

BRIEF LESSON in reading DANCE STEPS.

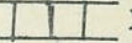
We have found DANCE STEPS are best written down by using an arrow ↑ a foot ♀ and a dot •. This is called the DANCE-IT method.

In the DANCE-IT system this little arrow ↑ shows the direction of movement of your foot and ankle. For instance, when you start to walk, you step forward ↑ Or you may step diagonally ↗ or sidewise →, or even backward ↓ (to the right) In addition to these ordinary steps, in dancing you find "over-the-foot" sidewise ↗ or "behind the foot" sidewise ↘ or bring your feet together →•. The dot • makes it clear where the other foot is in these cases.

TRY THIS

Tuck a little piece of paper  in your right ♀ shoe to indicate which is the white foot. You will know the other foot is the black foot. When you walk, you usually set your foot down with toe pointing forward thus: ♀, but when you dance, it is sometimes necessary to set your foot down in any one of these angular positions:

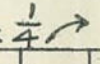
WHITE FOOT    BLACK FOOT   

To indicate the RHYTHM or beats we use a series of blocks one for each toe beat in the music.  In these blocks we show the arrow ↗ and the foot ♀ and dot •. Here are a few examples: Step sidewise to right with white foot toe pointing forward in one beat in the music, no turn of body, shown thus:  A dance step to the left with the white foot, from a feet-apart position, to a feet-together position, note the dot shows the quiet foot position:  Or a step to the left with the white foot over the other foot, toe pointing forward, in another beat of the music: 

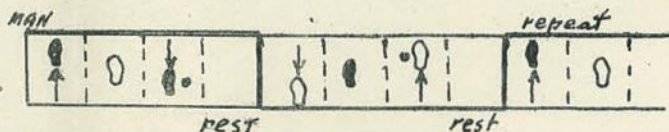
VERY CONDENSED.

Many words are required to describe only a few dance steps, but in the DANCE-IT SYSTEM the arrow ↗ the foot ♀ and the dot • in a block  tell you what to do in a very small space. In dancing there is another much used step (Mambo, ^{used in} ChaCha) called STEP-IN-PLACE. You lift your foot a little, and put it down, without stepping at all in any direction, in one beat. This is shown;  (no arrow). This step seems to give trouble to beginners, altho it is very simple. It is done with feet-together or feet-apart or while turning the foot, with no step in any direction.

TURNS

When you see this symbol over a block  it means a quarter turn to the right. To make a quarter turn to the right,  you look over your right shoulder, then turn your body to face the way that you are looking. You have turned a quarter of a circle. A half turn  faces you to the rear. Two half turns brings you around to the original position.

Here is a sample of the MAMBO chart.
Try these steps, without music.



DANCE-IT CHARTS tell you how to lead, how to follow, how to go from one figure into another, how to hold your partner, how to recognize dance music when you hear it so you will know the proper steps to fit the music. This is much easier when you are familiar with the various new dances. This knowledge is acquired with little expense, and in a minimum of time from a set of DANCE-IT CHARTS. For health, for poise, for a good figure, for popularity, for fun, do more dancing.

Available from DANCE-IT PUBLISHING CO. 65 E Rockhill Rd. Bala-Cynwyd Pa.
Two charts, one for man, one for girl in packet \$1.00 postpaid per dance.

MAMBO-CHA'CHA-TANGO-LINDY JITTERBUG-WALTZ-FOX TROT-MERENGUE

JITTERBUG



60¢
TEN STEPS

How to
Dance-It

THE DANCE-IT SYSTEM

—•••—

DIGEST OF DANCE STEPS. You can easily learn the latest and most popular steps in your spare time, at home, at little expense. LEARN foot motions, positions, how to hold your partner, when to break away, how to move your shoulders and hips, rests, turns, reverses.

DANCE-IT reads like a book. It leads you, step by step, with each beat in the music, in fascinating rhythms. DANCE-IT gives you confidence, keeps you in fashion. Good exercise, relaxation and great fun for all ages.

ALL STEPS IN DANCE-IT lead naturally from one beautiful figure to another. You'll love it.

A WELCOME GIFT. MAIL ONE TO A FRIEND.

DANCE-IT PUBLISHING COMPANY
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FROM

TO

GIRL'S LINDY STEPS



The LINDY (JITTERBUG) completely satisfies that desire for a more active colorful dance. In the Lindy one finds great freedom of action. Here one can demonstrate their ability, timing and ingenuity. There is less formality, and the steps are varied to suit the whim of the moment. The zest, zip and pep of the syncopated rhythm gets into the blood. The Lindy has tremendous appeal. In themselves, the steps are no more difficult than any other dance, as one can see from the DANCE-IT CHARTS. The faster steps are only done to slower music, and vice-versa. Of course there are exceptions!

When you start walking, you step: ↑ and place your left foot ● We show it: When you stop, you bring your feet together, shown thus: ● When you step in place you lift foot and put it down in the same place, thus: ● But when you dance you must be ready to step in any of these directions: and place L foot thus: or R foot thus: toe ● Each block in the DANCE-IT CHART represents one beat in the music, showing you the step and how to place the foot. A short arrow ↑ for a short step, a curved arrow ↗ for a curved step, a dot ● for the other foot. HOLD this chart in front of you, study the first block. See what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready for music, and a partner. Do each line many times, here are many hours of fun.

R foot- back on toe.
keep moving

L foot- step in place
keep moving.

R foot- step forward.
keep moving.

L foot- step in place.
keep moving.

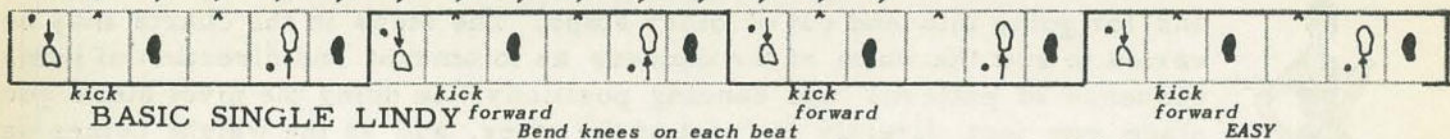
R foot- back on toe.
keep moving.

L foot- step forward.
keep moving.

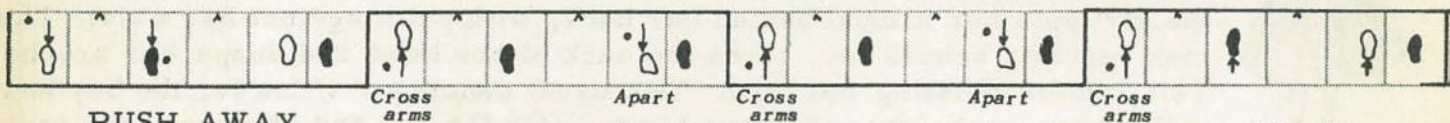
R foot- step in place.
keep moving.

L foot- back on toe.
keep moving.

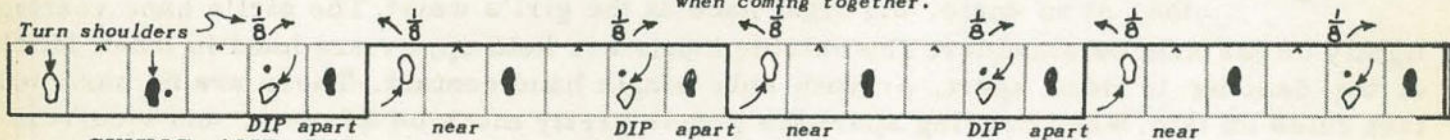
To step in place,
raise foot and put it
down in same place, no
step in any direction.



Trade charts and criticise
each others' steps.

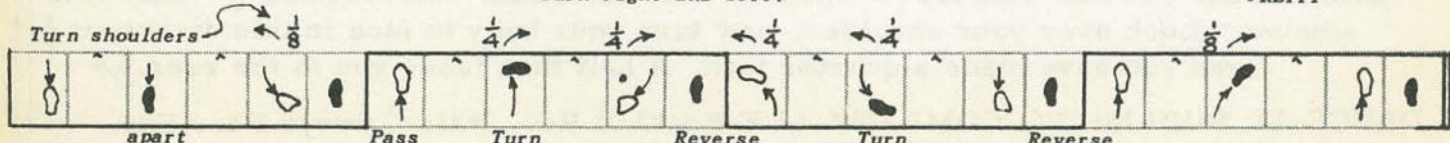


Push and pull, bend knees on each beat, fold arms between
when coming together. THRILLING

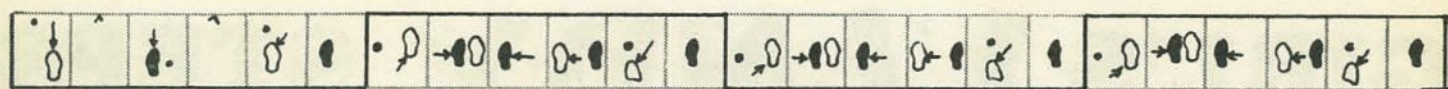


Turn right and left.

PRETTY



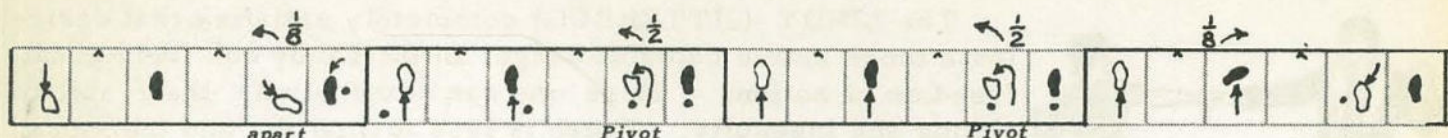
GAY



TRIPLE LINDY SIDE

Short steps, slow music.
Lean L on L steps, R on R steps.

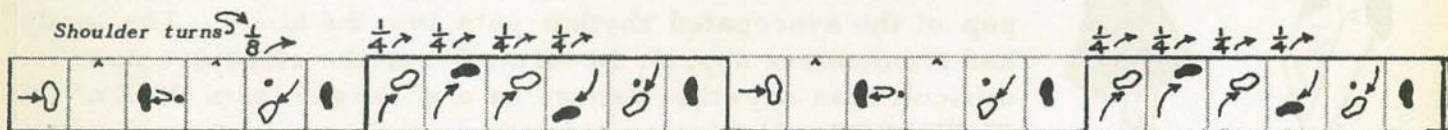
LIVELY



PIVOTS

Move oppositely, pivot at each end.

