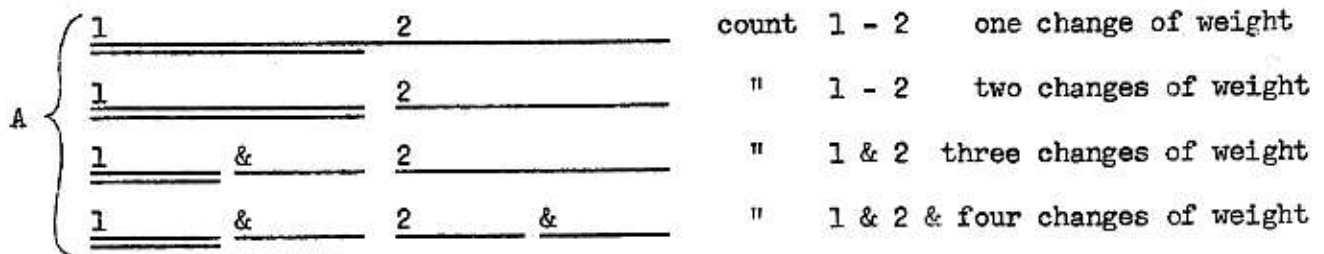


Explanation of Rhythm and Movement Chart of Basic Jazz Dances

(The following numbers correspond with those on the chart)

STEP in the Rhythm Chart means to change weight from one foot to the other. Double lines represent musical downbeats and light single lines represent musical upbeats. With four beats in a measure, the first and third are downbeats and second and fourth are upbeats.



1. Sometimes called Triple Lindy. The first three changes of weight is a quick "two-step" and is counted 1 & 2 or Q Q SLOW.
2. Sometimes called Single Lindy. Bounce means to bend both knees.
3. Notice that here the STEP is on the downbeat and the DIG is on the upbeat.
4. Now the DIG is on the downbeat and the STEP is on the upbeat. The DIG has a feeling of "holding" and has a different feeling quality when performed at different times.
5. Sometimes called Eastern Swing; it is a combination of line #1 and #4.
6. This is basic to Slop, Pony, and Hully-Gully - popular teen-age LINE dances.
7. This is an analysis of the Hora, the national folk dance of Israel. Although, basic movement and rhythm is similar to the American Jazz dance, the Hora has its own distinctive quality.
8. Rhythm and movement common to American Fox Trot and English Quickstep. The speed or tempo of course varies.

LIST OF ABBREVIATIONS

L	Left (Side Direction)(Foot, Arm)	Fwd	Forward
R	Right " " " "	F	Front
LF	Left Foot	Bwd	Backward
RF	Right Foot	B	Back, Back of, or Behind
M	Man, Man's, Men	Swd	Sideward
W	Woman, Woman's, Women	Diag.	Diagonal
Ct	Count or Beat	LOD	Line of Direction, Line of Dance
Cts	Counts	OLOD	Opposite Line of Direction
Meas.	Measure (musical term indicating a grouping of beats)	CW	Clockwise
&	"and" count(equal to 1/2 beat or count)	CCW	Counter Clockwise
CPos	closed dance position	SPos	side dance position
OPos	open dance position	X	Cross (as XRB = Cross Right Foot Back of Left)

*continued...*

