

Example: Song: "Easy Love" by Sigala Choreography: Karolyina Caceres Lopez

or starting with the left foot
going the other way.

Step and turn your left foot first, then turn your right foot

Quarter left turn in 2 steps.

Stomp

Kick

Other Steps

All the steps can be done starting with the right foot going one way,

Cross your right foot behind your right

Cross your left foot in front of your left

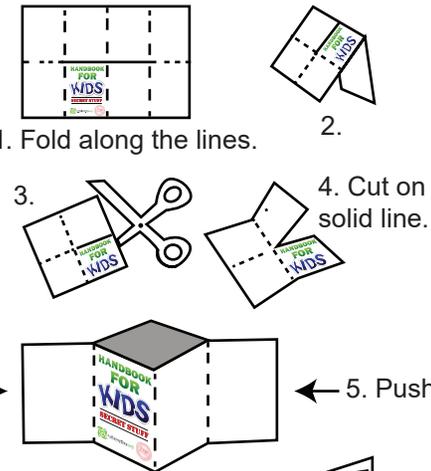
Cross Steps

Tap your heel

Tap your toes

Toe and Heel Steps

FOLDING INSTRUCTIONS



HANDBOOK FOR KIDS

LINE DANCING

www.4aRainyDay.org



Northern Virginia Country-Western Dance Association | nvcwda.org

Registered 501(c)3 Organizations

Line dancing is fun, easy and healthy! You can learn very quickly a few basic steps, and you'll be able to dance in a few minutes.

It's very simple: you make steps with the beat of the music, forward, backward, and sideways right or left, sometimes crossing your feet. And you make turns, a quarter turn at a time for the beginner dances.

Line dances are organized in groups of 8 steps, called sections, and all the sections together are called the sequence. The sequence is repeated until the song ends.

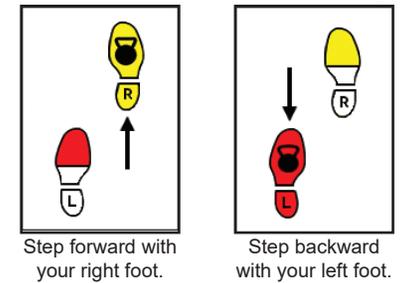
1	2	3	4	5	6	7	8
step							

One of the most important things in dancing is on which leg the weight of your body is. During the dance, you constantly switch your weight from one leg to another at almost every step. It's the cow bell picture in the footprints. For better agility, try to be on the balls of your feet, and be light on your heels.

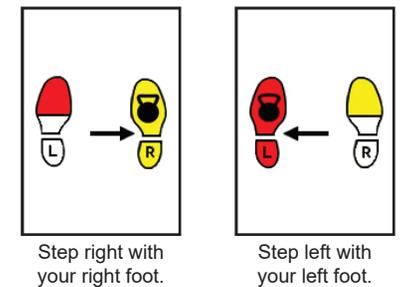


That's it! You're ready to have fun!

Forward and backward steps



Sideways right and left steps



There are many other steps, but we can show only a few here, the most important.