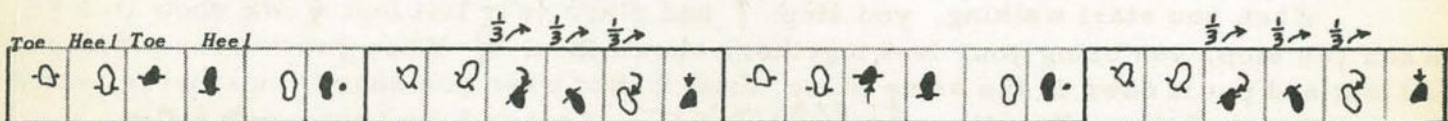
SHOWY



UNDER ARM STEPS

Slow turn

POPULAR



TEXAS TOMMY

Pivot

R palm on back

Pivot

REFRESHING



SUGAR FOOT

Sag hip
Heel out

Lean forward, swing body, make one complete circle.
pivots on ball of foot, swinging heel out.

CUTE



QUICKIE

Girl turns quickly and reverses, aided by boy.

DRAMATIC



The BASIC SINGLE LINDY is given more as a teaching step for rhythm and for going into and out of other steps. The steps in the charts may be varied to suit the whim of the dancers as to amount and direction of turns sequence of patterns and dancing positions. In doing the pivot steps you place one foot directly in front of the other, and as the weight comes on both toes, make a quick pivot facing to the rear. In the TEXAS TOMMY, the girl puts her R hand behind her back, with palm against her waist. The man reaches behind her, takes the back of her hand and snaps her around. This avoids twisting her arm. THE usual dancing position is, the boy and girl facing each other holding hands. Or the boy and girl may face each other at an angle, his right hand at the girl's waist. The girl's hand resting lightly on his arm or shoulder. The outside hands are held up, or are hand in hand. Much of the dancing is done apart, or with only single hand contact. There are no hard and fast rules on this. When dancing apart the girl is pretty much on her own, and vice versa.

SHOULDER TURNS. The arrow ↶ shows the direction. The fraction $\frac{1}{4}$ shows the amount. Look over your shoulder, now turn your body to face in this direction $\frac{1}{4}$ ↶ and you have made a quarter turn. A half turn faces you to the rear. $\frac{1}{2}$ ↶

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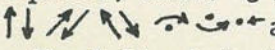
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MAN'S LINDY STEPS



The LINDY, otherwise known as Shag, Jitterbug, Swing, Balboa, etc., is the liveliest, gayest dance of all the ball-room favorites. It is a barrel of fun, and easy to learn. It has a movement of some kind for each beat in the music, usually a knee bend to which is added a kick, a toe and heel dig, a toe tap, or a shuffle. Dancers vary the pattern freely by turning, moving apart and together, all in a small area of the floor. When dancing apart the hands may be raised to shoulder-level. The MUSIC is slow syncopated Fox Trot Boogie-woogie, or special Swing, with a decided unvarying toe-beat. START TO PRACTICE without music, holding this chart with both hands, directly in front of you, nearly level.

Whenever you start walking, you step: ↑ and place your left foot ● We show it:  When you stop, you bring your feet together, shown thus:  When you step in place you lift foot and put it down in the same place, thus:  But when you dance you must be ready to step in any of these directions:  and place L foot thus:  or R foot thus:  toe . Each block in the DANCE-IT CHART represents one beat in the music, showing you the step and how to place the foot. A short arrow ↑ for a short step, a curved arrow for a curved step ↗ a dot • for the other foot. Study a block, see what you must do, now do it. Do this with each block in the line, many times.

L foot- step forward.
keep moving.

R foot- step in place.
keep moving

L foot- back on toe.
step in place.

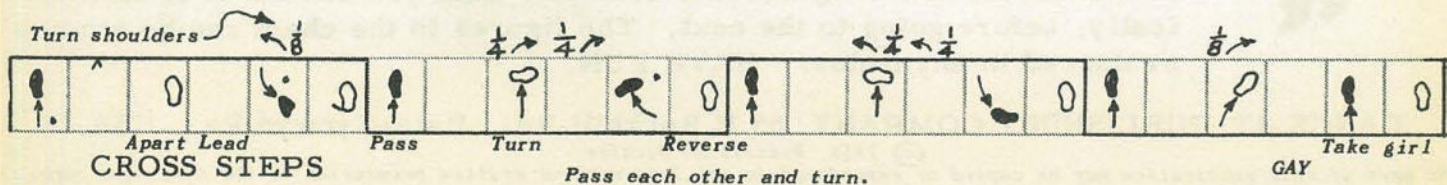
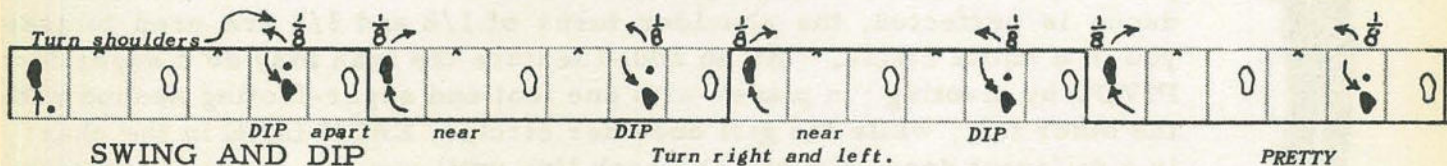
R foot- step forward.
keep moving.

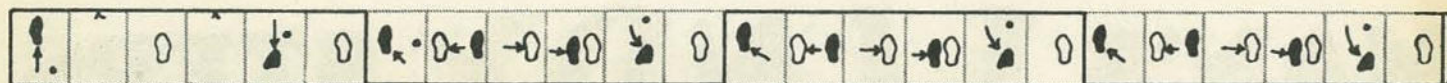
L- step back on toe.
step in place.

R foot- step forward.
keep moving

L foot- step in place.
step in place

To step in place
raise foot and put it
down in same place, no
step in any direction.





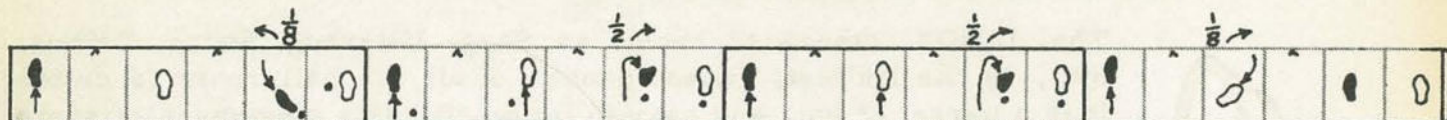
TRIPLE LINDY SIDE

Push girl

Short steps

Only very slow music. Lean L on L steps
R on R steps. Can be danced with all steps in place.

LIVELY



PIVOTS

Lead
apart

Pivot

Move oppositely, pivot at each end.
Not good with rubber soles.

Pivot

SHOWY



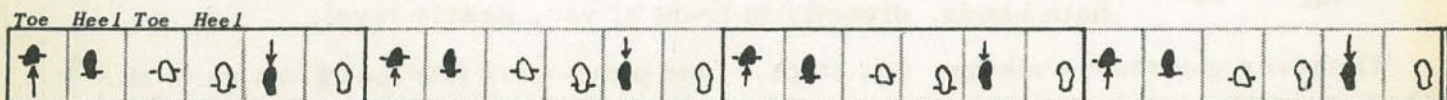
UNDER ARM STEPS

Raise arms Lead

Lower arms

Slow turn

POPULAR



TEXAS TOMMY

Take back hand

Snap girl

Step hard on toe, then heel. Dig step while girl turns.

Take back hand

Snap girl

REFRESHING



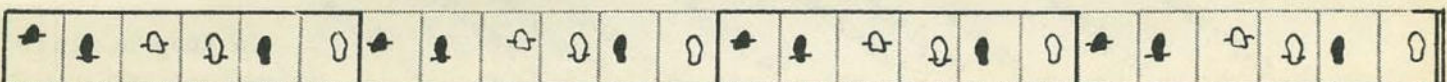
SUGAR FOOT

Release girl

Man does basic or any other step while girl
sugar foots in circle.

Take girl

CUTE



QUICKIE

Release R hand

Catch
R hand

Catch
L Hand

Catch
R Hand

Catch
L Hand

Catch
R Hand

Snap girl quickly L and R complete turns.

DRAMATIC

The INFORMATION on DANCE-IT CARDS is greatly condensed to save your time, every word is important. Therefore you should read both cards carefully before starting to practice. Learn the meaning of the SYMBOLS used. It is good to start out with a partner and criticise each others steps, - thus you may avoid errors. If you have a group, select the most experienced one for your "critic". You will have lots of fun practicing.



SKILL and DEXTERITY are required to give the steps the precision and smoothness so greatly desired and applauded. The perfection of the catches and snaps are just as important as the footwork. Plenty of practice with one partner is the answer. The SUGAR FOOT should be practiced without circling, all the shoulder turns $1/4$. Then, after the dance is perfected, the shoulder turns of $1/8$ and $3/8$ are used to take you in a small circle. As an added feature the man may do a sugar foot PIVOT by pivoting "in place" with one foot and sugar-footing around with the other foot, while the girl does her circle. EACH LINE in the chart is a different dance figure. DO each line until you can dance it automatically, before going to the next. The figures in the chart can be studied or danced in any order. HAVE FUN.

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merengue



NEW
QUICK
METHOD

How to Dance-It

The new MERENGUE is an unusually fascinating dance based on a Santo Domingan folk dance. The former continuous lame duck lead by one foot, has given away to reversals. New patterns have developed, leads and step changes have been worked out, so that it can now be enjoyed by everyone. The musical rhythm is fast, the foot work is simple, but the knee and hip motions require plenty of practice to do them gracefully and smoothly. New motions use new muscles and one should stay with this dance to keep trim. It is wonderful exercise, and a great waist reducer. It will drive away the blues.

R foot- step right
L foot- step together.
R foot- step right.
L foot- step together.
R foot- step right.
L foot- step together.

