

KING'S  
BOOKLET



*Dancing*

**WEHMAN BROS.**

126 Park Row

New York City

From the collection of Richard Powers

# DANCING

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*Her feet beneath her petticoat  
Like little mice stole in and out  
As tho' they feared the light  
But Dick! she dances such a way  
No sun upon an Easter Day  
Is half so fine a sight!*

—Sir John Suckling

Dancing may be defined as the outward and visible sign of joy expressed with graceful motion and measured steps in time with a tune sung or played on an instrument.

The recent world-wide revival of dancing has brought it to the forefront of all forms of enjoyment and entertainment accompanied, as is usual in such instances, by more or less prejudice and unjust criticism. Dancing may be vulgarized or carried to extremes and indulged in to excess, so can music and singing or eating and drinking but as a matter of fact and not of opin-

ion, dancing properly executed is one of the healthiest, most natural and enjoyable exercises of the human body. Dancing gives ease and grace to the deportment and in many of its phases is the most pleasant and restful delight to the eye and wonderful stimulus to tired minds.

Some of the earlier forms of the dances now so popular were doubtless more or less exaggerated or vulgarized but that has not prevented these same forms and figures from being developed and becoming the most exquisite and graceful figures that are now admired.

The modern dances now so popular are: "The One Step," "Hesitation,"

"Maxixe," "Tango." The last is the name most commonly applied to the modern dances but the real "Tango" is seldom danced in the United States. It



NORMAL POSITION—Posed by  
C. F. Burgess and Miss Henry.

is a South American folk dance, slow and stately, with many figures of great difficulty. What is commonly called the "Tango" in this country is really the "One Step." The "One Step" is done to two step or march music, the Hesitation to waltz music and the others to Spanish music with irregular time. Many pieces of music have been written for each of these dances but the following are especially accurate as to time and will help the beginner. "Oh, You Turkey" for the "One Step," "Waltz of My Heart" (Valse de ma Coeur) for the "Hesitation," "Trotter's Lane" for the "Maxixe." The "Maori" is correctly timed for the real South American "Tango." All are published by Water-son, Berlin & Snyder Co., 112 West 38th St., New York, who will send copies by mail at 30 cents each.

Of supreme importance in the dance is the position of which there are two in general use. (1) The normal position (see illustration) in which the

partners face each other. The gentleman's right hand rests lightly on the lady's back at the shoulder blade. The lady's left hand resting lightly on the gentleman's right shoulder. The gentleman's left hand is raised, the left elbow bent and the hand about the height of the head, the lady's right hand similarly raised and resting in gentleman's left. The first variation from this position places the lady to the gentleman's

right instead of directly in front of him. The position of the hands remains the same. (2) The second or forward position (see illustration) in which the partners both face in the same direction, lady on gentleman's right, his right hand at her right at the shoulder, her left on his shoulder. Gentleman's left and lady's right hand extended and raised as in then or-  
mal position



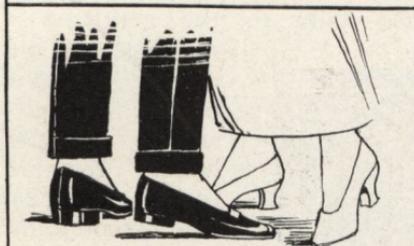
FORWARD POSITION—Posed by V. R. Scott and Miss Volk.

described above. In changing from the normal to the forward position the lady swings back on her left foot carrying her right foot to her right.

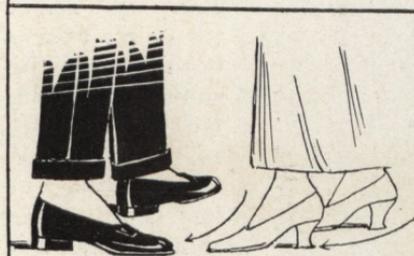
# ONE-STEP



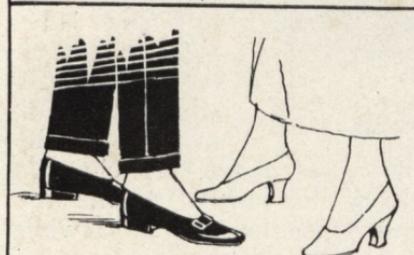
1<sup>st</sup> Step



5<sup>th</sup> Step



6<sup>th</sup> Step



7<sup>th</sup> Step

The first figure of the one step is the walk or trot, which is the most simple of all steps of the modern dances, but must be thoroughly mastered for it really is the fundamental step upon which all others are based. It is danced in the normal position. *Step 1.* Gentleman advances right foot, lady steps back with her left. *Step 2.* Gentleman advances left foot, lady steps back with her right. *Step 3.* Repeat first. *Step 4.* Repeat second. *Step 5.* Gentleman turns to the left on left foot, lady on right. *Step 6.* Gentleman steps back with right foot, lady advances with left. *Step 7.* Gentleman steps back with the left, lady advances with the right. *Step 8.* Same as six. *Step 9.* Same as seven. *Step 10.* Gentleman turns on the right foot, lady on the left.

