

Armchair Line Dance Terminology  
By  
William McKechnie alias Wild Bill

Always start dance with hands in front of you or on legs (Home)  
(Alternate arms crossing in front and behind, as you would do with feet)

**Vine**

Open arms, Cross arms, Open arms

**Extended Vine**

Open arms, Cross arms, Open arms, Cross arms, Open arms

**Right Kick Ball Change**

Flick right hand forward, Slap right leg, Slap left leg

**Left Kick Ball Change**

Flick left hand forward, Slap left leg, Slap right leg

**Box Step Right**

Place right hand onto left shoulder, Place left thumb on left shoulder  
Place right hand on right leg, Place left hand on left leg

**Box Step Left**

Place left hand on right shoulder, Place right thumb on right shoulder  
Place left hand on left leg, Place right hand on right leg

**Jazz Box Turn Right**

Place right hand on left shoulder, Place left thumb on left shoulder  
Lasso right hand clockwise, Place right hand on right leg

**Jazz Box Turn Left**

Place left hand on right shoulder, Place right thumb on right shoulder  
Lasso left hand anticlockwise, Place left hand on left leg

**Rocking Chair Right**

Point right finger forward, Home  
Place right thumb to right shoulder, Home

**Rocking Chair Left**

Point left finger forward, Home  
Place left thumb towards left shoulder, Home

**Right Shuffle Forward** (Hand open fingers straight)

Reach right hand forward, Pull hand back rubbing against left hand,  
Reach right hand forward.

**Left Shuffle Forward** (Hand open fingers straight)

Reach left hand forward, Pull hand back rubbing against right hand, Reach left hand forward

**Right Shuffle Back** (Hand open fingers straight)

Pull right hand back, Reach right hand forward rubbing against left hand, Pull right hand back

**Left Shuffle Back** (Hand open fingers straight)

Pull left hand back, Reach left hand forward rubbing against right hand, Pull left hand back

**Right Lock Step Forward**

Reach right hand forward, Pull back slapping palm of left with back of right hand, Reach right hand forward

**Left Lock Step Forward**

Reach left hand forward, Pull back slapping palm of right hand with back of left hand, Reach left hand forward

**Right Lock Step Back**

Pull right hand back, Slap back of left hand with palm of right hand, Pull right hand back

**Left Lock Step Back**

Pull left hand back, Slap back of right hand with palm of left hand, Pull left hand back

**Right Cha Cha Cha**

Slap right leg, Slap left leg, Slap right leg

**Left Cha Cha Cha**

Slap left leg, Slap right leg, Slap left leg

**Side Rock Right**

Slap right leg, Slap left leg Or Lean to right, Sit straight

**Side Rock Left**

Slap left leg, Slap right leg Or Lean to left, Sit Straight

**Monterey Turning Right**

Right breaststroke, Home, Point left finger to left side, Home

**Monterey Turning Left**

Left breaststroke, Home, Point right finger to right side, Home

**Right Heel Strut**

Point right finger up, Point right finger forward

Or

Wrist of right hand on right leg, Drop fingers.

**Left Heel Strut**

Point left finger up, Point left finger forward

Or

Wrist of left hand on left leg, Drop fingers

**Right Toe Struts**

Reach right slightly forward elbow bent fingers pointing down, Drop wrist  
Or  
Place fingers of right hand on right leg, Tap wrist

**Left Toe Struts**

Reach left slightly forward elbow bent fingers pointing down, Drop wrist  
Or  
Place fingers of left hand on left leg, Tap wrist

**Right Heel Tap** Example (Start of Red Hot Salsa)

Bounce a ball to right side Or Place fingers of right hand on leg, Tap wrist

**Left Heel Tap**

Bounce ball to left side Or Place fingers of left hand on leg, Tap wrist

**Toe Switches**

Point right finger to right side, Home  
Point left finger to left side, Home

**Heel Switches**

Right wrist forward, Home, Left wrist forward, Home

**Side Chasse Right**

Push right hand to right side, Clap, Push right hand to right side

**Side Chasse Left**

Push left hand to left side, Clap, Push left hand to left side

**Right Heel Ball Cross**

Right wrist forward, Pull back, Cross left arm over right

**Left Heel Ball Cross**

Left wrist forward, Pull back, Cross right arm over left

**Paddle Turn Left**

Lasso right hand anti-clockwise

**Paddle Turn Right**

Lasso left hand clockwise

**Hitch Right**

Raise right elbow at same time point right thumb down

**Hitch Left**

Raise left elbow at the same time point left thumb down

**Hop on Right**

Raise right hand then drop back down

**Hop on Left**

Raise left hand then drop back down

**Pivot ½ Turn Left**

Point right finger forward, Place right thumb on left shoulder

**Pivot ½ Turn Right**

Point left finger forward, Place left thumb on right shoulder

**Pivot ¼ Turn Left**

Point right finger forward, Point right finger to left side

**Pivot ¼ Turn Right**

Point left finger forward, Point left finger to right side

**Right Coaster Forward**

Reach right hand forward, Place left hand beside right, Return right hand home

**Left Coaster Forward**

Reach left hand forward, Place right hand beside left, Return left hand home

**Right Coaster Back**

Place right thumb on right shoulder, Place left thumb on left shoulder, Return right home

**Left Coaster Back**

Place left thumb on left shoulder, Place right thumb on right shoulder, Return left home

**Bump Right**

Clasp right hand over left fist and put out to right side

**Bump Left**

Clasp left hand over right fist and put out to left side

**Right Charleston**

Point right finger forward, Home, Place left thumb on left shoulder, Home

**Left Charleston**

Point left finger forward, Home, Place right thumb on right shoulder, Home

**Right Toe Fan**

Wave right hand to right side, Home

**Left Toe Fan**

Wave left hand to left side, Home

**Right Heel Fan**

Open right elbow, Return to waist

**Left Heel Fan**

Open left elbow, Return to waist

**Pigeon Toes**

Open both elbows to either side, Return to waist

**Rolling Vine Right**

Using right hand to right side imagine stirring a big pot of soup circling clockwise 3 times

**Rolling Vine Left**

Using left hand to left side imagine stirring a big pot of soup circling anticlockwise 3 times

**Shimmy Right or Left**

Both hands out to either side move shoulders forwards and back

**Running Man**

Swim forward crawl

**Right Stomp**

Slap right leg with right hand

**Left Stomp**

Slap left hand on left leg

**Twist To Right Side 4 Counts**

Pray hands in front put hands right side, Home, Hands right side, Clap

**Twist To Left Side 4 Counts**

Pray hands in front put hands left side, Home, Hands left side, Clap

**Waltz 3 Counts**

See 4, 5, 6 Waltz

All the moves are basic but can be styled just the same as with line dancing example instead of doing a vine to the right (Open, Cross, Open) you could replace with rolling vine (Stirring pot of soup)

I hope you have fun and get the chance to try out some of my adapted dances, if you have any questions please do not hesitate to contact me via email on my website

<https://www.willmc.co.uk>