

Beginning 2-Step: Segment 2**Introduction**

In Segment 1 we showed you how to:

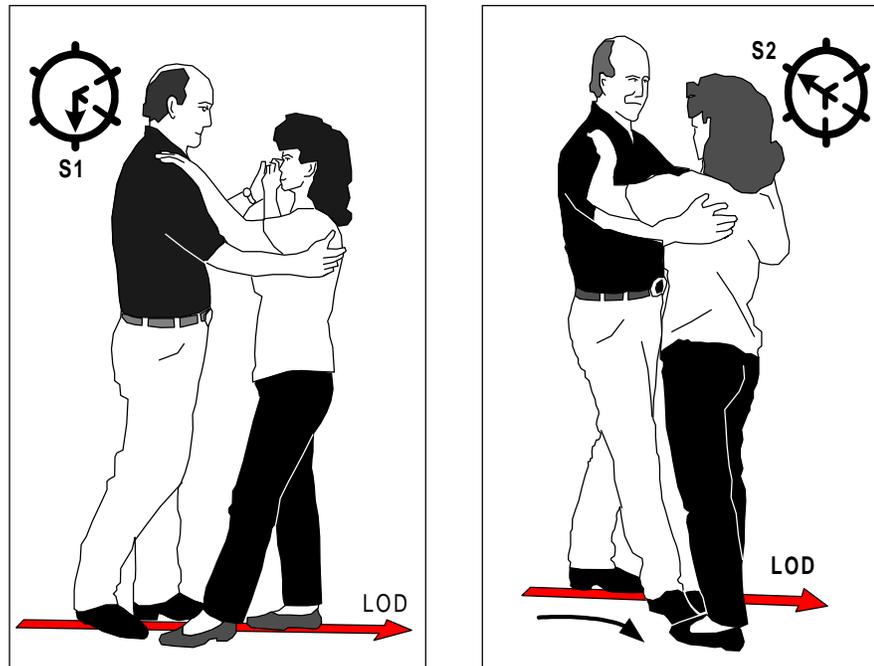
- Identify 2 step music.
- hold your partner and create a connection so that you can communicate,
- position yourself and step so that you do not step on each other's feet, and
- dance forward in the line of dance.

In this final segment on beginning 2 step, we will show you how to complete a right body turn so the man is dancing backward and another so that he is dancing forward again.

**Right Body Turn
Forward to
Backward**

All dance patterns are named from the man's perspective, because he is the one leading it. The right body turn is not called this because you are turning right (although from forward that **is** the case), but because it is led with the man's right foot and you turn your bodies 180°.

The series of pictures below begin with the first slow step.



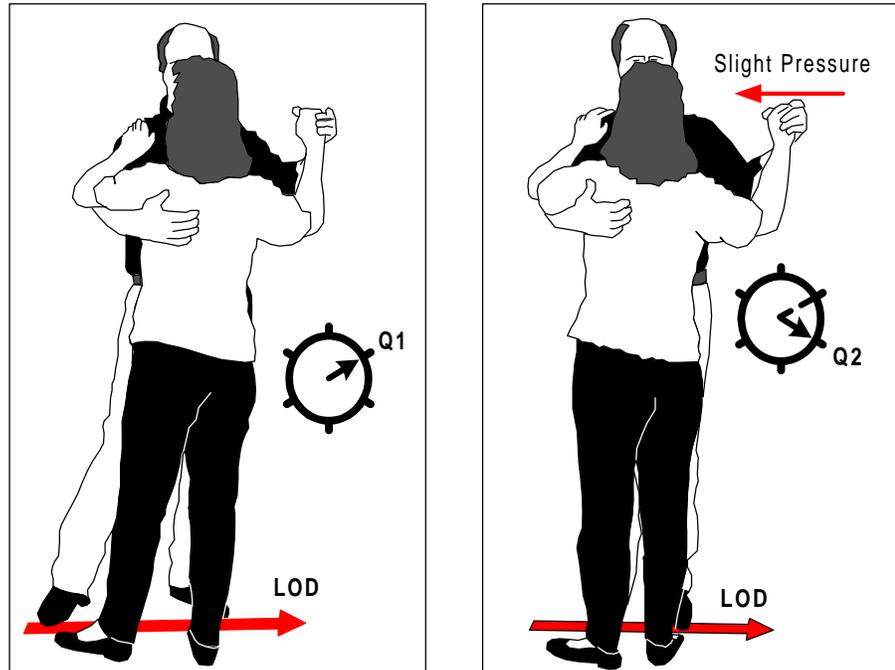
First Slow Step
Forward

You begin this pattern from closed position with the man facing forward and the lady facing back. You step two quick steps and one slow step straight forward in the line of dance (LOD). It is important to remember that the first slow step is forward with no turning.