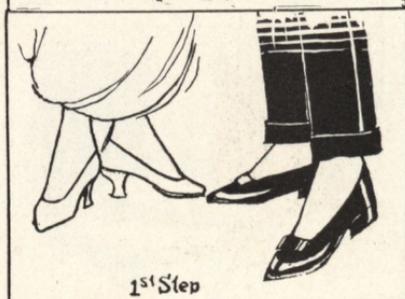
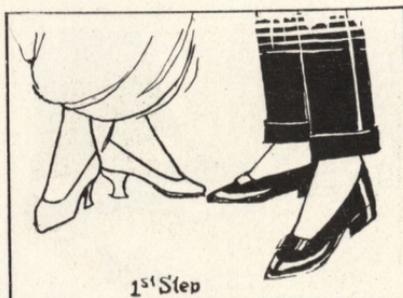
The plain walk may be varied by being danced in the first variation of the normal position and instead of turning on the fifth step the lady swings to the gentleman's left and after four steps swings back always stepping backwards, the gentleman advancing.

## SQUARE WALK

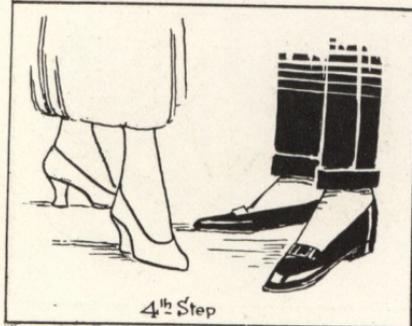
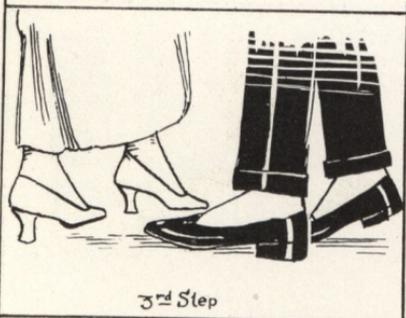
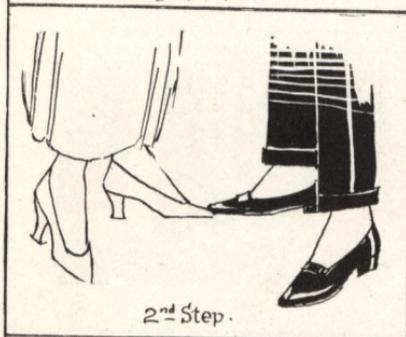
A variation of the plain walk of the one step is the Square Walk, which is done in the forward position. *Step 1.* Both advance the outside foot. *Step 2.* Advance the inside foot. *Step 3.* Same as one. *Step 4.* Same as two. *Step 5.* Turn toward each other to the rear, gentleman on the right foot and lady on the left and advance the inside foot. *Step 6.* Both advance outside foot. *Step 7.* Advance inside foot. *Step 8.* Same as six. *Step 9.* Same as seven. *Step 10.* Turn toward each other facing in the original direction, gentleman on the left foot lady on the right which brings the couple to the original positions. Any desired number of steps may be taken between turns.

### LAME DUCK.

A variation dance known as the "Lame Duck" is done by dipping slightly as the inside foot is advanced but without losing a count. It may also be done in the normal position gentleman dipping as the right foot is advanced the lady as she steps back with the left.



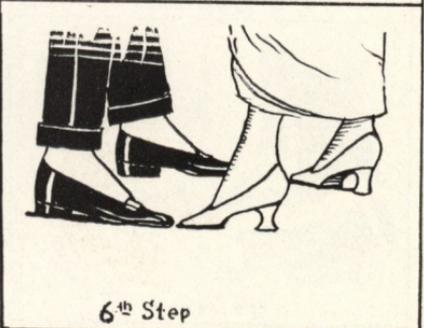
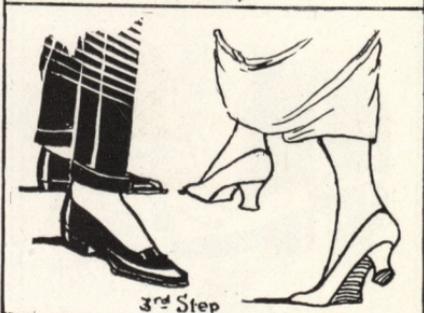
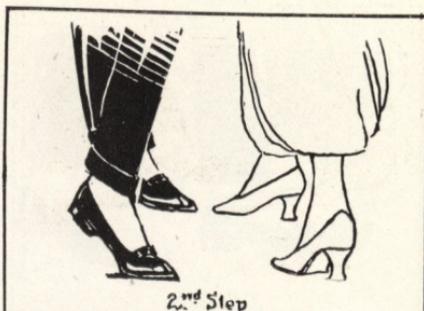
## MARCEL WAVE



The Marcel Wave or the Grapevine is danced in the normal position but to be done properly partners must be at least six inches apart. *Step 1.* Gentleman carries the right foot to the rear and left of the left foot, lady carries left foot across in front of the right foot. *Step 2.* Gentleman carries the left foot to the left, lady the right foot to the right. *Step 3.* Gentleman carries the right foot to the right and in front of the left, lady carries the left foot to the rear and to the right of the right. *Step 4.* Gentleman carries the left to the left, lady carries right to the right. The gentleman's left foot and the lady's right are moved in a straight line. As the gentleman steps back with the right foot he turns to the right on the left foot the lady turning to the right on the right foot so that she is at the gentleman's left side. As the gentleman steps forward with the right foot he turns to the left on the left foot, the lady turning to the left on her right foot so that she is to her partner's right.