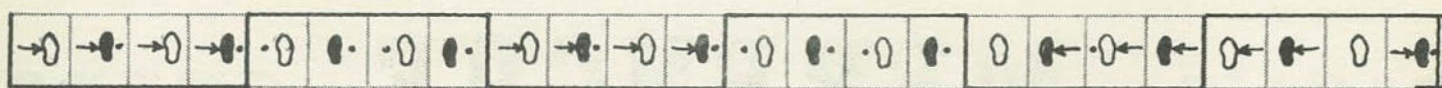
L foot- step in place.
R foot- step together.
L foot- step left.
R foot- step together.
L foot- step left.
R foot- step together.

Take sho
emphasis o

SWINGING

Diagonal steps. Don't drag feet FUNDAMENTAL

EASY



KNEE BEND & REVERSE

Bend knees
Straighten knees slowly

INTERESTING

Shoulder turns $\frac{1}{8}$

$\frac{1}{8}$

$\frac{1}{8}$

$\frac{1}{8}$

$\frac{1}{8}$



DIRECTION CHANGE STEPS

Side and diagonal change steps

Dance in straight line

IMPORTANT



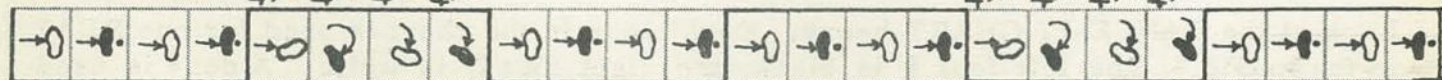
LEFT TURN STEPS

Close turn - $\frac{1}{4}$ turn per step if desired.

VERY USEFUL

Shoulder turns $\frac{1}{4}$

$\frac{1}{4}$



WRINGER STEPS

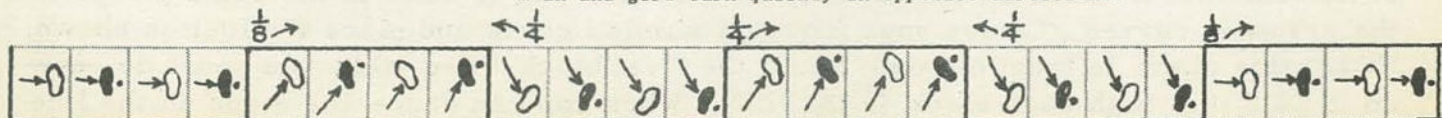
Take girl

Release girl

Take girl

CLASSY

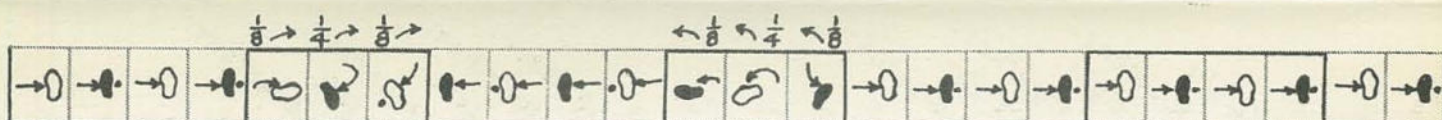
Man and girl turn quickly in opposite directions.



BUTTERFLY

Face forward then backward turning oppositely.

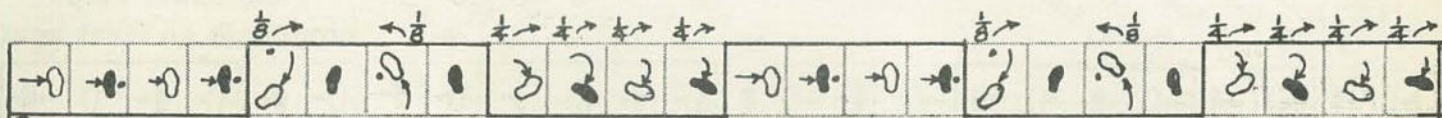
POPULAR



BADGER STEP

Hand in hand back to back

FUN



TORCER

Release R hand

Release R hand.

BEAUTIFUL



PRACTICE

The CHART should be held directly in front of you, nearly horizontal. A step forward is indicated by an arrow pointing toward the top of the chart, and so on. A fresh look at the chart is taken before each step. Keep time with your toe to the music for a few beats, so that you can move off in perfect rhythm when you feel your partner's lead. Beautiful dancers are known, not by the number of intricate steps they perform, but by the grace, ease and rhythmical way they move over the floor. Study your posture in a mirror. Watch the sway of your hips, make them swing very smoothly. Body erect, eyes up, feet parallel.

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MAN'S



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Look at the DANCE-IT CHART below. Each block in the chart is used for one BEAT in the music. The left foot ♀ is black, the right foot ♂ is white. A dot • is used, when necessary, to show the stationary foot. The little arrow ← shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. If the arrow is curved, ↷ move your foot in a similar curve and place the foot as shown. HOLD this chart in front of you. Study the first block. See what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music, and then with a partner.

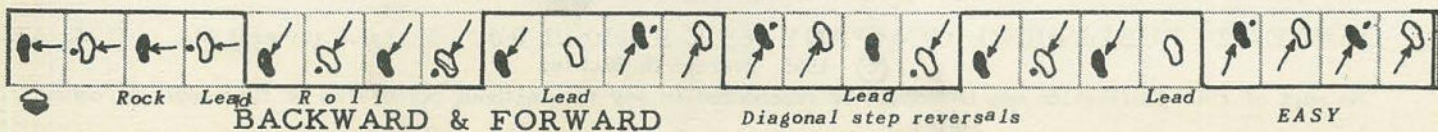
L foot- step left.
R foot- step together.
L foot- step left.
R foot- step
L foot-
R f

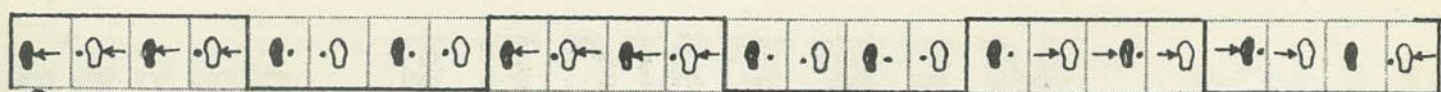
R foot- step in place.
L foot- step together.
R foot- step right.
L foot- step left.
R foot- step right.
L foot- step left.

Take short steps
emphasis on first beat



① Sag L hip, by bending L knee. When down, take short quick step L with L foot. 
 ② Sag R hip, by bending R knee. When down, take short quick step L with R foot. 
 Repeat this many times. Rock hips smoothly with no motion above the waist.
 On L diagonal steps you may add oval clockwise motion of L hip and vice-versa.

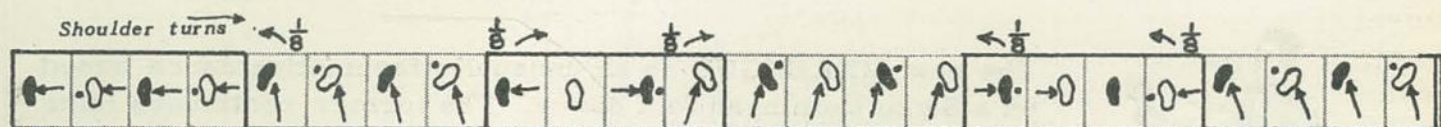




KNEE BEND & REVERSE

Bend knees
Straighten knees slowly

INTERESTING



DIRECTION CHANGE STEPS

Side and diagonal changes
Dance in straight line

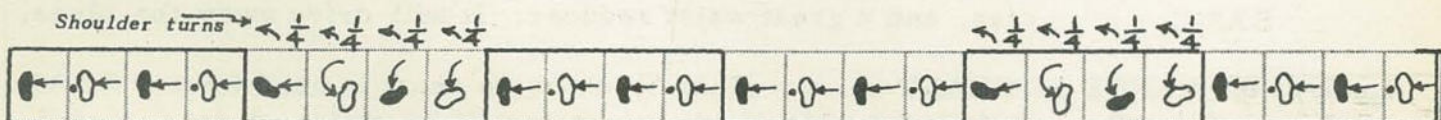
IMPORTANT



LEFT TURN STEPS

Close turn - $\frac{1}{4}$ turn per step if desired.

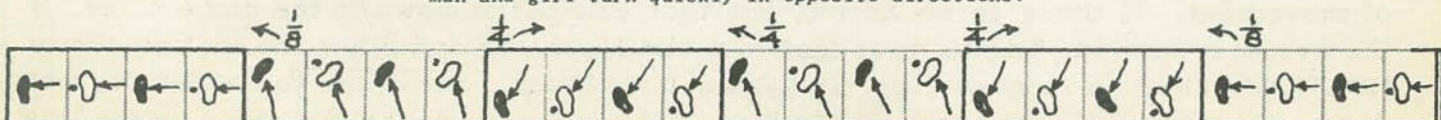
VERY USEFUL



WRINGER STEPS

Take Rock girl
Release girl
Man and girl turn quickly in opposite directions.

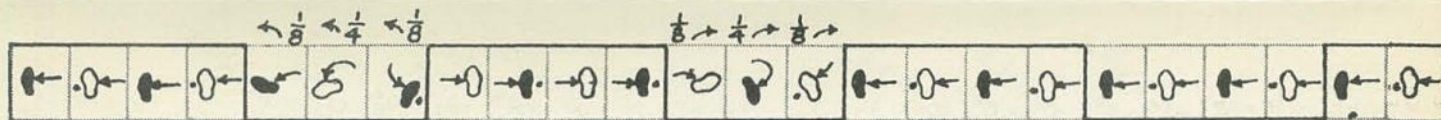
Take girl CLASSY



BUTTERFLY

Face forward then backward turning oppositely.

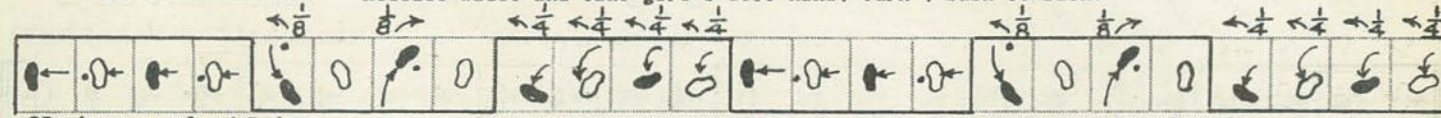
POPULAR



BADGER STEP

Back to back close
Face to face close
Release waist and take girl's left hand. turn, back to back.

