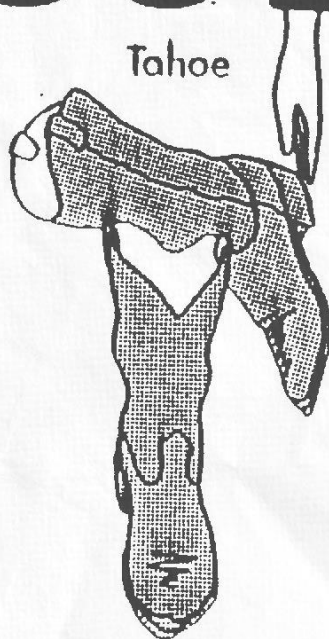


Buttermilk

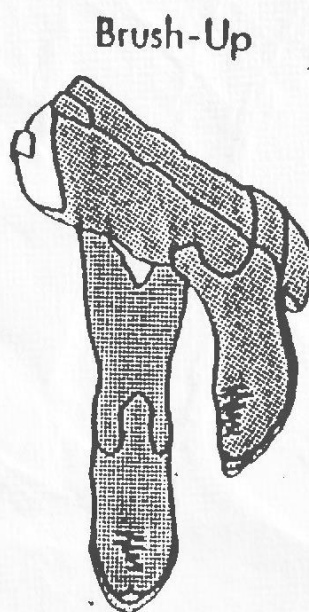


Twist

BOOTS COOT



Tahoe



Brush-Up

Taught and Described
by

Maxcy Moon



*This manual is dedicated to you.
You know who you are,
and you also know why I'm dedicated
to you with Love.*

Let's Dance!

Introduction

The purpose of this manual is to give the beginning dancer a basic guide to some of the more popular Western dances. Once you have been able to do some of the really simple ones, you will be able to progress on to the more complicated ones. Do not get discouraged. The patterns will seem a bit awkward at first, but they will make sense as you do more of the repetitions.

I hope you have as much fun learning to “Bootscoot” as I have had in putting this manual together. Once you learn a dance and have practiced it enough, teach it to someone else. This will solidify it for you and will help you be receptive to new and different dances.

The glossary of terms will be helpful when you come to a dance where the steps are not all spelled out for you. Learn some of these terms as quickly as you can so that you can go from one dance step to another. Doing this may even help you make up your own dances. The list is in no way complete but will give you enough information to follow and no longer feel like a novice. I am sure that you will be adding to this and can teach your friends.

One of the first things you should remember is to keep your knees slightly bent at all times. This will help you relax and enjoy what you are doing. It will also help to keep your legs from getting tired.

The bulk of the dances in this manual have many variations depending on where you learn them and from whom. Don't worry. Once you have the basics down you will find yourself making up your own style and variations. I have tried to include some variations in here for you to try out as you are learning the dances.

Most of the dances are what are called Line Dances. They are done in parallel lines with everyone going in the same direction, or with lines facing each other, heading in the opposite directions. A good rule of thumb when facing another line is: “Don't watch their feet!!” This will throw you off completely. If you must watch someone's feet, make sure they are going in the same direction as you are. After a while you should be able to do these headed in any direction, starting from any position.

The dances that are partner dances can be ever so much more fun if you try to learn both parts (or sides). That way you can dance anywhere, and be able to dance with whomever you wish without feeling clumsy.

You are now ready to begin “Bootscoot'n” Have fun, relax and enjoy.

Bend your knees

Maxcy!

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GLOSSARY OF TERMS AND STEPS

Back-cross: Four beats to each

Right side (weight on the left)

- a. Point R toe out to the side
- b. Point R toe straight in front
- c. Point R toe out to the side again
- d. Return R foot to original

Left side (weight on right)

- a. Point L toe out to the side
- b. Point L toe straight in front
- c. Point L toe out to the side again
- d. Return L foot to original (unless otherwise directed. i.e.: touch-back on 4th beat)

Brush-up: Four beats each

Right side (weight on the left)

- a. Tap R heel out 45 degrees
- b. Bring R foot up in front of L knee
- c. Return to 45 degrees
- d. Return to original position

Left side (weight on the right)

- a. Tap L heel out 45 degrees
- b. Bring L foot up in front of R knee
- c. Return to 45 degrees
- d. Return to original position

Brush-out: One beat

With weight on one foot (and the other foot parallel) sweep the free foot up, out and to the side in a semi-circular motion bringing the weight onto that foot.

