

8/29/20 – last updated 9/17/2020

Quickstep/Charleston Line Dance Syllabus

begin with weight on left foot:

4 - Lock step forward – SQQ –

right foot forward (heel-toe)(S), left foot forward (toe)(Q), right foot locks behind left (toe)(Q)

4 - Lock step back – SQQ –

left foot forward (toe-lower)(S), right foot back (ball)(Q), left foot locks in front of right (ball)(Q)

4 – 1st half of Charleston basic – QQS -

right foot forward with partial weight change (Q), replace weight to left foot (Q), right foot back (S)

4 – 2nd half of Charleston basic – QQS –

left foot back (Q), replace weight to right foot (Q), left foot forward and to side-[feet end side by side, aka 2nd foot dance position] weight split (S)

Knees relax, Hands (with palms down) move toward knees (left hand to left knee and right hand to right knee),

4 – Knee Crosses – SS –

knees come together-hands cross-toes point inward (S)

knees move apart-hands uncross-toes point outward (S)

4 – Knee Crosses - QQQQ –

knees come together-hands cross-toes point inward (Q)

knees move apart-hands uncross-toes point outward (Q)

knees come together-hands cross-toes point inward (Q)

knees move apart-hands uncross-toes point outward (Q)

4 – Charleston Kicks, left with Hand Pushes – &S&S -

draw left foot to right knee and kick out left and down; simultaneously draw both hands to right shoulder then push both hands out and up to right (&S),

draw left foot to right knee and kick out left and down; simultaneously draw both hands to right shoulder then push both hands out and up to right (&S)

4 – **Coaster Step** (similar to Sailor Shuffle) - QQS –
left foot behind right foot (Q)
right foot to side (begin 90 degree turn to left)(Q)
left foot to side and finishing 90 turn to left to face new wall (S)

Begin Again