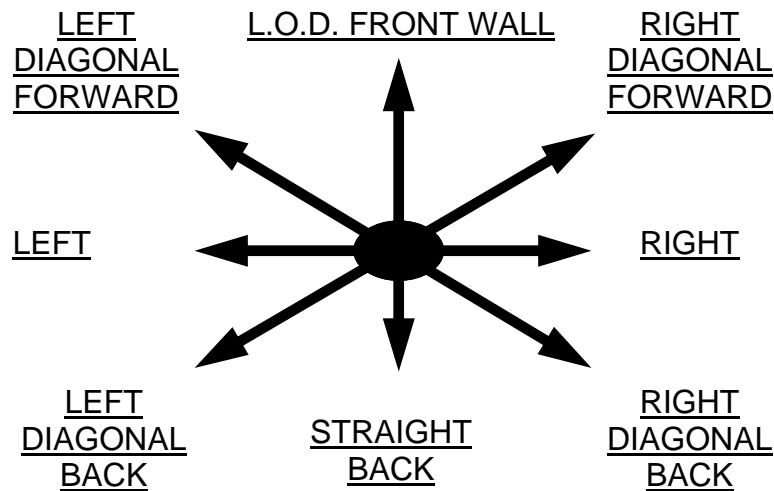
FEEL THE BEAT'S BEGINNERS DANCE STEPS

BEFORE INTRODUCING YOUR BASIC STEPS, WE NEED YOU TO KNOW A FEW THINGS ABOUT LINE DANCING SUCH AS DANCE FLOOR LAYOUT AND THE TRAVEL DIRECTIONS MOST USED IN OUR DANCES. EASY TO UNDERSTAND TERMS ARE USED IN THIS SECTION BUT IF THERE IS ANYTHING YOU DO NOT QUITE UNDERSTAND

PLEASE ASK US

1 – L.O.D. LINE OF DANCE

This is the front wall where you will be facing when you begin the start of the dance. This is usually facing a stage, or the wall where your instructor will be teaching you from, for practice at home it is best to use a wall with a fireplace in it as your front 'L.O.D.' wall.



THE MAIN DIRECTIONS OF TRAVEL USED FOR LINE DANCING

2 – HOW MANY WALLS WE USE

Line dances are designed for you to dance around the dance hall which means that we shall make turns to face other walls.

A '1-wall' line dance means we always finish the dance facing the L.O.D. front wall, a '2-wall' is using both front and back walls and a '4-wall' means we shall turn to use all 4 walls in the dance hall.

TWO MAIN TYPES OF BASIC STEP

There are two types of step referred to by instructors and they are called as 'step' or 'touch'.

To '**step**' (with weight) means that you move your foot and then step firmly down with all your body weight onto it. This leaves your other foot free to move

To '**touch**' (with no weight) means that you move your foot and just touch the toes of it by the side of your other foot. This leaves your same foot free to move again

THE FOLLOWING TERMS AND STEPS DESCRIPTIONS ARE USED IN LINE DANCES

COUNTS (MUSIC BEATS)

Line dances are set out in patterns or as a set of steps, usually in sets of 4 or 8 as a number of counts. A typical line dance has 32 steps and this determines how long the dance pattern lasts. The speed of the dance is controlled by the beat of the music.

The steps that make up the dance patterns are broken down into smaller sections which are given names like vines etc. When you are a more established dancer these names will be more meaningful and the dances will become easier to learn

BEGINNERS DANCES

When you are learning you will not be taught fast or difficult line dances, you will be taught the same steps, a few times in different dances until you can remember them well. We will use dances with 24 - 32 counts and use 1 - 2 - or 4 walls during the early stages with a variety of different types of music.

Basic level 1 beginners steps that you will learn first (blue print)
 VINE - STRUT - HITCH - STOMP - CHA CHA CHA - 1/4 & 1/2 TURNS
 STEP TOUCH - SWIVELS - SCUFF/BRUSH - TOE /HEEL - SHUFFLE
 KICK - ROCK/RECOVER - JAZZ BOX - BOX SQUARE

BEGINNERS LEVEL 2 STEPS

SWITCHES - '&' STEP - HEEL HOOK - LUNGE - WEAVE
 MONTERAY TURN - PADDLE TURN - MAMBO
 KICK BALL CHANGE/STEP - ROCKING CHAIR - RONDE

KEEPING A PERSONAL RECORD

Name _____ Date _____

SOMETIMES RIGHT AT THE START IT IS USEFUL TO KEEP A NOTE OF WHAT STEPS YOU HAVE LEARNT, IDENTIFYING THE STEPS YOU KNOW, OR STEPS YOU NEED TO GO OVER AGAIN.

VINE	<input type="checkbox"/>	STRUT	<input type="checkbox"/>	HITCH	<input type="checkbox"/>
STOMP	<input type="checkbox"/>	CHA CHA	<input type="checkbox"/>	1/4 & 1/2 TURN	<input type="checkbox"/>
STEP TOUCH	<input type="checkbox"/>	SWIVELS	<input type="checkbox"/>	SCUFF/BRUSH	<input type="checkbox"/>
TOE - HEEL	<input type="checkbox"/>	SHUFFLE	<input type="checkbox"/>	KICK	<input type="checkbox"/>
ROCK STEPS	<input type="checkbox"/>	JAZZ BOX	<input type="checkbox"/>	BOX SQUARE	<input type="checkbox"/>
SWITCHES	<input type="checkbox"/>	'&' STEP	<input type="checkbox"/>	HEEL HOOK	<input type="checkbox"/>
LUNGE	<input type="checkbox"/>	WEAVE	<input type="checkbox"/>	MONTERAY	<input type="checkbox"/>
PADDLE TURN	<input type="checkbox"/>	KICK BALL CHANGE	<input type="checkbox"/>		
ROCKING CHAIR	<input type="checkbox"/>	RONDE	<input type="checkbox"/>		

MY FIRST DANCES ARE

1 _____	2 _____
3 _____	4 _____
5 _____	6 _____