## THE BOATSWING

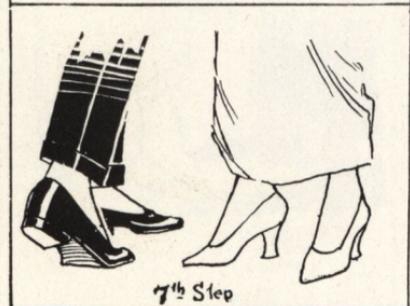
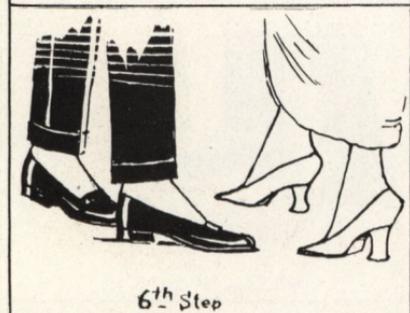
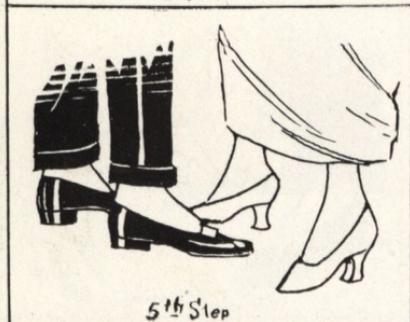
This figure is danced in the normal position. *Step 1.* Gentleman advances with the right, lady steps back with the left. *Step 2.* The gentleman swings the left in front and to the right of his right foot, the lady swings her right to the rear and left of her left foot. *Step 3.* The gentleman advances the right and the lady steps back with her left. *Step 4.* Gentleman advances the left, lady steps back with her right. *Step 5.* Gentleman swings the right across in front of the left, the lady her left to the rear and right of her right foot. *Step 6.* Gentleman advances the left, lady steps back with her right. *Step 7.* Same as one. There is a roll or swing to this step suggesting a boat, whence the name.



## THE AEROPLANE WALK

This is the same step as the boatswing with a change in the position of the arms, which are extended to full length and sway slightly from side to side on the forward steps.

## THE SCISSOR



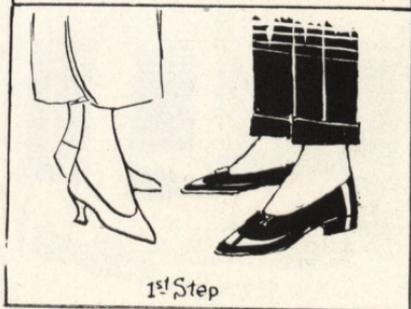
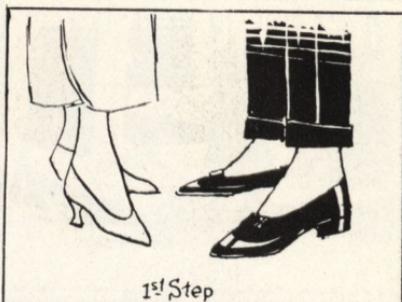
The position for this dance which is another figure of the one-step is the first variation of the normal position illustrated on page 2. *Step 1.* Gentleman advances his right foot, the lady steps back with her left foot. *Step 2.* Gentleman advances his left foot, lady steps back with her right foot. *Step 3.* Gentleman advances his right foot, the lady steps back with her left foot. *Step 4.* Gentleman advances his left foot, lady steps back with her right foot. *Step 5.* Swing in normal position, gentleman on the left, lady on the right foot. *Step 6.* Gentleman steps back of the left with the right foot, lady steps in front of the right with the left both dipping slightly. *Step 7.* Gentleman steps to left with left foot, lady steps to the right with the right, turning to the original position.

## LA BURSCO

This figure of the one-step is danced very generally. It is done in the forward position as illustrated on page 3.

*Step 1.* Both advance the outside foot. *Step 2.* Both advance the inside foot. *Step 3.* Both advance the outside foot. *Step 4.* Both advance the inside foot. *Step 5.* Gentleman on the right foot, lady on the left foot turn to the normal position. *Step 6.* Gentleman points with the left foot, lady with the right throwing the weight slightly to the rear. *Step 7.* Throw the weight forward to the forward foot resuming the forward position and continue the same as step two.

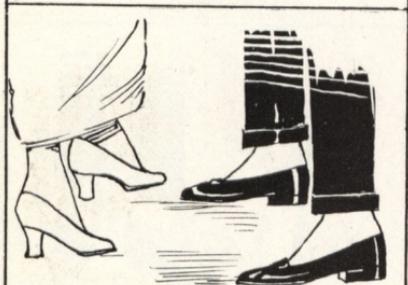
An attractive variation of this figure is done as follows: The first four steps same as given above. *Step 5.* The outside foot being advanced cross the other foot to the rear with a slight dip at the same time pointing with the outside foot. Rising from the dip. *Step 6.* Throw the weight on the outside foot and advance the inside foot as in step 2 and repeat the figure.



