

The NIGHTCLUB TWO STEP

is a Couples Dance



Man and Lady are toward the center of the floor and facing each other.

The Man places his Rt Hand on the Lady's Shoulderblade

Lady places her Left Hand on the Man's Rt Arm approx. 4 inches from shoulder

The Man holds his Left Hand at the same height as his Rt Arm

Lady places her Rt Hand in his Left Hand

The BASIC STEP includes a Slow (Slide) to the side and two Quicks.

The Man will step left on his Left Ft (1), Hold (2), Step behind the Left Ft on the Ball of the Rt Ft to Rock back (3), then he Rocks fwd on his Left Ft (4)

The Lady will step right on her Rt Ft (1), Hold (2), Step behind the Rt Ft on the Ball of her Left Ft to Rock back (3), then she Rocks fwd on her Rt Ft (4)

THEN

The Man will step right on his Rt Ft (1), Hold (2), Step behind the Rt Ft on the Ball of the Left Ft to Rock back (3), then he Rocks fwd on his Rt Ft (4)

The Lady will step left on her Left Ft (1), Hold (2), Step behind the Left Ft on the Ball of the Rt Ft to Rock back (3), then she Rocks fwd on her Left Ft (4)

The STYLING should include a "Down" for 2 counts, and "Up-Up" on 3, 4.

This means that you do not rock far from your partner (as you do in Swing), but merely use the Balls of your Feet for the Rock Steps.

Any four-count MUSIC can be used to perform this Dance

"Baby Blue" by George Strait

"Livin' on Love" by Alan Jackson

"If You Only Knew" by Scooter Lee





NIGHTCLUB TWO STEP (TURNS)



OUTSIDE TURN: is performed on Lady's Rt "Slide" Step

Man leads with Rt Hand to push shoulderblade and he raises his Left Hand.

Lady Steps 1/4 right on Rt "Slide", then Steps fwd on Left to 1/2 Pivot right onto Rt.

Lady Steps another 1/4 right on Left "Slide" to face Man.

INSIDE TURN: is performed on Lady's Left "Slide" Step

Man leads by raising his Left Hand across between himself & the Lady.

Lady Steps 1/4 left on Left "Slide", then Steps fwd on Rt to 1/2 Pivot left onto Left.

Lady Steps another 1/4 left on Rt "Slide" to face Man.

OPEN BREAK: is performed when holding only one hand and the Body's will be angled in a "V position" (Promenade)

Alternating OPEN BREAKS will have the Couple facing on the "Slide" Step, and Rocking back and fwd "Quick-Quick" in Promenade.

THROW ACROSS: is a variation of an Open Break where the Couple moves fwd promenade.

The Man leads the Lady across in front of him on the "Slide" to his opposite arm, then Walks fwd on "Quick-Quick" (Left steps across Rt to move fwd)

The Lady full turns CCW across in front of Man on "Slide", then Walks fwd on "Quick-Quick" (Rt Steps across Left to move fwd)

HALF TURN BASIC

MAN 1/4 turns left on Left "Slide" in place, AST LADY Steps diagonally left on her Rt "Slide" to face the Man.

MAN Steps fwd on Rt Ft "Quick", and across in front on Left "Quick"

AST LADY Steps back on Left "Quick", and 1/4 left as she steps across in front on "Quick".

MAN returns to Closed Basic as he Rt "Slides" 1/4 left to face Lady,

AST LADY is doing Left "Slide" to Closed Basic.