

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>