## HESITATION WALK



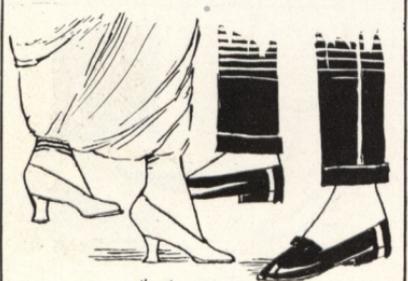
1<sup>st</sup> Step



2<sup>nd</sup> Step



3<sup>rd</sup> Step



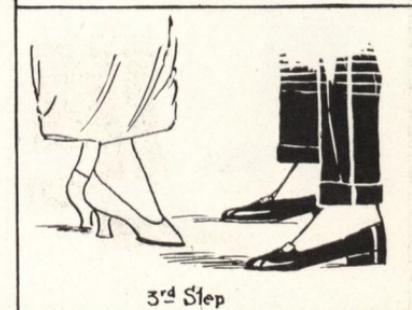
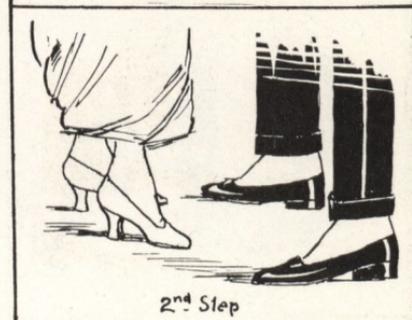
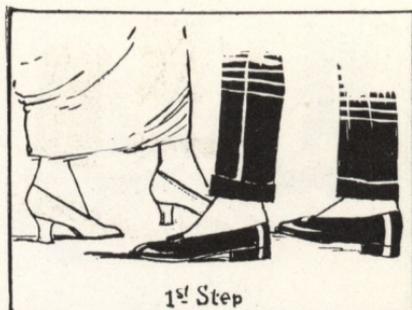
4<sup>th</sup> Step

This the first and simplest of the hesitation dance steps. It is done in the normal position. *Step 1.* Gentleman advances right foot, lady steps back with left. *Step 2.* Gentleman steps to the left with his left foot, lady steps to the right with her right foot. *Step 3.* Gentleman steps back with his right foot and the lady advances with her left. *Step 4.* Gentleman steps to the left with his left foot the lady to the right with her right foot.

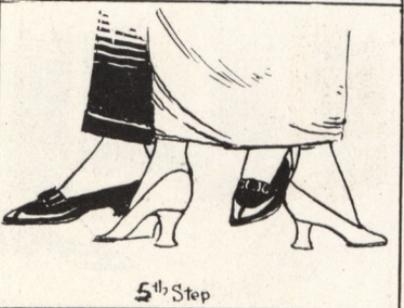
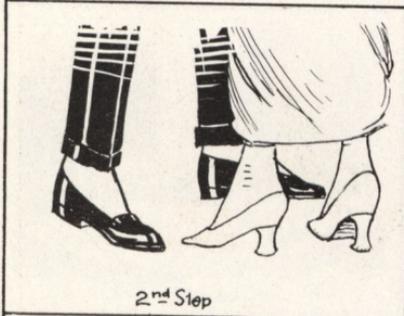
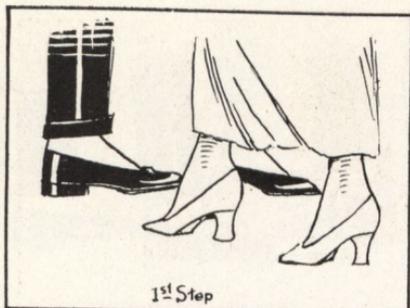
This figure is put at the beginning of the Hesitation Steps as a help to beginners. It is useful in getting the idea of the step and the time. When the dancer has progressed to such a point as to be able to do the Hesitation Glide, shown on the next page, with ease, the Hesitation Walk will not be used but beginners should learn the walk first. If it is thoroughly learned and the time firmly fixed in the mind the dancer will have little difficulty in doing the Hesitation well.

## HESITATION GLIDE

Like the hesitation walk this is done in the normal position. *Step 1.* Gentleman steps back with his right, the lady advances with her left. *Step 2.* Gentleman carries his left foot to his left, the lady her right foot to the right. *Step 3.* Gentleman brings the right beside the left, the lady the left beside the right. *Step 4.* Gentleman steps to the left with his left foot, the lady with her right. *Step 5.* They both rest the gentleman on the left foot, the lady on the right. The steps two and four must be done quickly to beat the music and allow time to rest or hesitate on step six until the completion of the bar. The Double Glide is the same as the single glide with the addition of one step, after taking the six steps in the hesitation glide. *Step 7.* Gentleman advances with right and lady steps back with left. *Step 8.* Same as step two and repeat rest of figure.