FUN



TORCER

Apart, together and a turn.

BEAUTIFUL



HIP & KNEE

EACH LINE in the chart is a different dance figure. DO each line until you can dance it automatically, before going to the next. The figures in the chart can be studied or danced in any order. Partners should read everything on both charts. Hold the girl firmly with cupped hands, and exert pressure with fingers and heel of the hand well in advance to lead the girl into the desired change. LISTEN, then start exactly on the beat. Do not confuse the hip movements with the Rumba. They are different. Follow the instructions carefully, and you will have no trouble to do them.

WALTZ



NEW
QUICK
METHOD
TEN STEPS

How to Dance-It

GIRL'S WALTZ STEPS

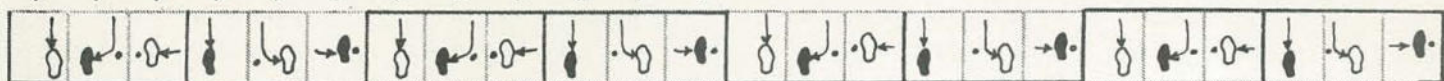


SIDE CANTER

The WALTZ is recognized as one of the most beautiful dances in the world. It can also be classed as one of the most popular dances. It had its beginnings in Italy about four hundred years ago. The centuries have mellowed, enriched and added to its charm. WALTZ melodies are both dreamy and full of romance. The steps are smooth gliding and with a sway that is different from any other dance. The tempo is slow. Three steps are taken to a measure with an accent on the first. You will be able to recognize WALTZ MUSIC by this unusual beat. Start to practice without music, holding the chart directly in front of you, nearly horizontal. A step forward is indicated by an arrow thus: A short step is indicated by a short arrow.

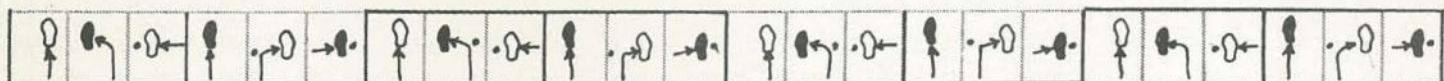
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R foot- step backward.
L foot- back and left.
R foot- step together.
L foot- step backward.
R foot- back and right.
L foot- step together.
R foot- step backward.
L foot- back and left.
R foot- step together.
L foot- step backward.
R foot- back and right.
L foot- step together.



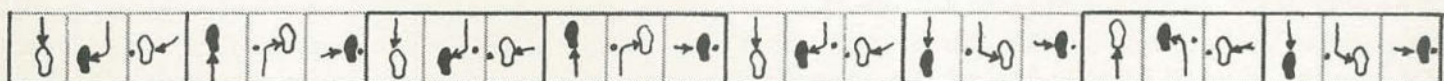
FORWARD BASIC STEPS *Dance on toes, smoothly, gracefully, glide.*

INTERESTING



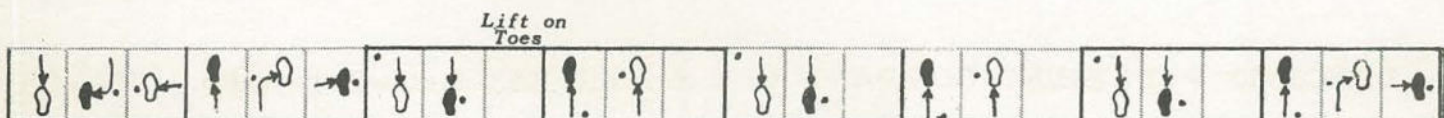
BACKWARD BASIC STEPS *Just as important as the one above.*

NECESSARY



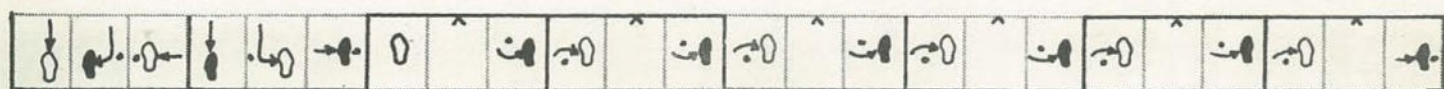
FORWARD & BACKWARD BOX *A combination of the first and second.*

RESTFUL



HESITATION STEPS *Two steps and a lift.*

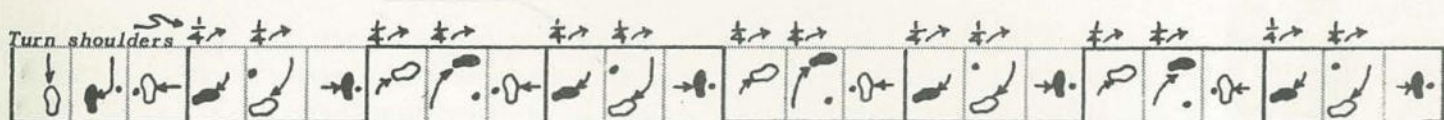
EXCITING



SIDE CANTER STEPS

Step sidewise in front and back of other foot

UNIQUE



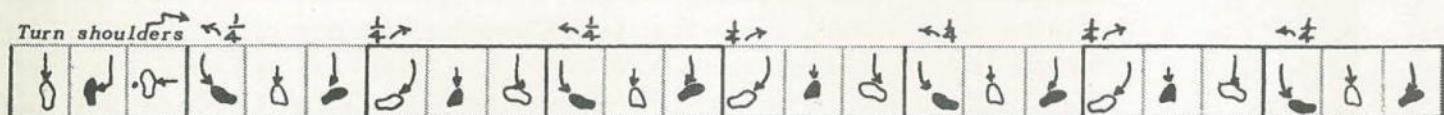
RIGHT TURN STEPS

Feet apart

Fast turn to the right.

short step

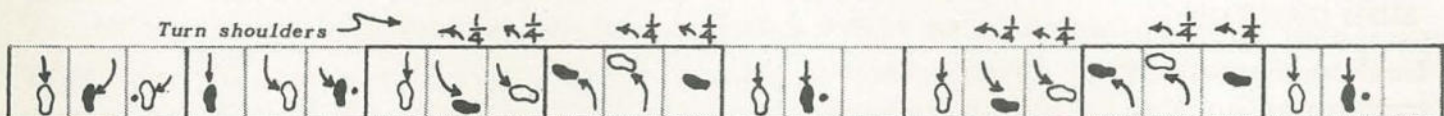
POPULAR



ZIG ZAG STEPS

Slightly bent knees, and lift high on toe.

LOVELY



STRAUSS TURN LEFT

A beautiful turn with pauses.

ROMANTIC

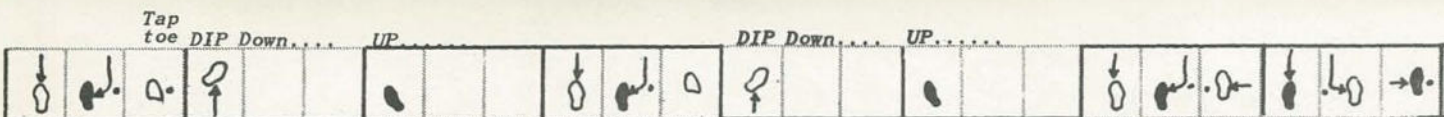


FANTASY

Side by side, holding hands in back. skaters position.

BEAUTIFUL

Turn together



DIP STEPS (CORTE)

Slow DIP and recovery. Do not lean.

LANGUID



PRACTICE

EACH LINE in the chart is a different dance figure. DO each line until you can dance it automatically, before going to the next. The figures in the chart can be studied or danced in any order. Partners should read everything on both charts, and help each other to do the steps perfectly. HOLD the girl with cupped hands, and exert gentle pressure with the fingers and heel of the hand, well in advance, to lead the girl into the desired change. LISTEN, then start exactly on the beat. Follow the instructions carefully, and you will have no trouble to do them. One line at a time.

The SECRET of being able to follow the lead of the man quickly and easily is; Keep your feet together closely at the start, and whenever possible during dancing. Try it and see. Of course a good knowledge of the steps is necessary. Read your partner's instructions. Practice reaching back with the toes when dancing. There will be less toe interference.

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MAN'S WALTZ STEPS



BASIC POSITION

The WALTZ is recognized as one of the most beautiful dances in the world. It can also be classed as one of the most popular dances. It had its beginnings in Italy about four hundred years ago. The centuries have mellowed, enriched and added to its charm. WALTZ melodies are both dreamy and full of romance. The steps are smooth gliding and with a sway that is different from any other dance. The tempo is slow. Three steps are taken to a measure with an accent on the first. You will be able to recognize WALTZ MUSIC by this unusual beat. Start to practice without music, holding the chart directly in front of you, nearly horizontal. A step forward is indicated by an arrow thus: ↑ A short step is indicated by a short arrow.

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot ♀ is black, the right foot ♂ is white. A dot • is used, when necessary, to show the stationary foot. The little arrow ↑ shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. If the arrow is curved, ↷ move your foot in a similar curve and place the foot as shown. HOLD this chart in front of you. Study the first block. See what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music, and then with a partner. Do each line many times.

L foot- step forward.
R foot- forward and right.
L foot- step together.
R foot- step forward.
L foot- forward and left.
R foot- step together.
L foot- step forward.
R foot- forward and right.
L foot- step together.
R foot- step forward.
L foot- forward and left.
R foot- step together.
L foot- step forward.
R foot- forward and right.
L foot- step together.



Short Long
FORWARD BASIC STEPS

Dance on toes, smoothly, gracefully, glide.

INTERESTING



BACKWARD BASIC STEPS

Just as important as the one above.

NECESSARY



FORWARD & BACKWARD BOX

A combination of the first and second.