Second Slow Step
Frame Lead

As the man takes his second slow step, he must turn his upper body to the right, carrying the lady with him (called a frame lead). This causes her feet to part as she steps to the side, and he places his right foot between her feet. The concept here is that, although she owns the dance track, he is moving her onto a new track to provide himself room to pass.

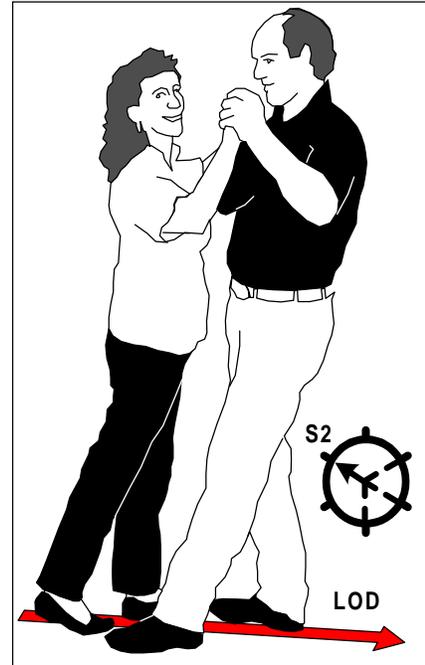
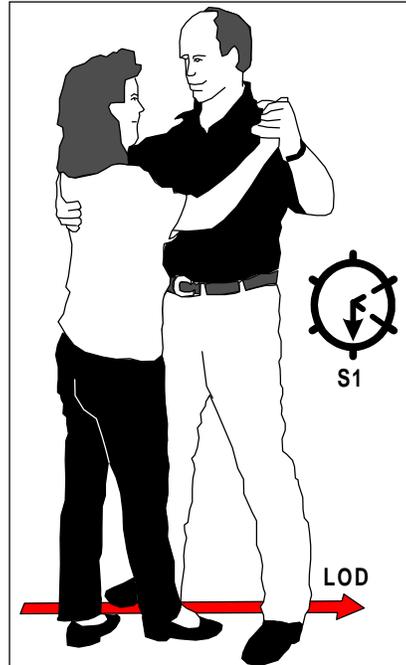
Quick Steps to the
Side



Both the quick steps are led sideways in the line of dance. In this case, the partners are not looking over each other's shoulders but are face-to-face. (Remember that offset is for when you are facing each other in the line of dance so you will have some place to put your feet. That is not necessary when you are sideways to the line of dance.)

An important point on the side steps is that, in the second quick step the man lead's a gently pressure sideways to his body and backward in the line of dance. The purpose of this is to communicate to the lady that she should not take a large step on the next slow step. That will allow the man to step around closely in front of the lady without fear of being stepped on.

First Slow
Backward



Ladies – After you have completed your two side steps, your weight should be on your left foot. Pivot to the right $\frac{1}{4}$ turn keeping your feet close together so the man has room to step, and place your right foot between the man's feet.

Men – After you have completed your two side steps, your weight should be on your right foot. Pivot to the left $\frac{1}{4}$ turn and place your left foot close to the lady so your body is mostly backwards in the line of dance. Try to avoid taking a large step. (An incorrect large step here often causes a man to swing his leg around so that it looks like he is climbing on a horse.)

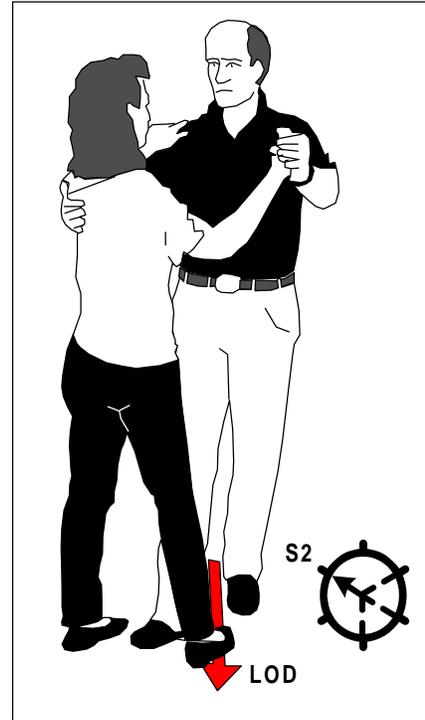
Use your right hand like a rudder to gently compel the lady to turn with you and to place her right foot between your feet.

Second Slow
Backward

The man now takes his second slow step backward and his frame pulls the lady along. It is important at this time to re-establish your offset positions so that you are looking over each other's shoulder.

The Key

The key to this pattern occurs on the second slow step. Let's go back at it from a different perspective. This is the frame lead that causes the lady to step to the side. In this case, the lady's right foot is in the way. However, in the next moment, she is going to do a side-together and she will pull that foot out of the way. If this step is not executed correctly, there will be no passage for the man to move by the lady and the turn will not happen crisply. The result will be a turn that takes several more steps to complete.