# BUTTERFLY



This figure is danced in the first variation of the normal position. *Step 1.* Gentleman advances right foot, lady steps back with left. *Step 2.* Gentleman swings the left to the side, lady right foot so that they are in the normal position. *Step 3.* Bring feet together. *Step 4.* Gentleman glides to the left with left foot lady to the right with right foot. Turn slightly so that the lady is to the gentleman's left. Hesitate on advanced foot and point with the other. Steps three and four are done quickly to beat music and allow time to rest or hesitate at the end of the step until the completion of the bar. *Step 5.* Gentleman steps back with the right foot, lady steps forward with the left. *Step 6.* Same as two. *Step 7.* Same as three. *Step 8.* Same as four. On steps six, seven and eight turn in the opposite direction to two, three and four, so that at the completion of step eight the lady is in the original position, and repeat commencing at one.

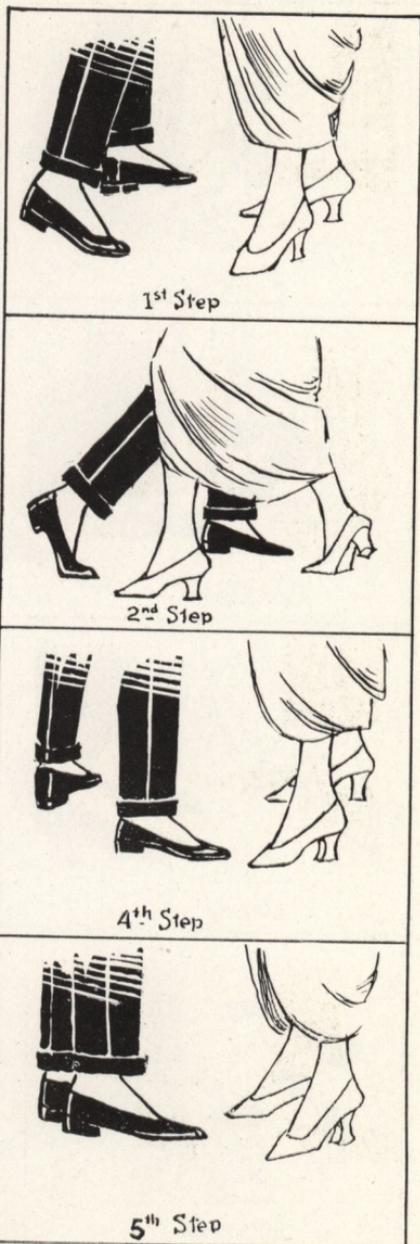
## INNOVATION

In this figure the step is exactly the same as in the butterfly but the partners do not touch one another, the hands being placed on the hips.

## BOSTON

This variation of the hesitation is danced in the normal position. At the completion of a hesitation glide the gentleman pivots to the left on the left foot for a half turn, the lady pivots to her right on the right foot. *Step 2.* At the end of the turn gentleman rests his right toe to the rear the lady her left. *Step 3.* Both dip forward slightly. *Step 4.* Rising from the dip, gentleman slides to the right with the right foot, lady to her left with the left foot. *Step 5.* Bring the heels together. *Step 6.* Gentleman slides to the left, lady to the right again. *Step 7.* Both rest or hesitate on the advanced foot.

This figure may be varied as follows:— At the end of the Hesitation Glide the gentleman steps forward with the right foot, the lady steps back with the left. Both pivot, the gentleman to the right, the lady to the left. After the pivot the gentleman steps to the left, the lady steps to the right for the first step of the Hesitation Glide. In all pivots the gentleman swings forward the lady backward.



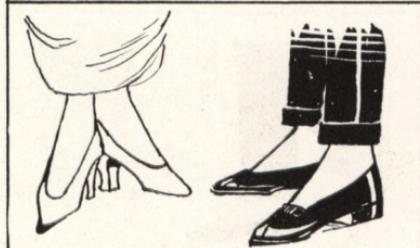
## ROCKING STEP



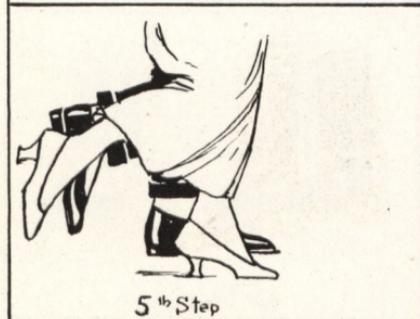
1<sup>st</sup> Step



2<sup>nd</sup> Step



3<sup>rd</sup> Step



5<sup>th</sup> Step

The Rocking Step is a hesitation figure which is danced in a forward position illustrated on page 3. *Step 1.* Both advance the inside foot. *Step 2.* Both advance the outside foot. *Step 3.* Bring the foot in the rear beside the forward foot. *Step 4.* Advance the outside foot. *Step 5.* Rest on the advanced foot and raise the other foot in the rear rocking slightly forward. Steps three and four must be done quickly to beat the music and allow time to hesitate on step five for two counts until the completion of the bar. This figure may be varied by pointing forward with the inside foot one time and raising it in the rear the next. When pointing forward the body rocks slightly backward.