Buttermilk: Two beats

Keeping the toes together, turn both heels out to the side in opposite directions and then returning the heels together to a parallel position.

Frieze: Four beats

This is a very basic dance step and parts (or all) of it are contained in many Western Dances. It is done in four different directions; left, right, backwards, and forward. It is a series of four steps that ends with a hitch (unless otherwise directed).

Heel clicks: One beat

With the feet together, push the heels out to the side (keeping the toes together) and snap back to original position.

Heel outs: One beat

With the toe pointed up, “tap” the heel out 45 degrees without putting weight on it.

Hitch: One beat

With weight on left, bring right foot up in front of you and turn the toe out to the right in a sweeping motion. As you do this you will lightly “hop” a bit. In this position you are ready to use this foot again. You do the opposite for the left foot.

Rock-regular: Four beats

With weight on right and left toe touched straight back

- a. Step forward on the L
- b. Bring R foot up off the floor with the toe pointed up
- c. Step down on the R foot
- d. Return to touch-back position (weight still on R)

Rock: Three beats

- a. With weight on left, step forward on R
- b. Step back on L
- c. Step forward on R

Do these steps smoothly with a rocking motion. Do the reverse for the right

Shuffle: Four beats (but three steps)

Left side: (weight on R)

- a. Step forward on the L
- b. Bring R up to meet it
- c. Step forward on the L
- d. Pause – wait for the next beat

Right side: (weight on L)

- a. Step forward on the R
- b. Bring L up to meet it
- c. Step forward on the R
- d. Pause – wait for the next beat

Shuffle: Two beats (but three steps)

Do the same as the above without the pause. You only get two beats for each one.

Skate: Two beats

Facing forward turn R foot to the R side and drag the L foot up to meet it. (repeat in other direction).

Slide: One beat

With feet apart and weight on one foot, drag the other foot up next to it without taking it off the floor.

Stomp: One beat

With weight on one foot, stamp the other foot back next to it.

Tap: One beat

With weight on one foot, place the other foot down (wherever the dance designates) without putting any weight on it.

Three Point Star: Four beats

Right side (weight on L)

- a. Point R toe out to the side
- b. Point R toe straight out in front
- c. Point R toe out to the side again
- d. Return to original position

Left side (weight on R)

- a. Point L toe out to side
- b. Point L toe straight out in front
- c. Point L toe out to the side again
- d. Return to original position

Toe Touch: One Beat

With weight on one foot touch the floor with the toe without putting any weight on it. (Direction will be designated according to the dance.)

Touch back: One beat

With weight on one foot touch the toe straight back behind you without putting any weight on it.

Turn on a Frieze:

When doing a left-handed frieze, use the three side steps to turn 360 degrees to the left. Make sure you come out of the turn with a right hitch. This should only be done to the left.

Twist: Two beats

Keeping the feet parallel, turn both heels in the same direction, and return to original position.

Pivot: (Usually one beat but may be done at the same time as another step. i.e.: hitch)

90 degrees: Turning one quarter in another direction

180 degrees: Turning one half way around

360 degrees: Turning all the way around

FRIEZE

Original position = feet together

Frieze R – (R,L,R,L) Four beats

1. Step to the right on right foot
2. Bring left foot behind right foot
3. Bring right foot back to original position
4. Hitch left foot up in front

Frieze L – (L,R,L,R) Four beats

1. Step left on left foot
2. Bring right foot behind left foot
3. Bring left foot back to original position
4. Hitch right foot up in front

Forwards – (R,L,R,L) Four beats

1. Step back on the right foot
2. Step back on the left foot
3. Step back on the right foot
4. Hitch with the left foot

Backward – (L,R,L,R) Four beats

1. Step up on the left foot
2. Slide the right foot up to original
3. Step up on the left foot
4. Hitch with the right foot

Repeat again right with #1

A frieze is done in four different directions. First right – then left – straight backwards – and forwards.

