

## COUNTRY Two-Step

Styling: Down home, relaxed, couple dancing to Country 4/4 tempo. Leaders R arm can be on Lady's L shoulder, or in a traditional ballroom position. Tempo is Quick, Quick, Slow, Slow. A slow is always 2 counts in dance, quick is 1 count.

- 1. Basic:** Closed Position, strong frame, follower moves backward, leader forward with QQSS (quick quick slow slow), moving in LOD (line of direction) which is CCW (counter clockwise).
- 2. Outside Turn:** Follower does UAT on Q, Q counts. Leader should raise his L arm on previous S.
- 3. Inside Double Turn-Inside Turn Exit:** Follower does inside UAT on second S. She can continue for a 2<sup>nd</sup> turn, finishing up on QQ counts.
- 4. Promenade:** After a basic, leader leads follower into side/open position. Generally, the Promenade is a transition step, with the leader and follower changing places.
- 5. Backing:** After a Promenade, the leader backs up, follower goes forward. Follower leads and watches traffic.
- 6. Cross Body Lead:** Used as a transition step into and out of Backing. After Promenade, leader lowers L hand guiding follower into ½ L turn to change positions.
- 7. Cross Body Lead with Inside Turn:** Started on last Quick count, back replace.
- 8. Sweetheart:** Outside turn-1 ½ turns to Varsouvienne position. Leaders hands are crossed in front of follower for cuddle position.
- 9. Lariat:** Follower turns 360 degrees to L, leader lowers L arm and raises it to move follower around behind in cape position.
- 10. Lariat Inside Turn to Sweetheart:** Finish Lariat above, turn follower under to Sweetheart.
- 11. Check in/Check out:** Arms open out to side, leader turns to check step in, then out, follower turns out then in.