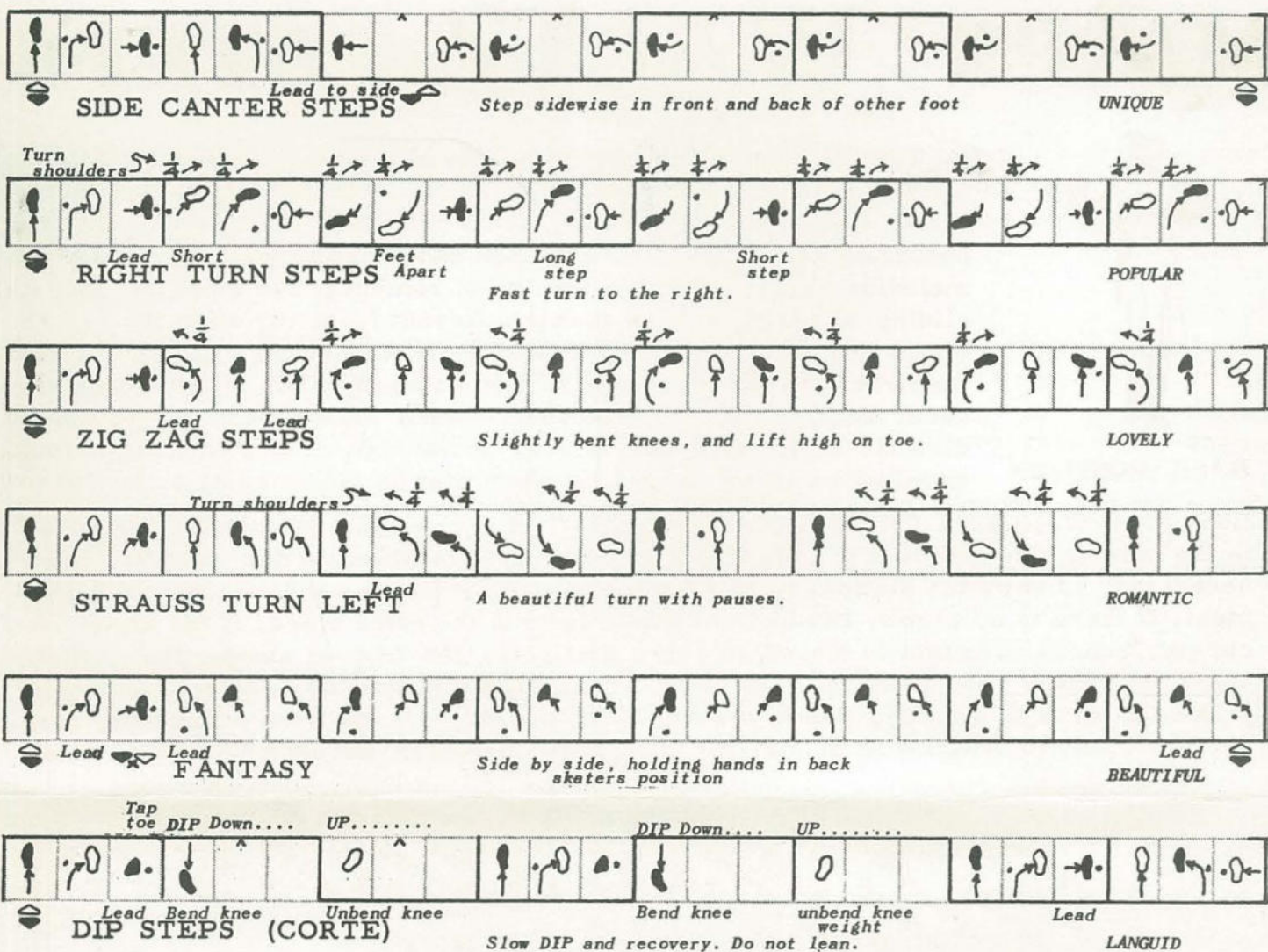
RESTFUL



Lift on toes
HESITATION STEPS

Two steps and a lift.

EXCITING



PRACTICE

SHOULDER TURNS. This symbol $\frac{1}{4}$ shows the turns. The arrow $\nearrow$ shows the direction. The fraction $\frac{1}{4}$ shows the amount. Look over your shoulder, now turn your body to face in this direction and you have made a quarter turn. A half turn faces you to the rear. **POSITIONS.** This symbol is for the basic position as shown in the picture. The man is and the girl is . The R hip-to-hip position (SIDE CANTER) is .

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Cha cha cha



How to

Dance-It

NEW
QUICK
METHOD

MAN'S CHA-CHA-CHA STEPS



BASIC



UNDER-ARM

The CHA-CHA-CHA is a lively step very much like the MAMBO. (Learn the MAMBO first then CHA-CHA-CHA.) The steps are shorter in length and faster on certain beats. After the "in place" step, three quick cha-cha-cha steps are taken. The music is slower than Mambo, so these steps are easy to do. You will love cha-cha-cha.

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot is black, the right foot is white. A dot • is used, when necessary, to show the stationary foot. The little arrow ↑ shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. HOLD this chart in front of you. Study the first block. SEE what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music.



CHASE



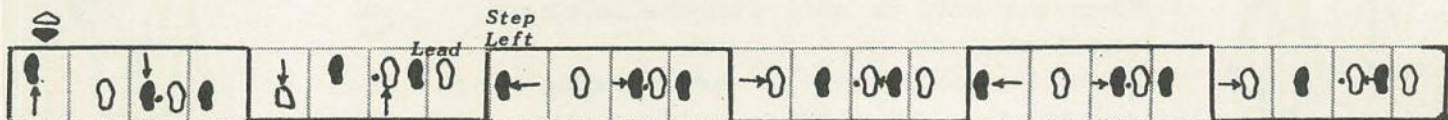
FLIRTATION

L foot- step forward.
R foot- step in place.
L together, R in place.
L foot- step in place.
R foot- step backward.
L foot- step in place.
R together, L in place.
L foot- step in place.
R foot- step forward.
L together, R in place.
L foot- step in place.
R foot- step backward.
L foot- step in place.
R together, L in place.
L foot- step forward.
R foot- step in place.
L together, R in place.



BASIC STEPS

Forward and Backward



SIDE STEPS

Side to side



BASIC TURN STEPS

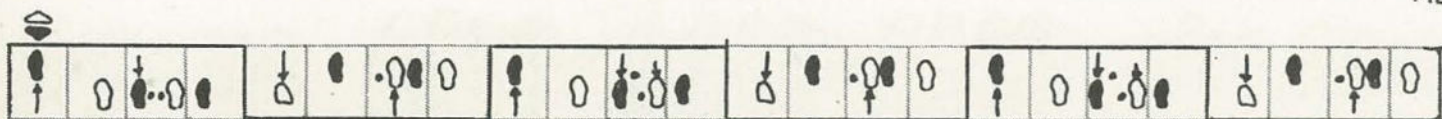
Slow turning to the Left.



LONG-BASIC STEPS

step
past

Long basic, forward and backward.



UNDER-ARM TURN STEPS

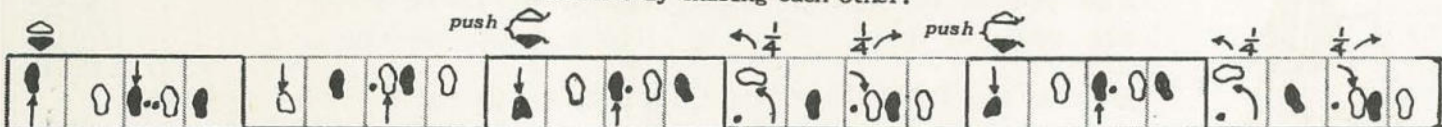
Lift L. hand Turn girl with R hand Take girl Lift L hand Turn girl with R hand
Girl turns under man's arm while he does the basic.



CHASE STEPS

Step apart

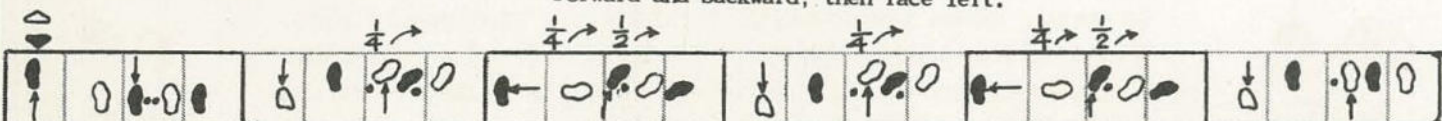
Alternately chasing each other.



BASIC & CROSS STEPS

Release R hand

Forward and backward, then face left.



FLIRTATION

Apart

Man turns

Girl turns

Man turns

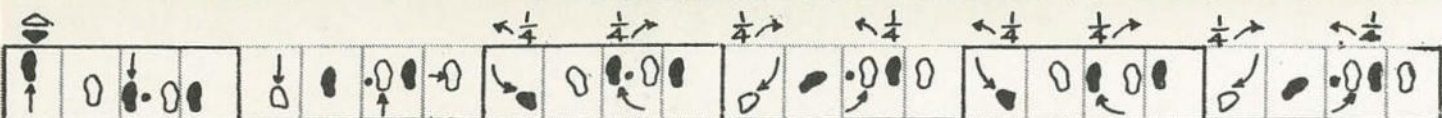
Girl turns.



CROSSOVER STEPS

Release R hand.

Step forward- face right, face left.



BUTTERFLY STEPS

Release R hand.

Backward crossover facing left and right.



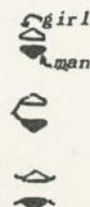
HOW AND WHEN TO LEAD.

When your right hand is on the girl's waist; lead definitely with the right hand.

When the hold is only with the left hand; lead gently with the left hand.

When you break away and are dancing apart; indicate the lead with your shoulders.

Give the lead slightly in advance of the step so that your partner will be ready to follow without delay.



CROSSOVER

If you have been dancing "close", and wish to dance apart, the man starts to push the girl on a forward basic step, and finishes on the backward basic. They are then ready to do any step requiring this position. To resume the closed position, the man steps forward on the second beat of the forward basic and takes the girl.

BUTTERFLY

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GIRL'S CHA-CHA-CHA STEPS



BASIC

The CHA-CHA-CHA is a lively step very much like the MAMBO. (Learn the MAMBO first then CHA-CHA-CHA.) The steps are shorter in length and faster on certain beats. After the "in place" step, three quick cha-cha-cha steps are taken. The music is slower than Mambo, so these steps are easy to do. You will love cha-cha-cha.



