

Stacy's Line Dancing Tips

Line dancing can be overwhelming at first but the more you learn and practice, the more fun it becomes! It is fantastic physical and mental exercise. Here are some tips that may make things easier for you.

Shoes- Comfortable shoes are important. You want shoes that make sliding/turning easy. Some options I have tried are:

- Boots are always a fun option. I like the hard soles as it makes turning easier than most rubber soles.
- You can put a sock over the ball of your tennis shoe (called over-sneaker socks).
- www.danceconnection.com has some suede sole dance shoes & boots. Their dance sneakers are expensive but are my favorite for long days of dancing.
- www.fuegodance.com sells rubber sole dance shoes that can be worn outside. I have not tried them yet but I've heard good things.

Useful terms-

- Restart- this is where you restart a dance in order to fit the phrasing of the music.
- Tag- this is an added set of steps inserted in the dance to fit the phrasing of the music.
- Clock references- line dances can be 1-wall, 2-wall, or 4-wall. When danced, choreographers and teachers refer to the room as a clock with "12:00" being the forward facing wall where we start the dance.

Stepsheets- Thousands of line dance step sheets can be found online at <https://www.copperknob.co.uk/>. This is a free site where you can search for line dances. This may help if you want to practice dances outside of class.

Line Dances taught this week:

<https://www.copperknob.co.uk/lists/34262/slapstep-line-dances-taught-this-week>



Line Dances taught at Slapstep since Jan 2023:

<https://www.copperknob.co.uk/lists/34261/slapstep-line-dances-history>

