

Ragtime Era One Step

(United States)

The One-Step was the most popular dance of the Ragtime Era, blossoming between 1905 and 1915. Its widespread popularity both in the U.S. and Europe was partly due to its ease and simplicity, partly due to its catchy music, and partly due to its fortuitous timing as the latest novelty within a prevailing American sentiment to be progressive. Arising from a grass-roots blend of American, European, and African cultures, the One-Step is a true American folk dance.

Music: Popular dance music of the Ragtime Era 4/4 meter
Tempo: 100 to 136 bpm

Formation: Cpls in Ballroom pos.

Steps: Ftwk described for M; W use opp ftwk. All variations are improvised.

One-Step: M walks fwd beg L, W bkwd beg R, taking one step to each beat.

Back the Man: Basic One-Step with the W walking fwd, M bkwd.

Side Steps: Step sdwd twd LOD, then close the trailing ft. Repeat to the same side.

Promenade: Basic One-Step, both walking fwd, side-by-side, in promenade pos.

Yale Walk: A One-Step in Yale (side) pos, holding ptr to one side or the other.

Pomander Walk: Both One-Step fwd around each other in Yale Pos. Walk fwd around the other direction.

Promenade Turnout: Promenade fwd 2 steps, then face ptr and do 2 pivoting steps of Traveling Turns.

Traveling Turns: Smooth pivots traveling LOD. Each step is a half-turn, R toe between ptr's toes.

Rocking Turn: M stops with a fwd step L, then rocks bkwd and fwd R and L in place, turning CCW as cpl.

Double Hesitation: M step fwd L, rock R back to place, step bkwd L, rock fwd R to place.

Grapevine: M step side L, cross R in front of L, step side L, cross R behind L. W crosses mirror or opp.

Marcel Wave: A grapevine where W crosses in front as M crosses behind on ct 2. M crosses fwd, W back on ct 4.

The Scissor: Yale Walk for 4 steps, W at M's R side, then face ptr to do 4 steps of the Marcel Wave.

Crab Walk: A grapevine in close waltz pos (like a Double Hesitation) traveling to M's R side.

Figura del Ebrío (Drunk Grapevine): A Crab Walk traveling to man's left side on cts 1-2, Marcel Wave on cts 3-4.

Ragtime Era One-Step—continued

Serpentine: M crosses each step over the other as W crosses each step behind the other.

Staggering Step: Side step (ct 1); M crosses behind as W crosses front (ct 2); side step (ct 3). Repeat opp, W crossing front.

Boat Swing: M crosses L over R as W crosses R behind L, then One-Step 2 steps. Repeat to opp side. Or both cross over in front on count 1 out of 3.

Glide: M step side L (ct 1); close R to L, with wt (ct &); repeat, smoothly traveling sideways LOD (cts 2,&).

Four-Slide: A series of 4 Glide steps, each ending with a half-turn CW as a cpl. Repeat opp ftwk in LOD.

Two-Step: A smooth turning polka (side-close-side) without a hop, turning CW or CCW.

Anderson Turn: M walks bkwd, W fwd, in L-side Yale pos; then he stops, crosses L tightly behind R heel and pivots in place CCW as W walks fwd in a circle around him.

Presented by Richard Powers