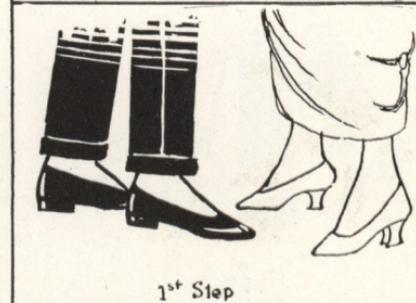
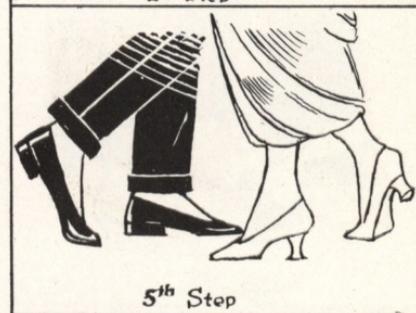
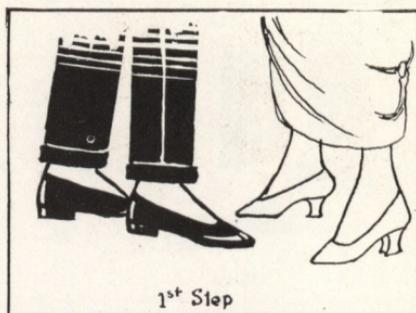
Another variation of this step is done by crossing the inside foot to the rear of the other at the completion of step 5, with a slight dip. When the foot is raised forward instead of to the rear, it is crossed to the front with a dip forward in a similar manner.

## SQUIRREL STEP

This figure is danced in the first variation of the normal position. *Step 1.* Gentleman advances the right foot, lady steps back with the left. *Step 2.* Gentleman advances with the left foot, lady steps back with the right. *Step 3.* Gentleman advances the right foot, lady steps back with the left. *Step 4.* Gentleman advances with the left foot, lady steps back with the right. *Step 5.* Both rise on the toes of both feet. The first four steps in this figure are done very quickly, being really a little run, allowing time for rest or hesitation on the fifth step until the completion of the bar.

### DEW DROP

This is a variation of the Rocking Step. Step one, two, three and four are the same as described there. *Step 5.* Both pivot, the gentleman on the left, the lady on the right foot, to the gentleman's left, lady swinging to the normal position for the pivot. *Step 6.* Advance the outside foot resuming the forward position. *Step 7.* Bring the inside foot to it. *Step 8.* Advance the outside foot and repeat beginning step one.



## EL CORTE



1<sup>st</sup> Step



4<sup>th</sup> Step



5<sup>th</sup> Step



2<sup>nd</sup> Step

This figure is done in the normal position. *Step 1.* Gentleman advances right foot, lady steps back with the left. *Step 2.* Gentleman advances left foot, lady steps back with right. *Step 3.* Same as one. *Step 4.* Gentleman rests on the right foot lady on the left. *Step 5.* Make quarter turn and point forward the gentleman with his left foot, lady with the right. *Step 6.* Bring the feet together.

### DOUBLE CORTE

This is a continuation of the dance given above pointing with the other foot. After the first five steps. *Step 6.* Gentleman steps back with his left foot, lady steps forward with her right. *Step 7.* Gentleman steps back with his right foot, lady steps forward with her left, resting on that foot. *Step 9.* Throw the weight to the other foot, that is the gentleman's left and the lady's right, with a slight skip at the same time the gentleman raising his right foot to the rear and the lady pointing forward with her left. After holding the foot in the air for one beat start again with step one.

# THROWAWAY

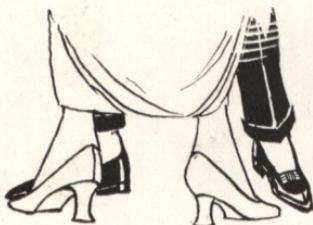
The Throwaway is a hesitation figure which is danced in the normal position. *Step 1.* Gentleman advances with his right foot, lady steps back with her left. *Step 2.* Gentleman advances with left, lady with right. *Step 3.* Same as one. *Step 4.* Gentleman advances his left foot, lady steps back with her right. *Step 5.* Gentleman brings his right foot up near the heel of his left, the lady carries her left foot back to her right. *Step 6.* Gentleman steps back with his left, lady advances with her right. *Step 7.* Gentleman rests on left foot right toe raised, lady rests on her right foot, left heel raised. Steps five and six should be done quickly allowing time to hesitate on step seven. These steps are difficult because the tendency is to step forward on step six instead of backward. When well done, however, it is a very pretty figure. On step five, the gentleman throws the lady from him and on step six, draws her back again whence the name of this step.



