

Dance Terminology Key

L	Left
R	Right
Reverse	Turning Left
Natural	Turning Right
LF	Left Foot
RF	Right Foot
w/o wt.	with out weight- means placing or pointing the foot without weight
part wt.	Part weight or less than half of your weight on a foot
point	pointing the foot to a position without weight, example: Hesitation

Feet Positions are the direction a foot travels in relation to the other foot
(In the example below, Y marks the standing foot, and X marks ending position of the moving foot.)

		X Forward in Line with the standing foot or CBMP
		X Forward
		X Forward and slightly to the Side
		X Diagonally forward
		X Side and Slightly forward
Standing Foot	Y	X Side
		X Side and Slightly backward
		X Diagonally back
		X Back and slightly side
		X Back
		X Back in Line with the standing foot or CBMP

Alignment is the direction the moving foot is going to, in relation to the room.

LOD	Line of Dance
DW	Diagonal to Wall
Wall	facing the Line of Dance, the Wall is immediately to your right.
DW ALOD	Diagonal to Wall against the Line of Dance
ALOD	Against the Line of Dance
DC ALOD	Diagonal to Center against the Line of Dance
Center	facing the Line of Dance, the Center is immediately to your left
DC	Diagonal Center

(Download the “Alignment Document” on this same page.)

Position is the relationship to our partner.

Closed Position	Partners facing each other, barely touching in normal Ballroom Hold
Open Position	Partners facing each other, but further apart.
PP	Promenade Position- Man’s right side, Lady’s left side forming a V
OPP	Open Promenade Position- standing further apart in Promenade
CPP	Counter Promenade Position- Man’s left side, Lady’s right side forming a V
OCPP	Open Counter Promenade Position- standing further apart
Side by Side	Lady is standing to either side of man
Shadow Position	Lady on Man’s side slightly in front or behind man
Tandem Position	Man or Lady is directly in front of partner
OP	Outside Partner position- RF is not between partners feet
CBM	Contra Body Movement- the turning mechanism that leads a turn, or outside partner Position- taking the opposite shoulder towards the moving foot
CBMP	the position where the stepping foot is in line with the standing foot