



Fundamentals of Rhythm and Dances Physical Education 12

LESSON: 4

BASIC STEPS IN 2/4 TIME SIGNATURE

LESSON 3: Basic dance Step in 2/4 time signature

Dance Steps	Dance Pattern
Count: 1,2 = 1 Measure	
Touch step	POINT, CLOSE - Point Right foot (forward, sideward, or backward) (ct.1); close right foot to left foot (ct.2)
Bleking step	- HEEL PLACE, CLOSE - Heel place right foot (forward or sideward) ct.1); close left foot to right foot (ct.2)
Close step	- STEP, CLOSE - Step Right foot (any direction) (ct.1); close Left foot to Right (ct.2).
Cross step	- STEP, CROSS-STEP - Step Right foot (ct.1); cross and step left foot to Right foot (ct.2)
Brush step	- STEP, BRUSH - Step Right foot (any direction) (ct.1); brush Left foot (ct.2)
Hop step	- STEP, HOP - Step right foot (any direction) (ct.2); hop on Right foot (ct.2)
Slide Step	-SLIDE, CLOSE - Slide right foot sideward or forward (ct.1); close Left foot to Right foot (ct.2)

Steps In Time

S Ben Porath



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