This is a very basic dance step and parts of it (or all) are contained in other Western dances.

There are many variations.

Some variations of this dance may be achieved by:

1. With the last hitch – pivot 45 degrees to the left
2. On the left side of the dance turn 360 degrees (making sure that you end up with a right hitch.)
3. Instead of the tradition line, start with two facing lines. You will cross each line every other time.

MONTANA'S FRIEZE

LEFT SIDE – Original position = feet together; weight on left

1. Step to the right onto right foot
2. Touch the L toe next to the R foot
3. Touch the L toe straight out in front
4. Touch the L toe straight back
5. Raise the L knee and pivot 90 degrees right (one beat)
6. Kick out w/L foot
7. Frieze backwards
8. Frieze forward
9. Frieze backwards
10. Frieze forward
11. Frieze left
12. Frieze right
13. Step to the left onto the left and hitch right

Begin again at #1

RIGHT SIDE – feet together, and weight on right

1. Step to the left onto the left foot
2. Touch the R toe next to the L foot
3. Touch the R toe straight out in front
4. Touch the R toe straight back
5. Raise the R knee and pivot 90 degrees left (one beat)
6. Kick out w/L foot
7. Frieze backwards
8. Frieze forward
9. Frieze backwards
10. Frieze forward
11. Frieze right
12. Frieze left
13. Step to the right onto the right foot and hitch left

Begin again at #1

OREGON FOUR

Original position = feet together (weight on both feet)

1. Touch R foot out to the side and slide back together
2. Touch L foot behind and drag it back together
3. Touch L foot out to the side and slide back together
4. Tap R heel out 45 degrees and return to original
5. Tap L heel out 45 degrees and return to original
6. Repeat #4 and #5
7. R front-cross
8. L front-cross (with L touch-back on 4th beat)
9. Two regular kicks (L,R,R,L & L,R,R,L)
10. Step forward on L, and hitch R, use the hitch motion to pivot 90 degrees L
11. Frieze R (R,L,R, hitch L)
12. Frieze L (L,R,L, and snap heels back together)

Start again with #1

CONTINENTIAL HUSTLE

Original position = feet together (weight on L)

1. Tap R heel straight forward (twice)
2. Tap R toe straight back (twice)
3. Tap R heel straight forward (once)
4. Tap R toe straight back (once)
5. Tap R toe out to the side (once)
6. Hitch R and pivot 90 degrees L at the same time
7. Frieze back (R,L,R, hitch L)
8. Frieze forward (L,R,L, hitch R)
9. Step back on R foot
10. Touch L toe straight back
11. Shuffle L ending with weight on L (two beats). This will put you back to original position.

Immediately start again with #1

This dance is real fun when done in two facing lines. It also makes a different kind of partner dance. Start facing each other and cross by each other on the shuffles.

This dance has only twenty beats so the repetitions are pretty quick. It can be done successfully to either a slow song or a fast one.

OKLAHOMA SLIP

Original position – feet together (weight on L)

- | | |
|--|---------|
| 1. Tap R foot in place (twice) | 1 beat |
| 2. Touch R heel straight forward (twice) | 2 beats |
| 3. Touch R toe straight backwards (twice) | 2 beats |
| 4. Touch R heel straight forward (once) | 1 beat |
| 5. Touch R toe straight backwards (once) | 1 beat |
| 6. Hitch R | 1 beat |
| 7. Frieze backwards (R,L,R, hitch L) | 4 beats |
| 8. Rock (up, back, up) L,R,L | 3 beats |
| 9. Hitch R, pivoting 90 degrees L at same time | 1 beat |
| 10. Frieze R (R,L,R, hitch L) | 4 beats |
| 11. Frieze L (L,R,L, hitch R) | 4 beats |
| 12. Frieze back (R,L,R, hitch L) | 4 beats |
| 13. Rock (up, back, up) L,R,L | 3 beats |
| 14. Pivot 90 degrees left (weight on L) | 1 beat |

Immediately start with #1

This is a modification of the basic frieze. It is a good line dance that almost anyone can pick up quickly. To make this one even a bit more fun, try to turn 360 degrees to the left on the left frieze. This should only be done to the left, and be sure to hitch right before you step back on the right.

