

The One Step

(U.S.A)

Cassette: R. Powers -Stockton 1990

Brief descriptions of a few selected One-Step variations.

Basic Walks

- One-Step* Simply walk, backing the W, one step to each beat of music, M starts fwd L, W back on her R.
- Castle Walk* Step up onto balls of the ft with each step, legs stiffened a bit. Long steps.
- Polka Skip* Backing the W, do a quick little 1-2-3 polka step, then another. Possibly high kick behind in preparation.
- Lame Duck (Canter)* Alternate high and dipping steps, as if limping.
- Bunny Hug* One-step in a hugging hold.
- Dog Trot* One-step in a brisk run, with stiffened legs.
- Turkey Trot* Many variations. One is a dog trot interrupted with stops and kicks to the rear, possibly flapping arms.
- Pony Trot* One-step skipping. Add a brief hop between each step. Brisk and gliding.
- Fish Walk* A slower, waddling pony trot. Step, hop, step, hop.
- Yale Walk* A one-step in Yale pos, standing to the side of ptr, usually R hip to R hip, sometimes L.
- The Snake (The Step Out)* From a one-step, cross over into Yale pos, then back over. *Snake* alternates side to other side.
- One Step Cortez* From a one-step, step into Yale for 2 steps, then step back to facing for 2 steps.
- Boat Swing* M crosses L over to R side as W crosses R behind L. Back W 2 steps. Repeat to other side, swaying as a boat.
- Aeroplane Walk* Same 1-2-3 pattern as the Boat Swing, but holding both arms out to sides like wings.
- Skaters Walk* One-step in skaters pos, both walking fwd. A variation has the M directly behind the W, both starting R.
- Figure 8* One-step backing the W in a large figure 8 pattern on the floor.
- Spiral* Similar, but curve the floor pattern tighter into a spiral until you are turning in place.

Turns

- Spin (Turn, Swing)* Like a buzz-step swing, both starting R. No bouncing up and down. Castle photo shows R between ptrs legs.
- Chicken Scratch* Similar, but as you step R, kick L to the rear at the same time, like a chicken scratching in the dirt.
- Egg Beater* Face ptr and alternately kick ft to the rear. Do this while turning to look like an egg beater.
- Pomander Walk* Both one-step fwd around each other in Yale pos. Turn the other shldr in and walk the other direction.
- Traveling Turns* A schottische spin without the hops. Each step is a half-turn, R between ptrs legs. Kick L back when free.
- Promenade Turnout* Two walks fwd in promenade pos, beg with outside ft, then 2 steps of the *Traveling Turn*.
- Turning Fish Walk* Just that...a *Fish Walk* turning in place, like a schottische.

The One Step (continued)

Hesitations

- Dip** Simply stop one-stepping with a dip (bending the legs but not necessarily the body).
- Single Hesitation** After one-stepping, back the W one more step and hold. Or back the M. Hold is usually for 2 cts.
- Double Hesitation** After 4 steps backing the W, back her 1 more, back the M 2, back the W 1. Arms swing with steps.
- Triple Hesitation** After 4 steps, back the W 1, back the M 2, back W 1, back M 2, etc., alternating ftwk.
- Castle Rocks** As M stands L, he swings R fwd, toe to ground; swing R back, swing R fwd; step R. W opp. Same other side.

Grapevines

- Basic Grapevine** Step to the side, facing ptr, cross the 2nd ft in front of the first, side step, cross 2nd behind. Repeat.
- Marcel Wave (Yale Grapevine)** As W crosses in front on the 2nd step, M crosses behind, vice versa on the 4th step. Repeat.
- Grapevine Dip** With either of the above steps, dip on the 2nd and 4th steps.
- The Scissor** Back the W in Yale pos 4 steps; face and continue with 4 steps of the *Marcel Wave*. Repeat.
- Crab Step** *Marcel Wave* with no twisting of the body whatsoever. Variation: Cross-in-front follows ptr's cross-behind.
- Double Crab** *Crab Step* done double time, 2 steps per beat.
- Sawtooth Crab** Back the W 2 steps, back the M 2 steps, etc., while progressing to the side, forming a sawtooth pattern.
- Picket Fence** Back the W 4 steps, back the M 4, etc. Sometimes done in a fast trot.
- Cross-8 Swing (Eight-Step)** Walk 3 steps fwd in promenade pos; stop and turn in twd ptr to counter-promenade 3 steps. QQS.
- Snake Dip** *Cross-8 Swing* (3 promenade steps and a hold while turning in) dipping in the 2nd of the 3 steps.
- Zig-Zag** Back the W 3 steps in L-hip Yale pos, pivot to R-hip Yale on ct 4. Back W 3 steps, pivot to L-hip Yale.
- Serpentine** Back the W, gent crossing each step over the other while the W crosses each step behind the other.

The One-Step (continued)

Others*Glide*

A simple chasseur (galop) smoothly.

4-Slide

Series of 4 chasseur, each ending with a half-turn, like an extended polka. Side, close, side, close, side, close, side, turn.

2-Step

Polkas and 2-steps (a smoother polka without the hop) were included in one-step sequences.

Grizzly Bear

Many versions. A common one is a lumbering side-close-side-close. Half the tempo of the *Glide* (which was doubletime).

Wallaby Jump

Both dancers step to the same side, then hop 3 more step to that side. Repeat to the other side.

Drag Step

M side-steps L, shooting the R out to the R side; then drags the R to the L. W does opp steps. Repeat.

Get Over Sal

Similar to the *Drag Step*. M steps L to the L side and leans and looks down to the R; draw R to L. Repeat other side.

The Outer Edge

Back the W 2 steps shifting into R-hip Yale pos. Then turn to face ptrs doing the *Get over Sal* step.

Camel Walk

Many versions. An early one is to sway the hips fwd and bkwd, in unison with ptr, while stepping side.

Flea Hop

Many versions. One is to leap to the side, closing both ft together as you land. Repeat in same direction or reverse.

Anderson Turn

Back the M in Yale pos. Then the M stops while W continues fwd around him (he pivots on both toes).

Wind-Up

Push away from ptr for 2 steps, M's L hand keeping W's R. Then M pivots L for 3 steps while W walks CW around him (this wraps his L arm around his own neck). They meet closely, take ballroom hold and do *Traveling Turns*.

Presented by Richard Powers

