

# Absolut Beginner Level Steps

absolute Anfänger Schritte

## Standing

Stehende

Brush  
Clap  
Fan  
Flick  
Heel Bounce  
Heel Dig  
Heel Hook  
Heel Tap/Touch  
Hip Bump  
Hip Rock  
Hitch  
Hold  
Hop (einem Fuss)  
Jump (beiden Füßen)  
Kick  
Monterey (without Turn)  
Rock Step  
Rockin' Chair  
Slap (hand to hips/thighs)  
Scuff  
Shimmy  
Slide  
Step Touch  
K – Step  
V – Step  
Stomp  
Sway  
Swivel, Twist  
Swivet  
Toe Tap/Touch  
Toe Point

## Walkin

Bewegend

Stroll, Walk  
March  
Prissy Walk  
Diva Walk  
Fish Tail (Back Touch)  
Heel Strut  
Toe Strut  
Grapevine  
Slow Chassé  
  
Rumba Box (no Turn)  
Jazz Box (no Turn)  
  
Waltz Basic Forward  
Waltz Basic Backward  
Waltz Basic Twinkle

## Turning

Drehend

$\frac{1}{4}$  Pivot /Step Turn  
 $\frac{1}{2}$  Pivot / Step Turn  
 $\frac{1}{4}$  Grapevine Turn  
 $\frac{1}{4}$  Slow Chassé Turn  
  
Waltz  $\frac{1}{4}$  Turn  
Waltz  $\frac{1}{2}$  Turn