The man is looking at the outside rail as he turns.

Man Dancing Backwards

We have discovered over many years that ladies do not generally have a problem dancing either backwards or forward, and men have no problem dancing forward. However, men often have a problem with dancing backwards. They often take much smaller steps backwards than they do forward. We think it has something to do with control. Men like to be in control and they are uncomfortable going backwards when they cannot see and they feel out of control. Therefore, they take smaller steps backwards.

We need to overcome this so that the partners move the same speed regardless of who is facing forward.

Peripheral vision

Part of the solution is for the man to be able to gather more information. Generally, as the man dances backwards, he should check frequently for collision hazards by looking over either of his shoulders. He can use his peripheral vision to warn him of impending danger.

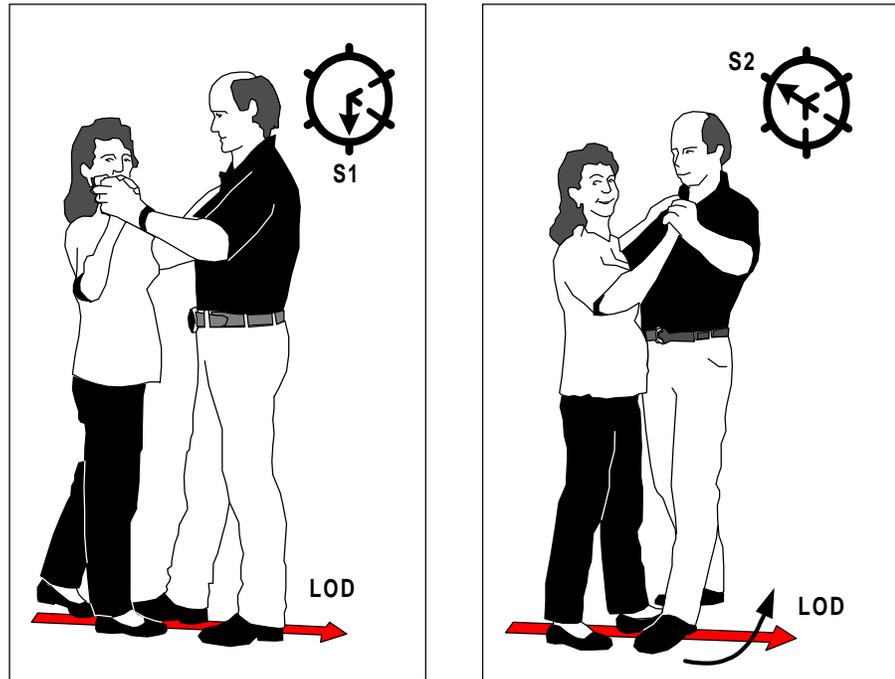
Lady's Responsibility

It is the lady's responsibility to assist the man in this department. Since she is looking over the man's shoulder, she is in a much better situation than he to observe hazards. If she sees a danger, she can alert the man by moving her left hand to gently pull on his shoulder.

**Right Body Turn
Backward to
Forward**

In the right body turn where the gentleman begins backwards in the line of dance, he is really turning to his left. Again, it is called a right body turn because it is led with the right foot (second slow) and the partners' bodies turn so that they exchange positions.

The series of pictures begin with the first slow step.



**First Slow Step
Backward**

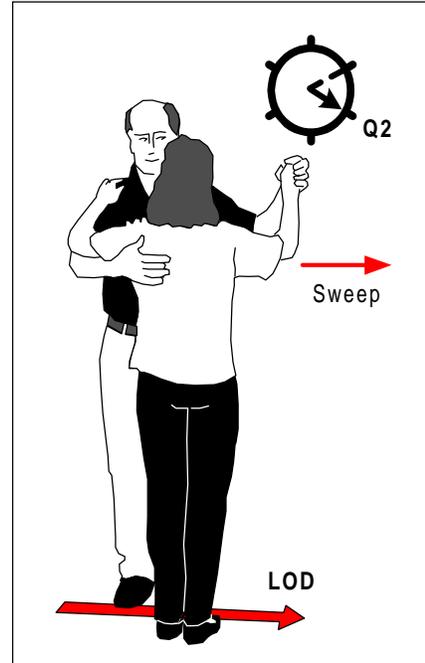
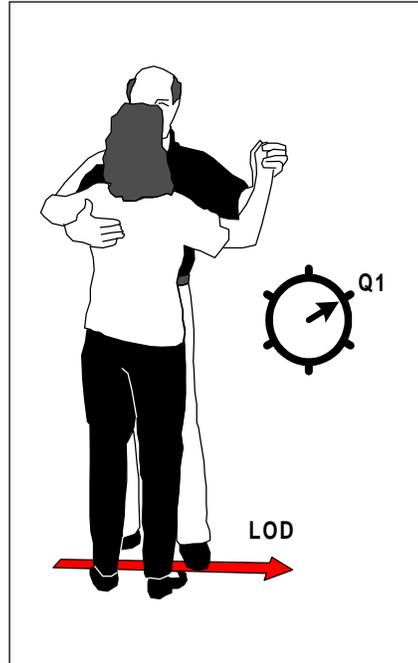
You begin this pattern from closed position with the man facing backwards and the lady facing forward. You step two quick steps and one slow step straight backward in the line of dance (LOD). It is important to remember that the first slow step is backward with no turning.