COTTON EYE JOE

Original position = feet together (weight on R)

1. Bring L foot up in front of R knee (brush-up) and kick out 45 degrees L
2. Take 3 quick steps backwards (L,R,L)
3. Bring R foot up in front of the L knee (brush-up) and kick out 45 degrees R
4. Take 3 quick steps backwards (R,L,R)
5. Repeat all of the above
6. Do eight shuffles (two beats each)
 - a. L,R,L (step, together, step)
 - b. R,L,R (step, together, step)

Start again with #1

There are probably more variations to this partner dance than any other. The above is just the basic figure. The best way to develop your style to the C.E.J. is to watch other couples on the floor and when you see a style or movement that you like, try it for yourself.

This can also be done with groups lining up with arms over each other's shoulders. A rule of thumb – all of the odd shuffles are on the left.

SAN ANTONIO STROLL

Original position – feet together (weight on R)

1. Frieze forward and to the left (hopping with the R hitch)
2. Frieze forward and to the right (hopping with the L hitch)
3. Frieze forward and to the left (hopping with the R hitch)
4. Frieze forward and to the right (hopping with the L hitch)
5. Do eight shuffles = start L and finish R (these are two beats each side)

Start again with #1

This is another fun partner dance. The above is just the basic figure. Styling and variations will come as you watch other dancers that know it, and picking up pointers from them. There are many different things you can do with this. Just go ahead and ask someone – they'll love to teach you the different variations.

This can also be done in groups of three, four, etc. but be careful to count the shuffles or you will step on each other's feet (or end up on the floor). A good rule of thumb for counting the shuffles is to remember that all of the odd numbers are on the left.

TEN STEP

Original position = feet together (weight on R)

1. Tap L heel out 45 degrees L
 2. Bring L foot back to original position
 3. Touch R toe straight ack
 4. Stomp R foot back to original position
 5. Put R heel out 45 degrees R
 6. Bring R foot up in front of L knee (brush-up)
 7. Put R heel out 45 degrees
 8. Bring R foot back to original position
 9. Put L heel out 45 degrees L
 10. Bring L foot up in front of R knee (brush-up)
- Four shuffles (left first then right then repeat)
- Shuffle left – (L,R,L)
- a. step up with the L
 - b. slide R foot up together
 - c. step up with the L
- Shuffle right – (R,L,R)
- a. step up with the R
 - b. slide the L foot up together
 - c. step up with the R

Start again with #1

This can be a partner dance or may be done in groups of three, four, or more.
The dance is repeated after a series of four shuffles.

To make an interesting variation to this dance, do the Twenty Two step every other time after the shuffles.

TWENTY TWO STEP

Original position = feet together (weight on R)

1. Tap L heel out 45 degrees
2. Return to original position
3. Repeat #1
4. Repeat #2
5. Turn R toe out 90 degrees (keeping heels together)
6. Return to original position
7. Repeat #5
8. Repeat #6
9. Tap R heel out 45 degrees
10. Bring R foot up in front of L knee (brush-up)
11. Put R heel out 45 degrees again
12. Return to original position
13. Buttermilk (two beats but counts as one step)
14. Buttermilk (two beats but counts as one step)
15. Put R heel straight out in front
16. Put R toe straight back
17. Put R heel straight in front
18. Put R foot in front of L knee (brush-up)
19. Put R foot out 45 degrees
20. Put R foot back to original position
21. Put L heel out 45 degrees
22. Bring L foot up in front of R knee (brush-up)

Shuffle four times (L,R,L,R) see 10-Step

Start again with #1

This partner dance is done in the same way as the Ten Step. Adding this to the Twenty Two Step (after the shuffles) gives you a Thirty Two Step.

COWBOY HUSTLE

Original position = feet together (weight on L)

1. Touch R toe in front of L foot
2. Touch R toe to the side (90 degrees)
3. Repeat #1 and #2
4. Step forward on R (changing weight)
5. Touch L toe straight forward
6. Touch L toe to the side
7. Touch L toe straight back
8. Step forward on L (changing weight)
9. Touch R toe straight forward
10. Touch R toe to the side
11. Touch R toe straight back
12. Step to the R and do a left touch-back
13. Step to the L and do a right touch-back
14. Frieze R and pivot 180 degrees R on last step
(ending up with weight on L)

Start again with #1

This is usually done to a two step beat either as a line dance or as a partner dance. Do this facing each other, and each time you will pass through the other line before the pivot. There are only 20 beats to this dance.