CHASE

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot  is black, the right foot  is white. A dot • is used, when necessary, to show the stationary foot. The little arrow  shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. HOLD this chart in front of you. Study the first block. SEE what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music.

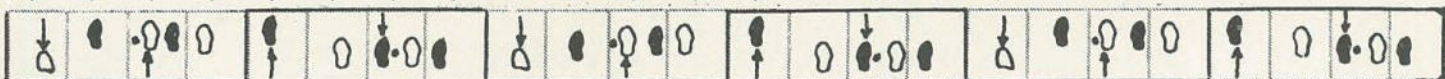


UNDER-ARM



FLIRTATION

R foot- step backward.
L foot- step in place.
R together, L in place.
R foot- step in place.
L foot- step forward.
R foot- step in place.
L together, R in place.
L foot- step in place.
R foot- step backward.
R foot- step in place.
L foot- step in place.
R together, L in place.
L foot- step forward.
L foot- step in place.
R foot- step in place.
L together, R in place.
L foot- step backward.
R foot- step in place.
L foot- step in place.
R together, L in place.



BASIC STEPS

Forward and backward.



SIDE STEPS

Side to side.



BASIC TURN STEPS

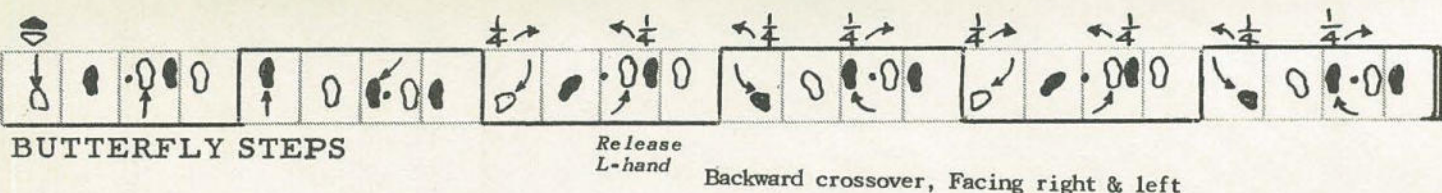
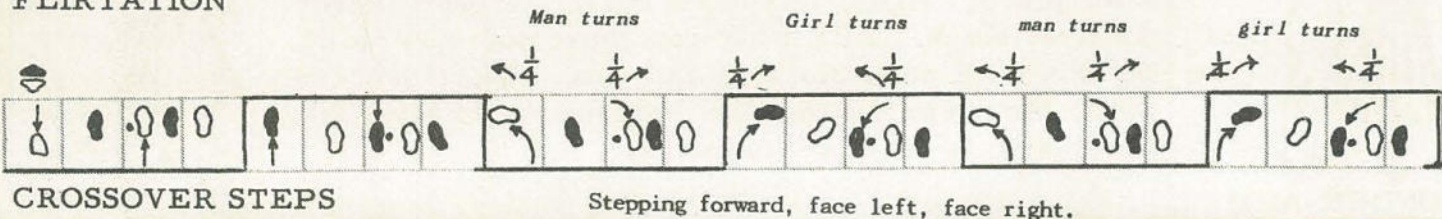
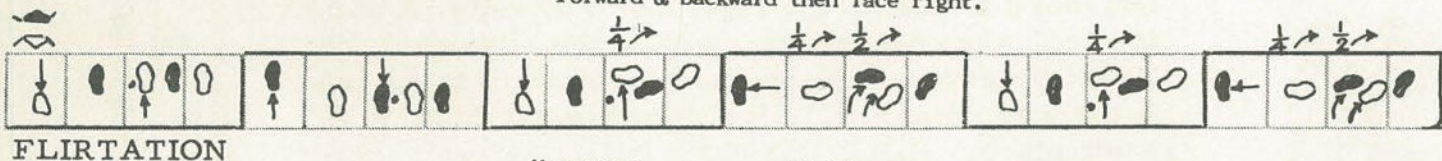
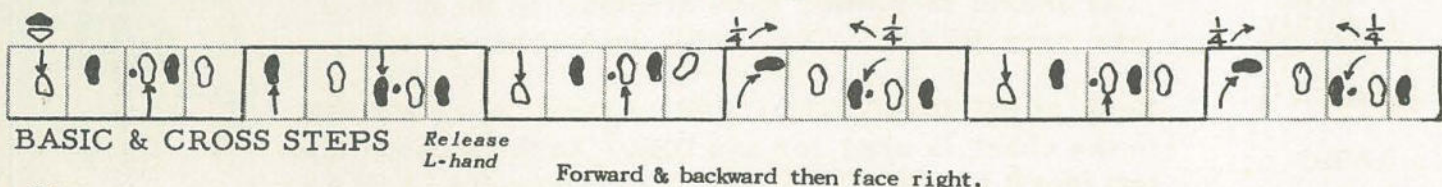
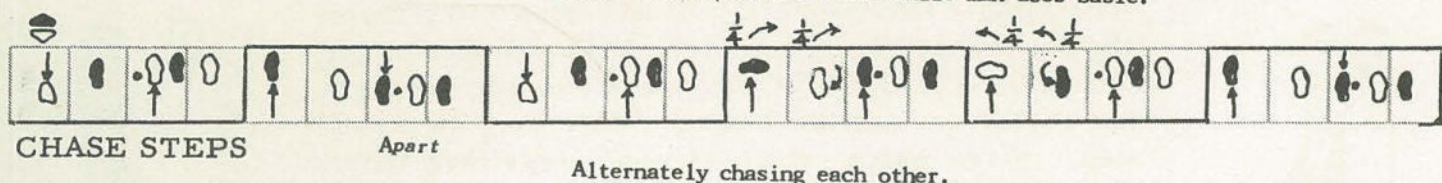
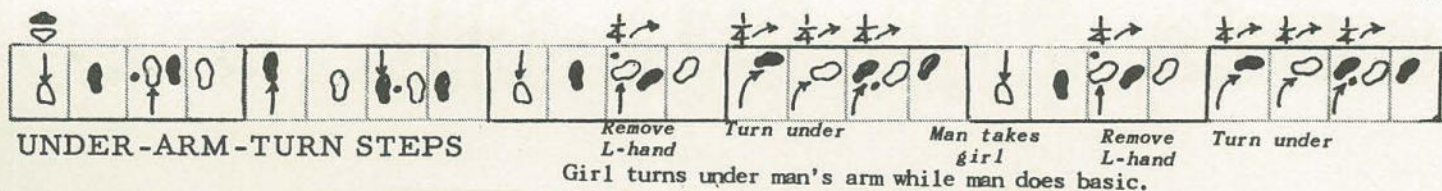
Slow turning to the left.



LONG-BASIC STEPS

step
past

Long basic, forward and backward.



HOW TO FOLLOW

When the man's right hand is on your waist; follow the right hand lead.

When only his left hand is holding your hand; follow the left hand lead.

When you break away, and are dancing apart; watch his shoulders for the lead.

The various dance steps are arranged for continuous dancing, in any order desired. Walk, do not glide.

It is not good form to watch your feet. Relax, have fun.



CROSSOVER

In the above charts, when you see the little arrow  curved move your foot in a similar curve, and turn your foot like it shows. For practicing the CHA-CHA-CHA you should select a record in slow Tempo. The accented beats should be about ten in ten seconds. We suggest that you consult your record dealer for suitable practice records.

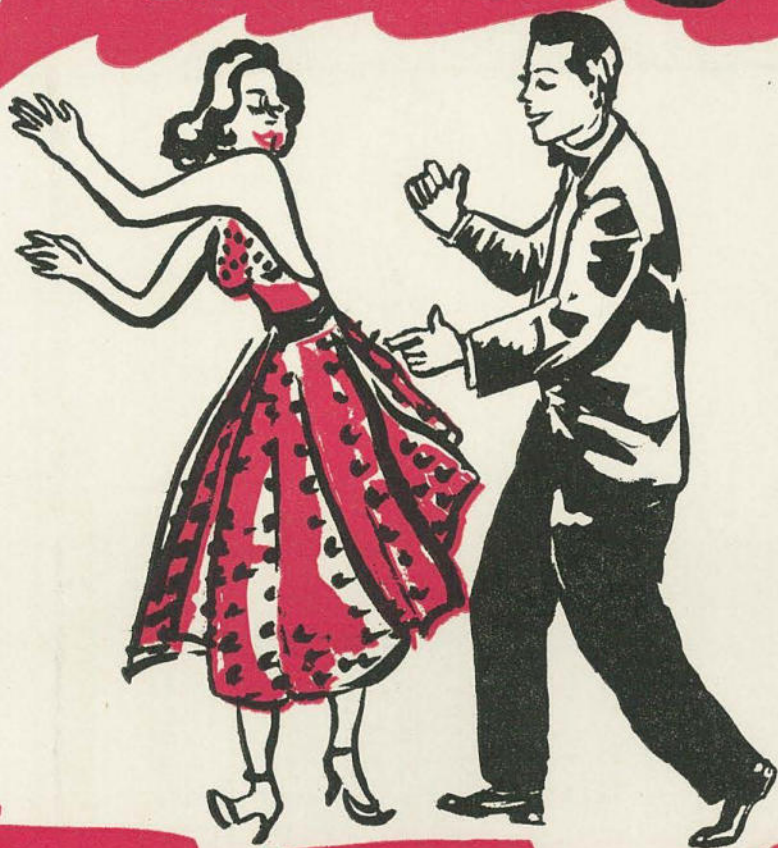
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BUTTERFLY

mambo



How to

Dance-It

NEW
QUICK
METHOD

GIRL'S MAMBO STEPS



BASIC



UNDER-ARM

Dance the MAMBO in a flirtaceous, light-hearted, captivating manner. Let the sudden blares of the trumpets, the eccentric syncopated rhythm, and the breaking away from the closed to the open position, quicken your pulse and put you in an hilarious mood with a smile for everyone. RELAX and have fun dancing to this exciting new rhythm.

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot  is black, the right foot  is white. A dot • is used, when necessary, to show the stationary foot. The little arrow  shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. HOLD this chart in front of you. Study the first block. SEE what you must do, now do it. Do this with each block in the line, When you can dance the steps in the line without the chart, you are ready to practice to music.