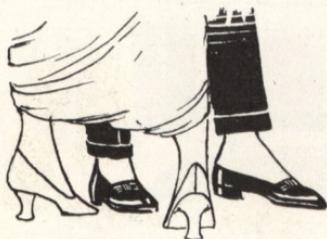
# ORIOLE



4<sup>th</sup> Step



5<sup>th</sup> Step



6<sup>th</sup> Step

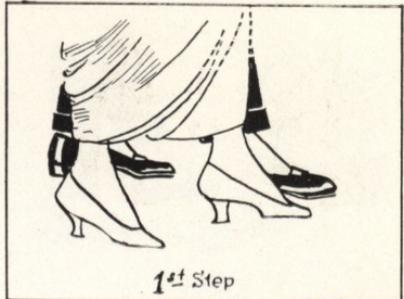


7<sup>th</sup> Step

This figure is as pretty as its name implies. It is done in a forward position. *Step 1.* Both advance with the outside foot, that is the gentleman the left and the lady the right. *Step 2.* Both advance with the inside foot. *Step 3.* Both advance the outside foot as in step one. *Step 4.* Swing on the advanced foot, that is the gentleman on the left and the lady on the right to the normal position carrying the other foot to the rear and across with a slight dip. *Step 5.* Gentleman steps to the left with left foot, lady to right with right foot. *Step 6.* Gentleman crosses his right over his left foot in front and lady crosses her left over the right in front with a slight dip. *Step 7.* Gentleman steps to the left with his left, the lady to the right with her right foot. *Step 8.* Rest on the rear foot and point with the other foot. *Step 9.* Gentleman advances with left, lady with the right as in one.

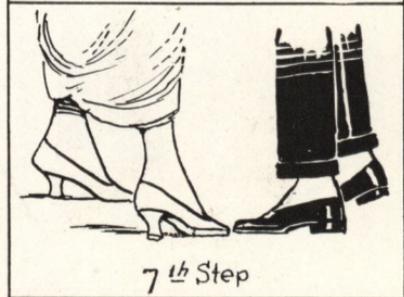
# EL ROUEDA

This figure is also done in the forward position. *Step 1.* Both advance on the inside foot. *Step 2.* With the outer foot swing a semi-circle. *Step 3.* Rise the toe in a ballet kick and hold the foot in the air for one beat. *Step 4.* Replace the foot on the floor.

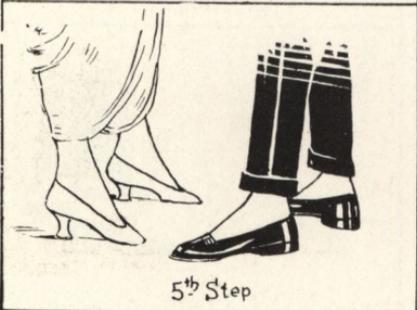
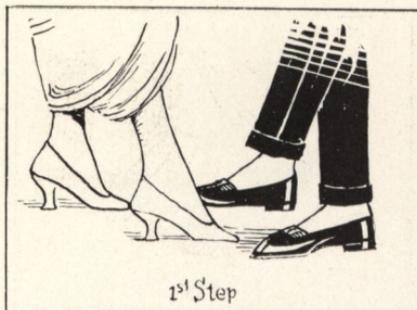


**COURTESY**

This is another pretty figure bringing in the old fashioned courtesy, whence its name. It is done in the forward position. *Step 1.* Both advance with the outside foot. *Step 2.* Advance the inside foot. *Step 3.* Same as one. *Step 4.* Gentleman steps back with his right, lady with her left turning on the other foot to the normal position. *Step 5.* Both dip forward or courtesy. *Step 6.* Gentleman steps to the right with right foot, lady to the left with left foot. *Step 7.* Gentleman carries the left foot to the rear, lady her right *Step 8.* Both dip or courtesy as before. *Step 9.* Rising from this dip they resume the forward position and are ready for step one.



## HALF AND HALF



This step is partly a "One Step" and partly a "Hesitation" whence its name. It is done in the normal position. *Step 1.* Gentleman crosses his left foot in front of the right the lady crossing her right to the rear of her left. *Step 2.* Gentleman steps to the right with the right foot, the lady to the left with the left foot. *Step 3.* The gentleman again crosses his left foot in front of the right, the lady her right to the rear of her left as in step one. *Step 4.* Gentleman crosses his right in front of the left turning to the left on the left foot, the lady crossing her right back of her left turning to her right on the right foot. *Step 5.* The gentleman steps to the left with his left foot the lady to her right with the right foot. *Step 6.* The gentleman again crosses the right in front of his left, the lady her left in the rear of her right. *Step 7.* Repeat step one, the gentleman turning to the right on the right foot and the lady to the left on her left foot. On steps one and four the step across to the left and right respectively should be as long as possible. Steps three and six across being shorter. The turning on steps one and four brings the lady slightly to the gentleman's left and then to his right.