TAHOE KICK

Original position = feet together

1. Right heel out 45 degrees and back
2. Left heel out 45 degrees and back
3. Two Buttermilks – heels out and back – keeping toes together
4. Two brush-ups (right then left)
 - a. Tap heel out 45 degrees
 - b. Bring foot up in front of other knee
 - c. Tap heel out 45 degrees
 - d. Bring foot back to original
5. Two twists (either right or left)
Turn heels out to the side and return to original
6. Two Tahoe kicks (start on right)
 - a. Tap heel out 45 degrees
 - b. Bring R foot behind L knee (slap foot w/left hand at same time)
 - c. Tap heel back to 45 degrees
 - d. Return to original position
 - e. Tap left heel out 45 degrees
 - f. Bring L foot behind R knee (slap foot w/right hand at same time)
 - g. Tap L heel out 45 degrees
 - h. Instead of returning to original position . . .
 . . . touch L toe straight back (no weight change)
7. Step forward on the L foot and hitch w/the R
8. Step back down and hitch w/the L. On this hitch, pivot 90 degrees L at the same time
9. Step down w/the left and Frieze to the left. First L, then R behind L, then L
10. “Stomp” the last R back to original

You should be facing a different direction so start again with #1.

This dance will seem difficult at first. It is easy once you understand that everything you do on the right you repeat with the left.

There are a number of steps that will be used in other dances so it is a good one to learn. There is a total of 36 counts to this dance.

SLAP LEATHER

Original position = feet together (weight on L)

1. Slide R foot out to the side and back
2. Slide L foot out to the side and back
3. Repeat #1 and #2
4. Tap R heel straight forward (twice)
5. Tap R toe straight back (twice)
6. Tap R heel straight forward (once)
7. Tap R toe straight back (once)
8. Bring R foot up behind L knee at the same time slap boot with L hand
9. Touch the R toe out to the side
10. Bring the R foot up in front of L knee (brush-up) at the same time slap boot with left hand
11. Swing the R foot up to the R (keeping knees together) and use this motion to pivot 90 degrees L. At the same time slap boot with R hand (weight on L)
12. Do a whole frieze (see glossary)
 - Right – (R,L,R, and hitch L)
 - Left – (L,R,L, and hitch R)
 - Back – (R,L,R, and hitch L)
 - Forward – (L,R,L, and stomp R)

Start again with #1

This line dance is done everywhere I've been and may be called any number of things. There are a few variations but the basic figure will be pretty much the same. It is a precision dance and can be one of the sharpest or the sloppiest dances in the manual.

You can jazz this up a bit by turning 360 degrees on a left frieze. Be sure that you are facing forward as you hitch up on the right (ready to step back on that foot).

After the forward frieze make sure to stomp the right foot back in place instead of hitching. This will make you ready to start all over again (but facing another direction).

SAN DIEGO

Original position = feet together (weight on both feet)

1. Twist R
2. Twist L
3. Slide R foot out to the side and back together
4. Slide L foot out to the side and back together
5. Repeat lines #3 and #4
6. Tap R toe straight forward (twice)
7. Tap R toe straight back (twice)
8. With the R toe make a triangle
 - a. touch toe forward
 - b. touch toe to the side
 - c. bring feet back together
9. Touch R toe forward
10. Bring R foot up in front of L knee (brush-up) at the same time, slap boot with L hand
11. Swing R foot out to R and pivot 90 degrees L at the same time, slap boot with R hand
12. Frieze R (R,L,R, hitch L)
13. Frieze L (L,R,L, hitch R)
14. Frieze back (R,L,R, hitch L)
15. Step forward on L
16. Stomp R foot back to original position

Start again with #1

This is a modification of Slap Leather. It is done as a line dance starting with two opposite parallel lines.