CHASE



FLIRTATION

																			
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

BASIC STEPS

Backward and forward.

																			
--	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

SIDE STEPS

Side to side.

																			
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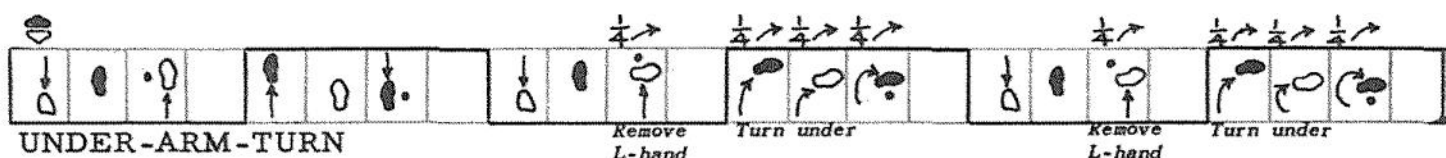
BASIC-TURN STEPS *turn foot*

Slow turning to the left.

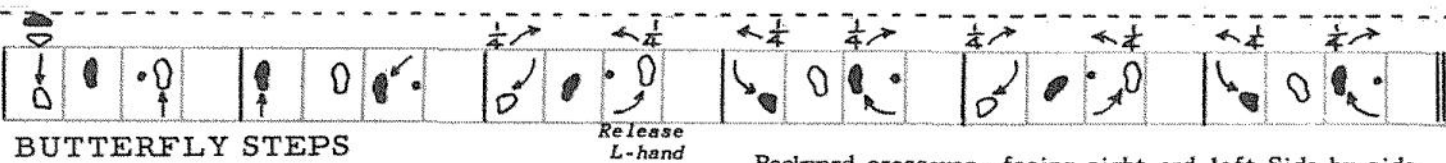
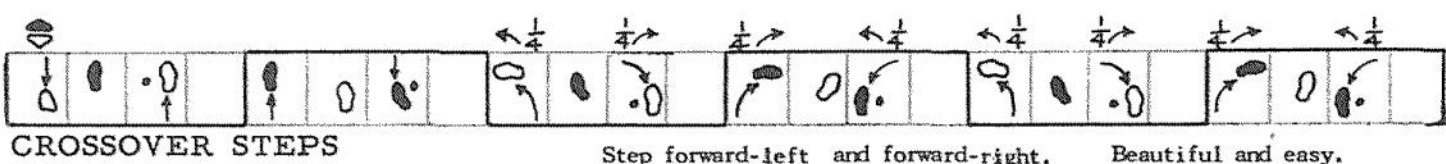
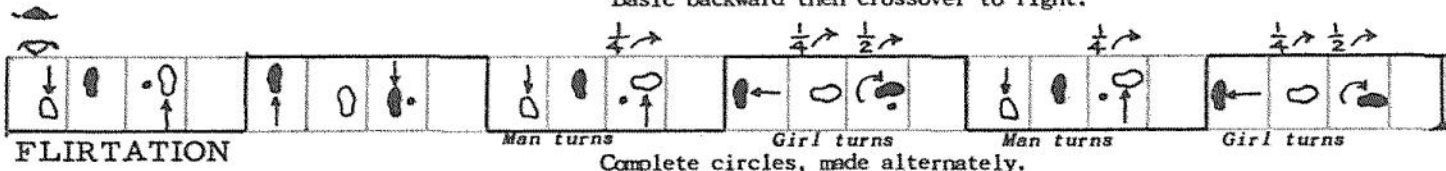
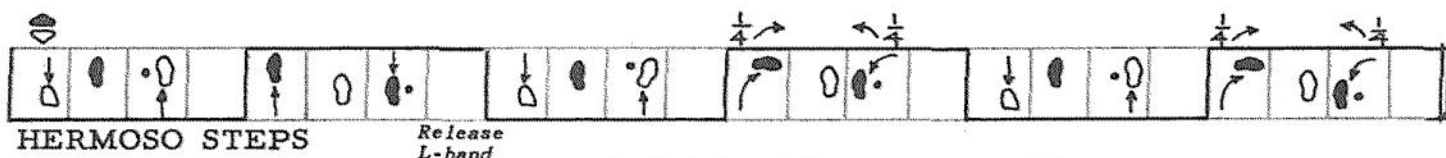
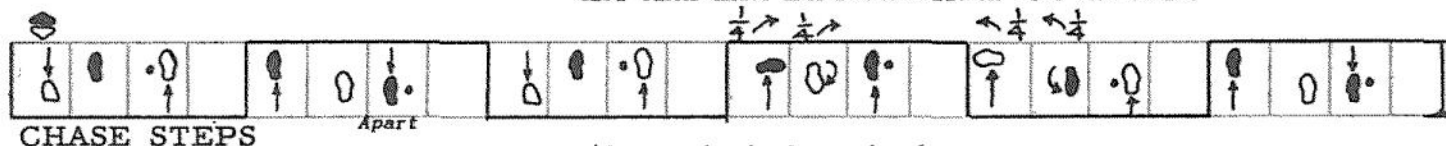
																			
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LONG-BASIC STEPS *step past*

Long basic forward and backward.



Girl turns under man's arm while he does the basic.



HOW TO FOLLOW

When the man's right hand is on your waist; follow the right hand lead.

When only his left hand is holding your hand; follow the left hand lead.

When you break away, and are dancing apart; watch his shoulders for the lead.

The odd MAMBO sway can be developed by dancing with relaxed hips and knees. Look at the pictures for the correct position in the various steps.



CROSSOVER



BUTTERFLY

In the above charts, when you see the little arrow  curved, move your foot in a similar curve, and turn your foot like it shows. For practicing the MAMBO you should select a record in slow Tempo. The accented beats should be about twelve in ten seconds. We suggest you consult your record dealer for suitable slow MAMBO records.

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MAN'S MAMBO STEPS

Dance the MAMBO in a flirtaceous, light-hearted, captivating manner. Let the sudden blares of the trumpets, the eccentric syncopated rhythm, and the breaking away from the closed to the open position, quicken your pulse and put you in an hilarious mood with a smile for everyone. RELAX and have fun dancing to this exciting new rhythm.



BASIC



CHASE



UNDER-ARM



FLIRTATION

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot  is black, the right foot  is white. A dot • is used, when necessary, to show the stationary foot. The little arrow  shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. HOLD this chart in front of you. Study the first block. SEE what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music.

L foot- step forward.	R foot- step in place.	L foot- step together.	Rest for one beat.	R foot- step backward.	L foot- step in place.	R foot- step together.	Rest.	L foot- step forward.	R foot- step in place.	L foot- step together.	Rest.	L foot- step backward.	R foot- step in place.	L foot- step together.	Rest.	L foot- step forward.	R foot- step in place.	L foot- step together.	Rest.
																			

BASIC STEPS

Forward and backward

															
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

SIDE STEPS

Side to side

															
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

BASIC-TURN STEPS

Turn foot

Slow turning to the left.

															
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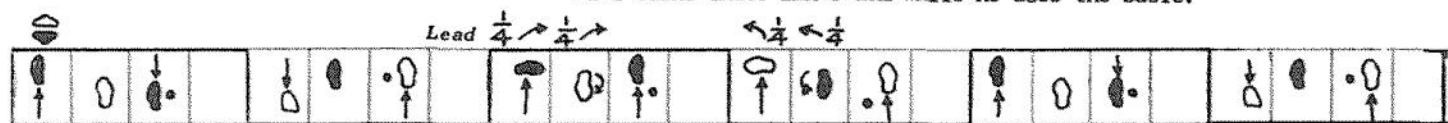
LONG-BASIC STEPS

Long-basic, forward and backward.



UNDER-ARM-TURN

Lift
L-hand Turn girl
with R-hand Take
girl Lift
L-hand Turn girl
with R-hand
Girl turns under man's arm while he does the basic.



CHASE STEPS

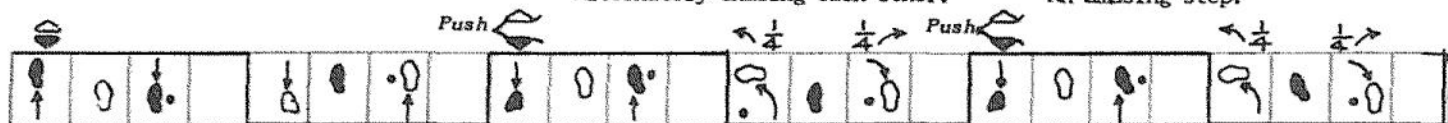
Step
apart

Man chases

Girl chases

Alternately chasing each other.

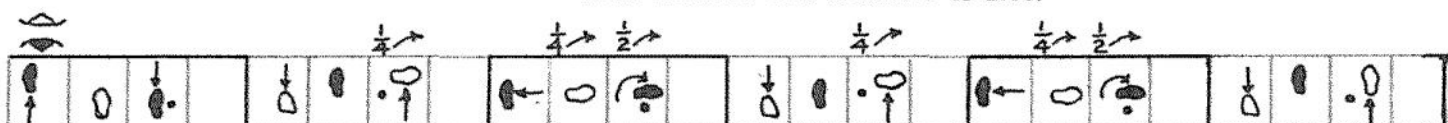
An amusing step.



HERMOSO STEPS

Release
R-hand

Basic backward then crossover to left.



FLIRTATION

apart

man turns

girl turns

man turns

girl turns

Complete circles made alternately.

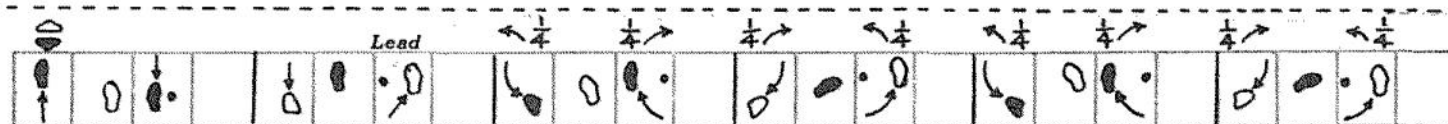
Lots of fun.



CROSSOVER STEPS

Release
R-hand

Step forward-right, and forward-left Beautiful and easy



BUTTERFLY STEPS

Release
R-hand

A backward crossover facing left and right.



