

# How to Read This Book

This book is written largely in 'chart' format, and a pre-existing understanding of the terms and descriptions used is necessary to maximize the benefit of this book.

## Abbreviations Used in this Text

### Rhythm

S=Slow, 2 beats of music.

Q=Quick, 1 beat of music

### Foot Position

RF= Right Foot

LF= Left Foot

SLT=slight(ly)

TTI= Toe Turned In

TTO= Toe Turned Out

### Body Position

SLT=slight

CBM=Contra-Body Motion

CBMP= Contra-Body  
Motion Position

R=Right

L=Left

### Alignment

LOD= Line of Dance

DC= Diagonal Center

DW=Diagonal Wall

P= (foot) Pointing

A-LOD= Against LOD

### Foot-Work

T=Toe

H=Heel

B=Ball of foot

HT= Heel, then Toe

TH= Toe, then Heel

F= foot (flat foot)

LF= Left Foot

RF= Right Foot

W= whole (foot)

IE= Inside Edge

### Turn

Com= Commence

E/O= (at) end of

Cont= Continue

R=Right

L=Left

BTL= Body Turns Less

BCT= Body Completes Turn

Bet= Between

### RISE & FALL

Com= Commence

E/O= (at) end of

Cont= Continue

NFR= No-foot rise (Body  
Rise with heel on the  
ground)

R= Rise

L= Lower

### Dance Positions

PP= Promenade Position

Prom Pos= Promenade  
Position

OP= Outside Partner

PO= Partner Outside

ROP= Right Outside Partner

LOP= Left Outside Partner

SxS= Side-By-Side Position

## Alignments and the Line Of Dance (LOD)

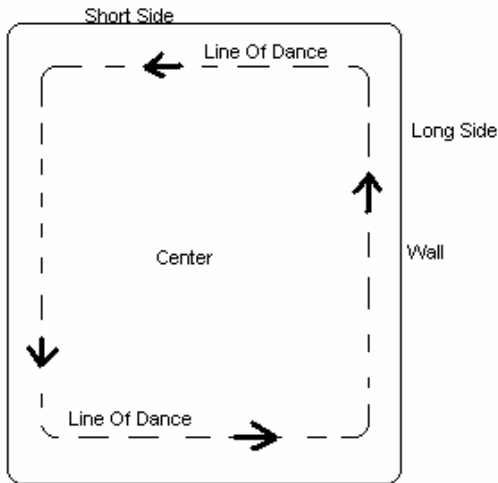


Figure 1:Line of Dance

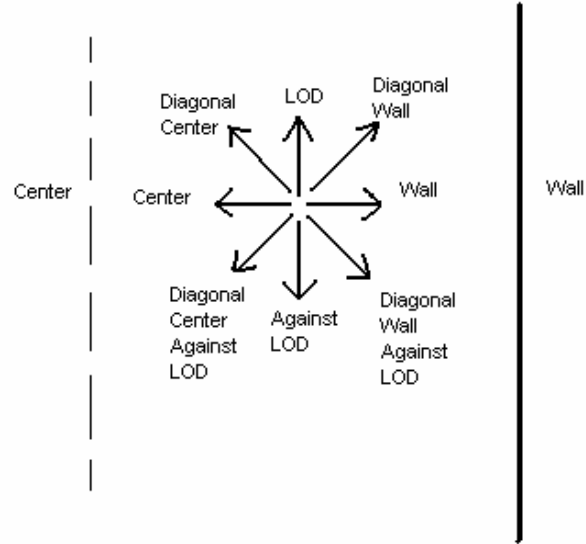


Figure 2: Alignments

Figure 1 shows a typical ballroom dance floor. The ‘Line of Dance’ is the direction of travel around the room while dancing. When viewed from above the line-of dance appears as a counter-clockwise pattern.

Figure 2 indicates the alignments used to describe the directions in which steps are taken.

On dance frame and hold:

(Pictures)

On Foot Diagrams: While many other fine ballroom dance guides are commercially available, one feature which almost all these guides lack is the inclusion of diagrams indicating the placements of the feet. By including foot diagrams, it is hoped that the less experienced students who do not understand the tabular figure information will find this guide most helpful. Foot diagrams are placed on a grid where each square represents a 2’x2’ distance. The mens feet represent a length of 12 inches, and the ladies feet are slightly smaller.

Pivoting: In some figures pivoting will occur. In this case the foot diagrams indicate this with the use of ‘dashed’ foot-outlines. For example, the first 3 steps for the mans left turn in Waltz are shown to the right. The first and second steps indicate in darkened feet where the step is originally taken. Once the weight transfers to that foot, the foot pivots on the ball of the foot to its position shown with the outlined foot symbol.

