

SPECIAL DANCE TIPS

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A few basic guidelines to promote your success and safety on the dance floor.

Basic Etiquette

If you don't know a dance or can't keep up: FOLLOW FROM OUTSIDE THE CIRCLE, ABOUT 2 - 3 FEET BEHIND THE DANCERS. You will be better able to see them and you won't be in their way.

If the circle is a line dance - DO NOT ENTER AT THE HEAD OF THE LINE.

If you leave a line or circle, JOIN THE HANDS OF YOUR NEIGHBORS as you leave.

If you don't want to do a couple dance, graciously say NO THANK YOU.

If you don't know a couple dance, ALERT YOUR POTENTIAL PARTNER. (Nobody likes to be asked to do a dance and **then** discover they have to teach it to their partner.)

If, during teaching, you already know the dance, FIND SOMEONE TO SUPPORT or go somewhere else to talk. If the teacher errors, correct them in private (when they retire to turn the music on).

BASIC HYGIENE (This may seem obvious, but...)

If you sneeze into your hands, take the time off and go and wash them. You may think it unnecessary, but others might appreciate it.

A popular dancer is a deodorized dancer. If you don't wish to use anti-perspirant at the very least wear clean clothes and take a fresh shower. In other cultures, body odor is not an offense. In the 90's, here, ...

SAFETY AND SUCCESS

Take **SMALL STEPS** and **WATCH WHERE YOU ARE GOING**. The rest is commentary,

Wear comfortable shoes: dance shoes, sneakers, tennis shoes

BEGINNERS: If you can find a "BUDDY" who can point out the easier dances and warn you against the "HARD" ones, you will increase your enjoyment.

Write down the names of the dances you learn and like so that you can request them during open dancing. Sometimes, that may be the only way you will keep them alive.

DIBBUK 'S FOOTNOTES

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<u>Name of Step</u>	<u>Direction</u>	<u>Description**</u>
Cherkessiya (aka Step-Bend fwd/back)	(In Place)	R forward, L back, R Back L Forward
Mayim (aka closed Grapevine)	(Moving CW *)	Cross R over, L to side, R behind, L to side
Grapevine (aka Open Grapevine)	(Moving CCW *)	R to side, L Across, R to side, L behind
Double Cherkessiya	(In Place)	R cross over, L back, R side, L cross over, R back, L side
Pas-de-Basque (aka Step-Ball-Change) (aka Balance Step)	(side to side)	R to side, with full weight L to side on ball of foot, change R to side, with full weight <usually three steps in two counts>
“Triplet” (aka Two-Step) (aka Cha-Cha) (aka Step-Together-Step)	(Traveling)	Same as Pas-de-Basque, only Traveling
Yemenite	(In Place Facing Forward)	R to side, L to side slightly back, R cross over, HOLD
“Back” Yemenite	(In Place)	R Back, L Back, R forward, HOLD
Schottische	(Forward/Back)	R, L, R, Hop
Chassidic	(Sideward)	R to side, L cross behind, R to side Touch or lift L heel

* CW = Clockwise CCW = Counter-Clockwise

** All Steps given to start with the right can be reversed for the left