Second Slow Step

As the man takes his second slow step, he must turn out of the lady's way to the inside of the dance track. This causes his feet to separate and his right foot to "toe in". (It looks odd in freeze frame but is never noticed because it happens so fast.)

Gentlemen – As you step to the inside, gently pull the lady toward you so that she steps toward you. Use your right hand on her back like a rudder to gently compel the move.

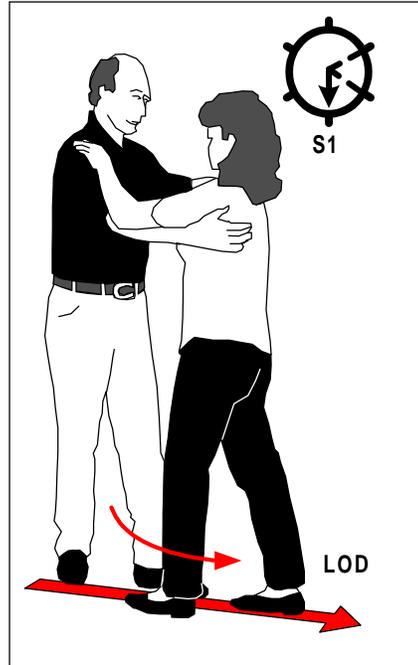
Ladies – When the gentleman steps to the side and pulls you toward him, place your left foot between his feet.

Quick Steps to the
Side

Both the quick steps are led sideways in the line of dance. However, a key point here is that the man executes a baby side-together and gently compels the lady to execute a normal side-together using his right hand on her back to compel the move and the left hand to guide it. (This is called “sweeping her by.”)

The partners are now looking over each other’s shoulder. However, NOTE – the partners are looking over the shoulder opposite to the one in normal dance position. This is to allow room for the man to turn the lady and step in behind her.

First Slow Forward



Men – After you have completed your two side steps, your weight should be on your right foot. Use your right hand on her back like a rudder to gently compel her to turn backward in the line of dance. At the same time, pivot to the left $\frac{1}{4}$ turn and place your left foot close but to the outside of the lady's feet.

Ladies – After you have completed your two side steps, your weight should be on your left foot. Pivot to the right $\frac{1}{4}$ turn and take a normal step backward in the line of dance.

Second Slow
Backward

The man now takes his second slow step forward with his right foot between the lady's feet. It is important at this time to re-establish your offset positions so that you are looking over each other's shoulder.

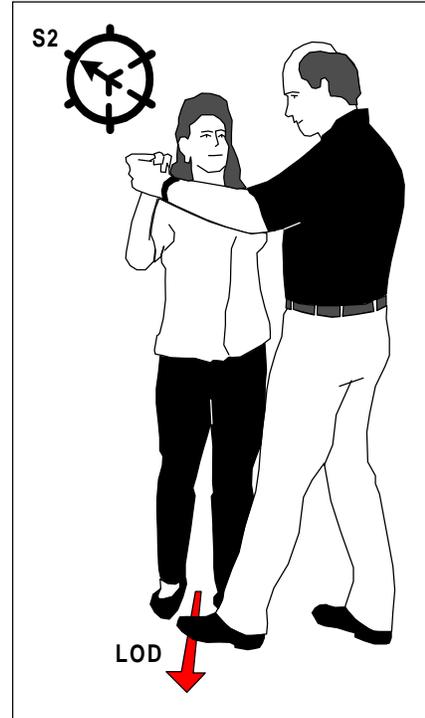
Back and Front
Right Body Turns in
Series

Generally, the back and front right body turns are completed with a basic step between. However, that is not necessary. If you choose and you practice, you can follow one immediately with the other. It requires that the last slow step of one pattern be the second slow step of the next. For example, if you are going forward, the call would be "quick, quick, slow, toe out – side together, slow, toe in, side together, slow, toe out ... etc."

The Key

The key to the backward right body turn occurs on the second slow. Let's look at it from a different perspective. In this drawing you see that the man steps to the inside. This is to create room for the lady to pass on her quick steps. If he fails to do this, the partners will eventually turn, but it will take several more steps to complete the pattern.

Again, the man faces the outside rail as he executes the turn.



Conclusion

This completes the segment on right body turns.