

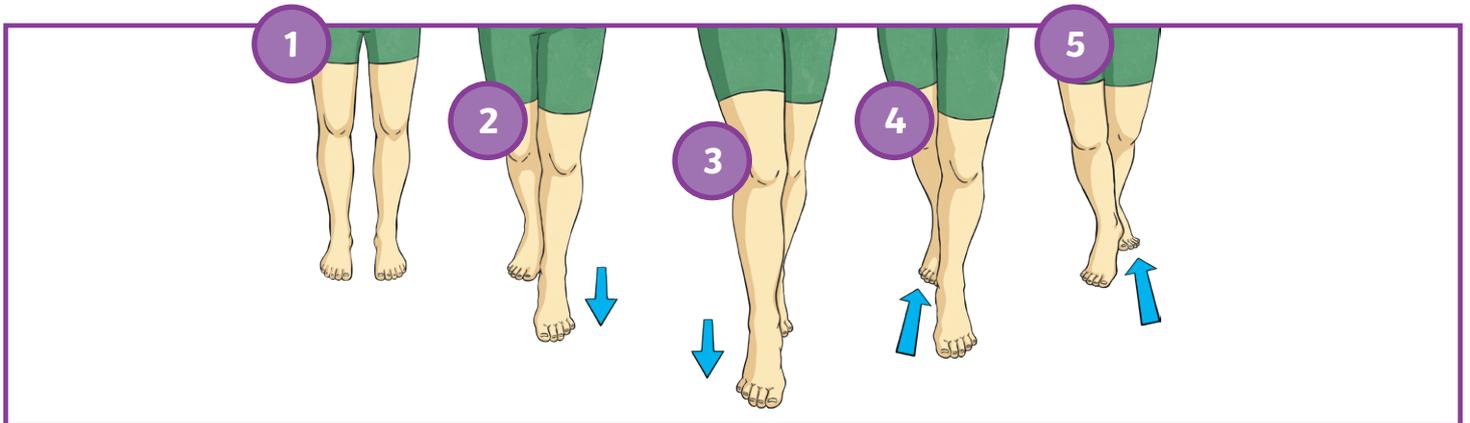
# Dance the Charleston

## The Step and Tap

1. Begin by standing with your legs about hip-width apart.
2. Step forwards onto your left foot.
3. Bring your right leg forwards. Tap the ground in front of your left foot with the ball of your right foot.
4. Step your right foot back again behind your left.
5. Tap the ball of your left foot back behind your right leg.

Repeat the sequence.

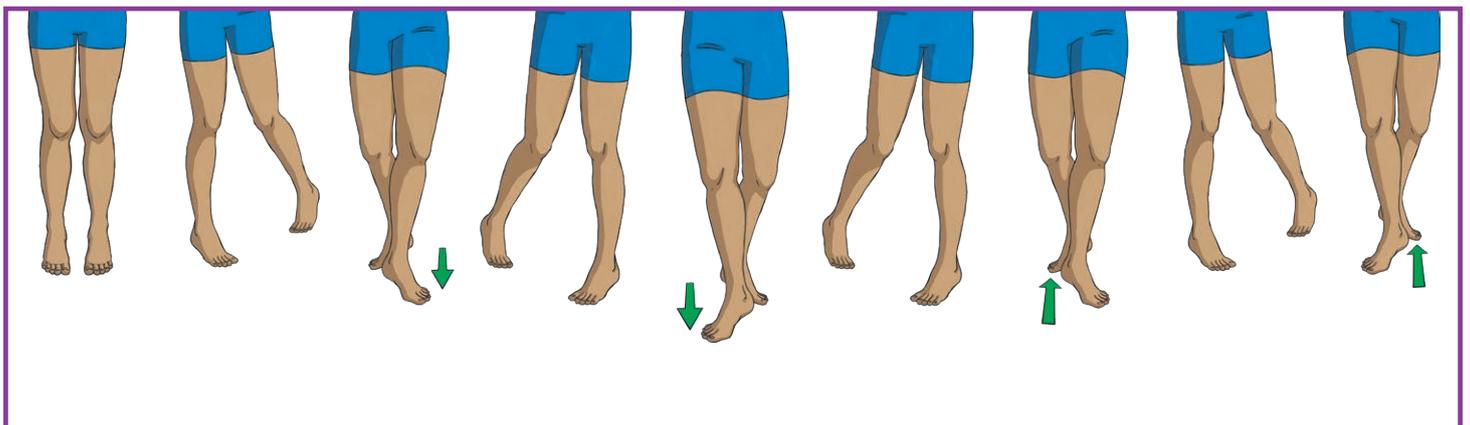
Once you are confident with the step-tap sequence, try lifting your heels and performing on the balls of your feet.



## The Swivel

The swivel is created by rotating the ball of the foot, so it is important that your heels stay lifted from the ground throughout the sequence.

Follow the steps in the pictures and gif. Can you describe to a partner how to add the swivel to the steps?



## The Arms

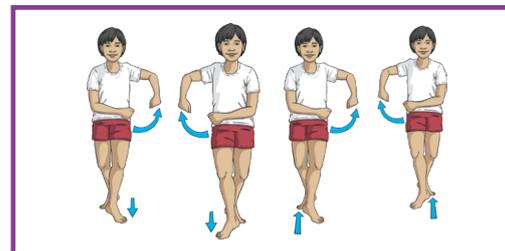
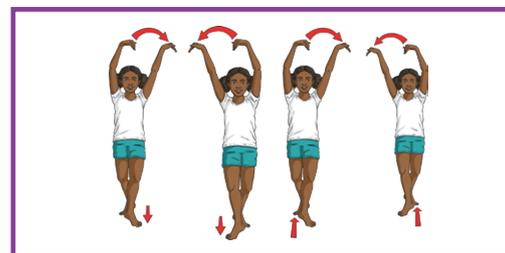
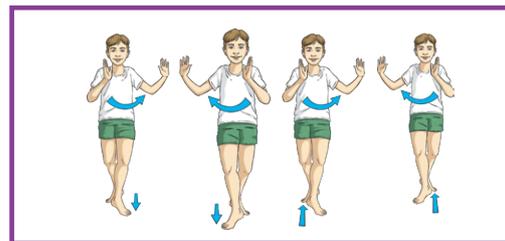
Bend your hands up from the wrist so that your palms face forwards and out.

As you step and tap, sweep your arms from side to side, keeping your palms lifted up to face the front.

Raise your arms above your head and swing from side to side over your head as you step and tap. Each time your arms change sides, bend your hands down from the wrist and point your fingers down towards the ground.

Clench your fists and bend your arms. Point your elbows out in opposite directions.

As you step, sweep one elbow up towards the ceiling so that your fist is pointing down towards the ground. At the same time, bring the other arm across the body so your fists are almost at a right angle to each other. Repeat the arm movements to the opposite side on the tap.



## Dancing with a Partner

You can face each other or stand side-by-side. If you choose to face each other, you will need to coordinate your steps so that you don't bump into each other! To do this, one partner begins the sequence by stepping backwards while the other person steps forwards.

Once you have mastered the basics you can add your own flourishes, like kicks, turns, head wobbles and exaggerated facial expressions.

Have fun dancing the Charleston!

