

SINGLE TOUCH STEP

Here it is, the easiest and most basic of all disco dance steps. Use this one as a transition between more complicated steps, or as a respite when you find yourself losing stamina on the dance floor.



Recommended Practice Music:

slow: Stayin' Alive (Bee Gees)

fast: Disco Inferno (Trammps)

Start Position: feet together

Counts	Description
1	Touch (tap) your R foot out to R side and swing your arms apart.
2	Step R foot next to the L one (close) and swing arms together in front of your body
3	Touch L foot out to the L side and swing arms apart
4	Step L foot next to R one (close) and swing arms together (So far so good?)

Style: The feeling is bouncy; the knees are loose; and one hip can swing out a bit when you touch one foot sideways. Repeat the step several times continuously until it feels comfortable, then add the variations. Have fun with it!

Forward variation: On the 1st count, tap the R forward and swing the arms backward; on the 3rd count, tap the L foot forward and swing arms backward. For a bit more style, push your pelvis forward each time the foot taps forward.

Backward variation: You can keep your feet a little further apart on this variation. On the 1st count, tap the R behind the L foot; on the 3rd count, tap the L foot slightly behind the R. Let both arms swing backward or let them swing across your body (one in front, the other in back).