MUSTANG

Original position = feet together (weight on both feet)

1. Twist R and back
2. Twist L and back
3. Repeat #1 and #2
4. Step R on R foot
5. Touch L toe across and behind R foot
6. Frieze L (L,R,L) and stomp R foot to original position
7. Pick up R foot and pivot 90 degrees L (one beat)
8. Stomp R foot back to original position

Start again with #1

This simple dance is done in four parallel lines all facing in four different directions (similar to a square dance). The lines will weave in between each other as the dance progresses.

Remember to not watch the feet in any line other than the line that is facing the same direction as you. Give yourself plenty of room so that you don't bump into each other as you weave in and out of the lines.

TULSA TIME

Original position = feet together (weight on R)

1. Skate L and pivot 180 degrees R on 4th beat (L,R,L, turn)
2. Skate R and pivot 180 degrees L on 4th beat (R,L,R, turn)
3. Repeat #1 and #2
4. Step forward on L and complete two regular kicks
(step L, kick R, step back R, touch-back L . . . repeat)
5. Frieze L (L,R,L, hitch R)
6. Frieze R (R,L,R, hitch L)
7. Step L on L and hitch R (weight on L)
8. Step R on R and hitch L (weight on R)
9. Repeat #7
10. Repeat #8
11. Repeat #7
12. Repeat #8
13. Step L on L and “snap” R back to original
14. Two heel clicks
15. Skate forward – L,R,L, and pivot 180 degrees R on 4th beat
16. Skate forward – R,L,R, and pivot 180 degrees L on 4th beat
17. Shuffle L (two beats)
18. Shuffle R (two beats)
19. Step forward on L, hitch R, and pivot 180 degrees L. Take two whole beats to do this.
20. Step down on R, and hitch L (ready to skate L)

Start again with #1

TEXAS BACKSTEP

Original position = feet together (weight on L)

1. Touch the R toe up in front of the L foot
2. Touch the R toe out to the side
3. Repeat #1 and #2
4. Do a R touch-back (R behind L)
5. Frieze right and stomp twice w/L foot
6. Frieze left adding an additional L and R (total of six), on the last step, brush-out the R foot to the right (L,R,L,R,L, and R brush-out)
7. Frieze right and hitch w/the L (weight on R)
8. "Rock" – forward on left
 back on right
 forward on left
 hitch right knee up (with a hop- weight on L)
9. "Hop" three times forward
 - a. Step forward on R and hitch L knee up
 - b. Step forward on L and hitch R knee up
 - c. Step forward on R and hitch L knee up
10. "Rock" and pivot 180 degrees on last step
 - a. Step forward on L
 - b. Step forward on R
 - c. Step forward on L
 - d. Pivot 180 degrees to the left (you get one full beat)

Start again with #1

This is a very fun line dance that is done in two facing parallel lines. You will be crossing between the lines on the "Hops" each time.

Variations: after you have gotten the basic figure down, when doing line #5, there is plenty of time and steps to turn 360 degrees to the left before you sweep your right foot to the right. Just make sure that you are facing forward.

The hops forward can look nice if you relax and enjoy them. Make sure that you use the last whole beat before starting over with #1.

TEXAS EIGHT CORNERS

Original position = feet together (weight on both feet)

1. Two buttermilks
2. Right back-cross
3. Left back-cross
4. Right heel out 45 degrees and back (twice)
5. Left heel out 45 degrees and back (twice)
6. Right front-cross
7. Left front-cross with a left touch-back. Instead of returning to original position, use the fourth beat to do a left touch-back
8. Two regular kicks (L,R,R,L – L,R,R,L)
(counted as: step, kick, back, touch – repeat)
9. Step forward on the left
10. Drag right foot behind and left of the left foot
11. Step to the left with the left pivoting 90 degrees at the same time, ending with a stomp on the right foot bringing you back to the original position. You get two beats for this line. (Yes you can!!!)

Start again with #1

This dancing is done in facing parallel lines. It has a total of forty counts, broken down as follows:

- Lines #1 thru #7 are four beats each
- Line #8 has eight beats (four beats per kick)
- Line #9 has one beat
- Line #10 has one beat
- Line #11 has two beats