

Rhythm: Slow 4/4, **Slow** (1, 2) **Quick** (3) **Quick** (4) or **Quick Quick Slow**

Style: Closed dance position, elegant posture, slightly bent knees. This is the third dance called a Two Step to be created in the 20th century and has little in common with the 60's style "bear hug" or the livelier Two Step danced earlier. The sliding foot in the 90's Two Step stays in contact with the floor. This has become the dance of choice for currently popular slow music.

1. Basic Step: Man's L foot slides to L side, rock back on ball only of R foot lifting L foot several inches off the floor. Now transfer weight to L foot, picking up R foot slightly off floor. Reverse the step, slide R with R foot, rock back on ball of L foot lifting R up, and transfer weight forward to R foot. The first slide step is extra long taking 2 counts, the "ball change", (R, L) is quick and small. Lady does opposite sliding R foot to R.

2. Open Basic: Same as Basic except man lets lady out on rock back from the closed position to a two-hand hold or one-handed arms length away position.

3. Lady's Underarm Turn Right: This is a sharp, smooth turn pivoting on the R foot. Man leads into the turn when his L foot is free, lifting L arm, and gently guiding the lady under with pressure to her back. Man continues in basic step, lady takes long R slide moving under the raised arms, but must not lift her R foot, as it is the pivoting point for her turn. She does a quick about face, reaching out on her L foot to rock and steps onto the R foot to reface her partner. Finish with a L basic.

4. Alternating Underarm Turns: Start with Lady's UAT, when lady returns, man offers his flat R hand, which she takes with her flattened L hand. He uses his R foot for a UAT R, while the lady does a basic on her L. Then she does a UAT R, and this can continue until the man takes her back to closed position. Always start with a lady's UAT and finish with a lady's UAT. The lead is a flat hand hold offered after the first UAT.

5. Flip Flop: From basic step, man moves toward his partner, reaching his L arm around her back during the slide step. His R arm, her L arm, opens to a side curve at chest height on the ball change. The man's lead will be like a hinge opening and closing, as he flips the lady to his R arm for the next slide step, then opens for the ball change with free arms up and curved to side. After an even number of flip flops, the man moves in on his L slide to a closed position which signals his partner that they have returned to the basic step. The flip flop may be executed and returned from an UAT, or other positions.

6. Inverted Flip Flop-5th Position Break: Use same footwork as flip flop, but keep arms closed on first basic, and open on 2nd basic. Open with ladies L, man's R joined hands forward as rock back. Continue with closed, the arms open forward on 2nd basics.

7. Lady's Left Single Turn: Start with 2 basics, lady steps fwd on R and spins on R ft, 360 degrees CCW (L). Man has lifted his L arm to his R shoulder to indicate turn. He turns $\frac{1}{4}$ R to face lady, lowering arm. Both step side, cross and side. Lady crosses in front with R and steps on L to side. Man can cross in front or behind with his L ft.

8. Lady's Left Double Turn and Free Spin: Start as in #6, but man leaves arm up and guides lady in double turn to L. He will do a side cross side, she spins CCW with R,L,R,L on QQQQ for 2 full turns. Then both do a rock back. Lady performs identical step for Free Spin, but man leads with his L arm brought close to his R side, then flung out sharply and lets go, giving lady momentum. He performs same step (side cross side) keeping up with lady.

9. Left Turns: Start with 2 basics, lady slides 90 degrees with R foot for $\frac{1}{4}$ turn to L. Man takes a small step with L foot 90 degrees to L, while using a strong lead to turn lady in front of man, $\frac{1}{4}$ turn. On quick, quick, change direction crossing free foot in front of standing foot, step side. Perform 3 basics, repeat $\frac{1}{4}$ turn with slide, cross step, 3 basics until couple has completed full turn to L. This can all be reversed for R turns, also done with $\frac{1}{2}$ instead of $\frac{1}{4}$ turns.

10. Grapevine: Two hands held, begin as in basic with slow step to side. Step with free foot behind weighted foot (quick), step to side with free foot (quick). Cross free foot in front of standing foot for slow count. Step with free foot to side (quick), step behind with free foot (quick), and finish with basic. Think-Side, back, side front, side back for s, q, q, s, q, q. Use 3 basics to change direction. Either 6 or 12 grapevine steps are used.

11. Peek-A-Boo with Hand Stop: Man turns lady with **inside** UAT (lead arm to man's R side), put R hand on Lady's back to stop her turn after $\frac{1}{2}$. Lady does an inside $\frac{1}{2}$ turn with R foot, rock back with L foot. Lady is on man's R side, both face same direction. She does a reverse $\frac{1}{2}$ turn with L foot to face man. Use basic to get into and out of step.

12. Standard Peek-A-Boo: Similar to #9, and lady does identical foot work, but man uses a two-hand crossed hold, (changing hands with lady to hold joined L hands over R). Two hands are held throughout variation, top hand held high, bottom hands low to form a window to "peek through". Man positions himself across from lady rather than beside. Release lady, when man's L foot is free, he can drop L hands for a lady's **inside** UAT or let her out for a basic.

13. Sweetheart: From an open basic or UAT, turn lady with **inside** $\frac{1}{2}$ UAT. Man steps fwd on L, rock R, L crossing in front, then he steps R bkwd, rocking L, R. Lady's step is the same as peek-a-boo, but arms will wrap across her middle, then lifted to let her turn out each time.

14. Macho Sweetheart: Start and end same as Sweetheart, but Lady will change from man's L side, to R side and back, doing same step as Sweetheart. Man's macho step is touch or put wt on L foot side, do rock step (R, L) in place, reverse. Side foot is on opposite side of lady.

15. Around the World: After an open break and lady's UAT, man rolls His R hand to the lady's back with palm out. He brings R hand over her head, then lowers R joined hand for 6 cts while the couple walk in a circle pattern in rhythm around each other. The man lifts his L arm for a lady's UAT or double turn for final 3 counts. This pattern takes 12 counts, lady does 2 or 3 UATs for this pattern.

16. Half Moon: After a basic, do cross over step with man using his R hand to catch her R during cross over. L arms are out to sides., strong lead into an **inside** UAT, with man's L hand on her back to serve as check to insure only $\frac{3}{4}$ turn. Think cross step, step, inside turn L, (step R slow, step L, step R) for lady. Can end with a UAT or go into a Turkish Towel.

17. Sliding Door: Start from a R hand shake, using J lead, man swings lady toward him and away, catching her L wrist as she turns and swings around towards him. Using basic step, she is making a small $\frac{1}{2}$ circle L and R, with her elbows out, hands on a plane with fingers facing each other. He is moving in opposition with basic step, catching her wrists to J lead her back other way. To get out of the sliding door, he catches her right hand with his right, UAT-inside, and finish with side cross side or free spins.