

Hallway: Practice new moves **OUT HERE**, not on the dance floor

**Outside (fast) Lane**  
Counter clockwise (line of dance)

**Inside (slow) Lane**  
Counter clockwise (line of dance)

Progressive dances are  
Foxtrot  
Waltz  
Two-Step  
Polka

**Floor Center**  
Jitterbug  
East Coast Swing  
West Coast Swing  
Spot turns  
Argentine Tango

Do **NOT** dance these in the outside lanes unless **EVERYONE** else is doing them at the same time!

stop and go, forward movement in line-of-dance



Do **NO** back up or move across the flow

dance in a continuous **forward** movement

When you're dancing Cha-Cha or Rhumba, dance in your own small area and **ignore**

Standing and Socializing Area