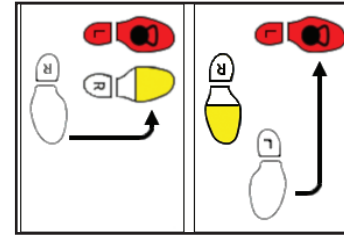


Example: Song: "Easy Love" by Sigala Choreography: Karolyina Caceres Lopez

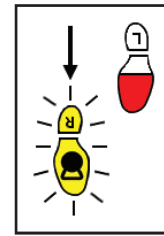
or starting with the left foot
going the other way.

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

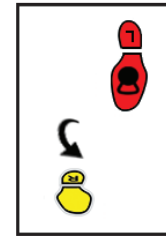
Quarter left turn in 2 steps.



Stomp



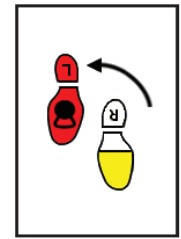
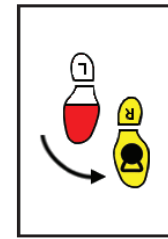
Kick



Other Steps

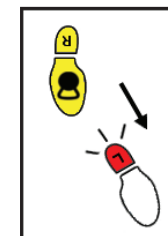
All the steps can be done starting with
the right foot going one way,

Cross your right foot
in front of your left
Cross your left foot
behind your right

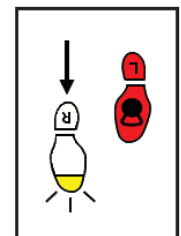


Cross Steps

Tap your heel

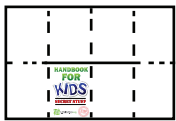


Tap your toes



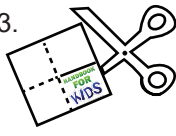
Toe and Heel Steps

FOLDING INSTRUCTIONS

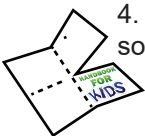


1. Fold along the lines.

2.



4. Cut on solid line.



5. Push

Folding instructions

6. Enjoy!



Footprint design and images by Bernard Ferrer

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	step	step	step	step	step	step	step

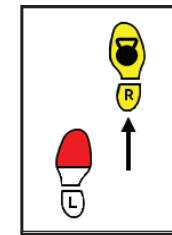
One of the most important things in dancing is on which leg the weight of your body is. During the dance, you constantly switch your weight from one leg to another at almost



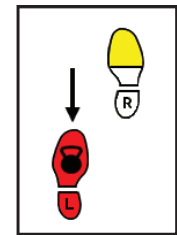
every step. It's the cow bell picture in the footprints. For better agility, try to be on the balls of your feet, and be light on your heels.

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

Forward and backward steps

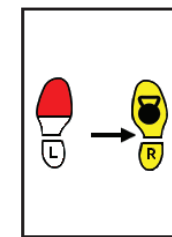


Step forward with your right foot.

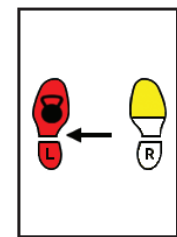


Step backward with your left foot.

Sideways right and left steps



Step right with your right foot.



Step left with your left foot.

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