CROSSOVER

HOW AND WHEN TO LEAD

When your right hand is on the girl's waist; lead definitely with the right hand.

When the hold is only with the left hand;.. lead with the left hand.

When you break, and are dancing apart; indicate the lead with your shoulders.

The odd MAMBO sway can be developed by dancing with relaxed hips and knees. Look at the pictures for the correct position in the various steps.



BUTTERFLY

If you have been dancing "close", and wish to dance apart, the man starts to push the girl on a forward basic step, and finishes on the backward basic. They are then ready to do any step requiring this position. To resume the closed position, the man steps forward on the second beat of the forward basic and takes the girl.

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TANGO



NEW
QUICK
METHOD

How to
Dance-It

GIRL'S

TANGO

STEPS



In dancing the TANGO the girl will be moving backward most of the time, in long swinging steps. For this reason she should practice stepping backward, and reaching with the toe of the foot to gain more distance. She is held in the close position, and in order to do this gracefully, she should bend back from the waist, and not hook her chin over the shoulder of her partner. On the turns the man will move a greater distance to the side than the girl, by stepping one foot over the other, while the girl simply brings her feet together. She should be ready for this, and know what to do. This brings them hip*to hip. When the turn is made, they will come again to the face to face position.

BASIC STEP

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot is black, the right foot is white. A dot is used, when necessary, to show the stationary foot. The little arrow shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. If the arrow is curved, move your foot in a similar curve and place the foot as shown. HOLD this chart in front of you. Study the first block. See what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music, and then with a partner.

R foot- step backward.
Keep moving.
L foot- long backward.
Keep moving.
R foot- long backward.
L foot- back & side.
R foot- together, on toe.
Rest for one beat.
R foot- step backward.
Keep moving.
L foot- long backward.
Keep moving.
R foot- long backward.
L foot- back & side.
R foot- together, on toe.
Rest for one beat.

BASIC STEPS *Brush ankles* **3 Long swinging steps** *Short steps* **ROMANTIC**

Dip Raise L
Dip Raise L
Dip Raise L

DIP STEPS *Reverse start and dip.* **SPECTACULAR**

CLOSED CROSS *Backward cross steps, side position* **BEAUTIFUL**

Turn shoulders

OPEN CROSS *Crossover step with opening and closing position.* **STRIKING**

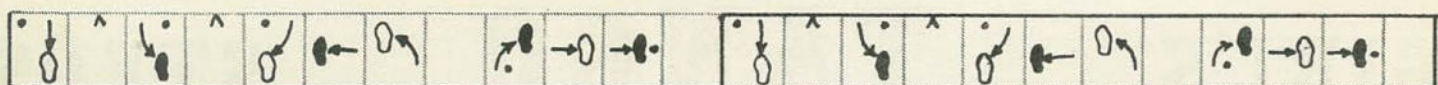
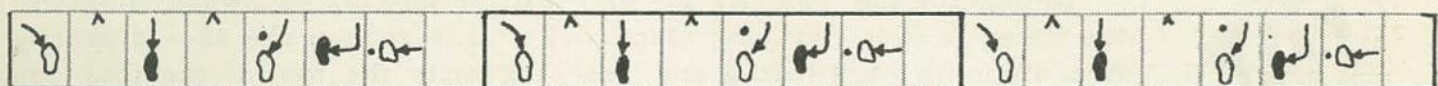


FIGURE EIGHT STEPS

Forward and backward cross steps

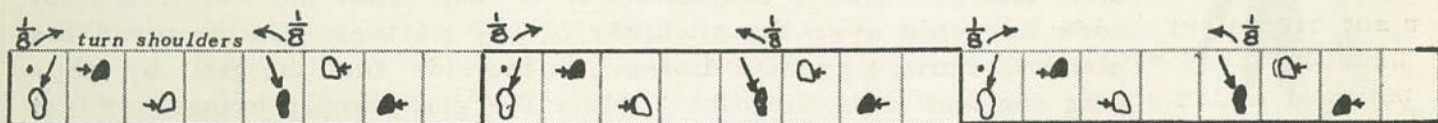
SHOWY



PROMENADE STEPS

Man shifts to side and back.

POPULAR



ROCK with SIDE STEP

May be danced without turns or side steps

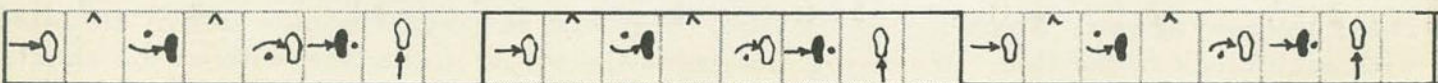
GRACEFUL



LEFT TURN

Quick turn

FOR CROWDS



SIDE DIP STEPS

Side-left and dip.

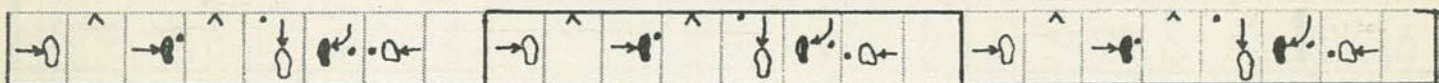
GOOD TO FINISH ON.



ARGENTINE WALK

Mostly forward- different rhythm.

POPULAR



SIDE PROGRESSIVE

Sidewise direction

EASY- ATTRACTIVE



PRACTICE

The CHART should be held directly in front of you, nearly horizontal. A step forward is indicated by the arrow pointing toward the top of the chart. A fresh look at the chart is taken before each step. Keep time with your toe to the music for a few beats, so that you can move off in perfect rhythm, after you have learned the step without music. A beautiful dancer is known, not by the number of intricate steps they perform, but by the grace, ease and rhythmical way they move over the floor. Study your posture in a mirror. Don't sag. Eyes up. Dip with your knees, keep your body erect, avoid toeing out. Keep the weight on the toe, even tho the heel is on the floor.

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MAN'S

TANGO

STEPS



The TANGO is a beautiful, swinging, romantic dance. It is easy to learn. In general, the "close" position is used with a shifting of the girl to the right side when necessary. The BASIC STEP begins with two, long, graceful, slow steps, in a gliding manner. The feet are pointed straight ahead, the body is twisted slightly at the waist, with each step, by turning the shoulders opposite to the hips and legs. The long steps lag slightly behind the beat of the music. Then come three quick steps, made exactly on the beat, ending with a sudden stop and rest with the feet together. The last step is made on the toe, with no weight on it, ready to step.

BASIC STEP

Look at the DANCE-IT CHART below. Each BLOCK in the chart is used for one BEAT in the music. The left foot  is black, the right foot  is white. A dot • is used, when necessary, to show the stationary foot. The little arrow  shows the direction of movement. If there is no arrow, lift foot and put it down in the same place. If the arrow is curved,  move your foot in a similar curve and place the foot as shown. HOLD this chart in front of you. Study the first block. See what you must do, now do it. Do this with each block in the line. When you can dance the steps in the line without the chart, you are ready to practice to music, and then with a partner.

L foot- step forward.
 Keep moving.
 R foot- long forward.
 Keep moving.
 L foot- long forward.
 R foot- long forward & side.
 Rest for one beat.
 L foot- step forward.
 Keep moving.
 R foot- long forward.
 Keep moving.
 L foot- step forward.
 R foot- long forward & side.
 Rest for one beat.

BASIC STEPS *Brush ankles* 3 Long swinging steps Short steps ROMANTIC

Dip Raise *Dip Raise* *Dip Raise*



DIP STEPS *Reverse start and dip* *SPECTACULAR*

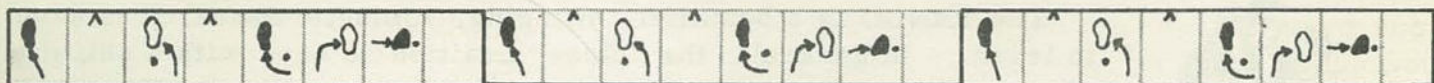
 **CLOSED CROSS** *Hold girl firmly and lead to side.* **BEAUTIFUL**



FIGURE EIGHT STEPS

Forward and backward cross steps.

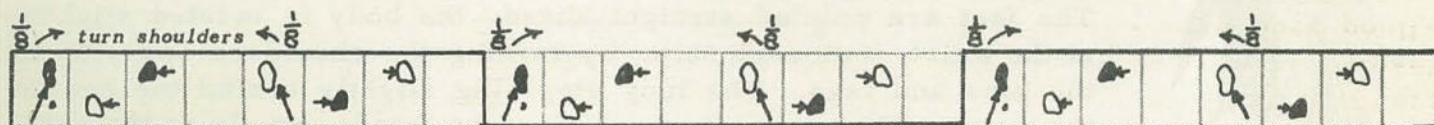
SHOWY



PROMENADE STEPS

Man shifts to side and back.

POPULAR STEP



ROCK with SIDE STEP

May be danced without turns or side steps

GRACEFUL



LEFT TURN

Quick turn

FOR CROWDS



SIDE DIP STEPS

Side-left and dip.

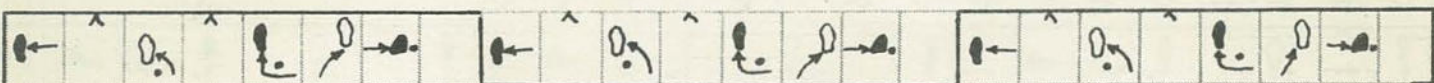
GOOD TO FINISH ON.



ARGENTINE WALK

Mostly forward, different rhythm

Very popular.



SIDE PROGRESSIVE

Sidewise direction.

EASY- ATTRACTIVE



HIP to HIP

EACH LINE in the chart is a different dance figure. DO each line until you can dance it automatically, before going to the next. The figures in the chart can be studied or danced in any order.

The fourth figure, the OPEN CROSS is started in the "close" position, then the girl is swung out to the semi-open position, then to the wide open position and back again. This is shown by the little symbols. Read the girl's chart. Make all steps very smooth, avoid up and down movements and keep all motion in the feet and legs. Hold the girl firmly with cupped hand and exert pressure with fingers and heel of the hand well in advance to show the desired change. Listen, and start exactly on the beat.

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