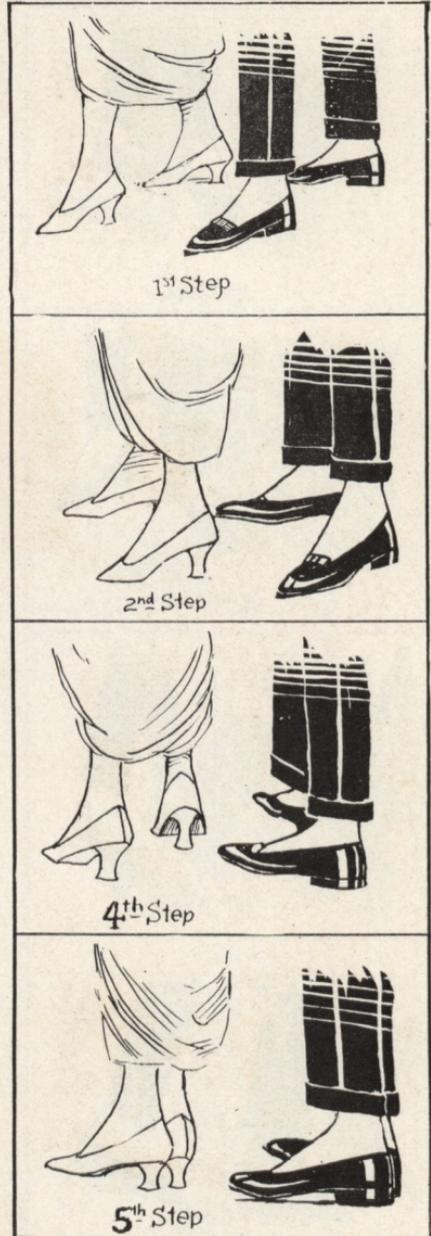
## MAXIXE GLIDE

This figure is done in the forward position except that the left hands are extended to the left, lady's in front of the gentleman meeting on his left. The right hands extended to the right gentleman's in the rear of the lady meeting at her right at the waist. *Step 1.* Both advance with the left foot. *Step 2.* Draw the right to it. *Step 3.* Both advance the left foot. *Step 4.* Same as one advancing the right foot instead of the left. *Step 5.* Draw the left to it. *Step 6.* Advance the right. This may be varied by turning on the balls of both feet between steps three and four, so that when the left foot is advanced the lady is on the gentleman's right and when the right foot is advanced she is on his left.

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## MAXIXE WALTZ

Position for this dance is the same as the normal position with the exception of the hands. The gentleman's right hand meets the lady's right at her waist at the back. The left hands meet above the head. The step in this figure is the same as the old waltz step with a slight sway of the body toward the advancing foot, the forward step being emphasized more than in the waltz.



## SKATING STEP



2<sup>nd</sup> Step



4<sup>th</sup> Step



5<sup>th</sup> Step

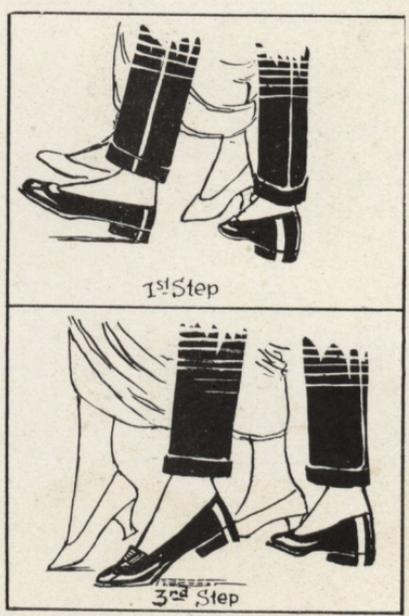


6<sup>th</sup> Step

This is a Maxixe figure which is done in the forward position with the hands in the same position as for the Maxixe Glide, that is, the gentleman's right hand meeting the lady's right at her right side, the gentleman's left meeting the lady's left to his left, the lady's hand crossing in front of the gentleman. This is the same position and a similar step to the skating step, where both skate in the same direction, whence its name and it will be found as interesting and enjoyable. *Step 1.* Both glide to the left with the left foot, position being the same as illustrated in step one of the Maxixe Glide. *Step 2.* Both cross the right foot to the rear of the left. *Step 3.* Both glide to the left again with the left foot. *Step 4.* Both glide to the right with the right foot, gentleman's foot being in front of the lady's left. *Step 5.* Both cross the left foot in rear of the right. *Step 6.* Both take a long glide to the right with the right foot, dipping as this step is made. Rising from the dip repeat step one, etc.

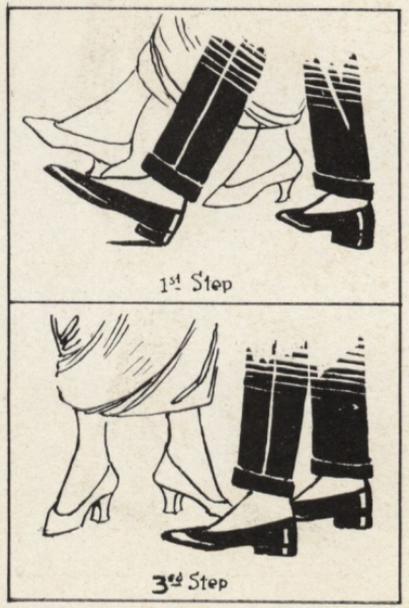
# BRAZILIAN

This figure is done in the forward position with the hands the same as in the last figure. *Step 1.* Both advance the left foot resting on the heel, toe raised. *Step 2.* Draw the other foot to it. *Step 3.* Both advance the left foot resting on the toe. *Step 4.* Draw the inside foot to it. *Step 5.* Turn to the right on the toe of the left foot and the heel of the right foot, raising the toe of the right foot as the turn is completed. Repeat step one, etc.



# HEEL WALTZ

This variation of the Maxixe is done in the normal position with the hands extended as in the Maxixe Waltz. *Step 1.* Gentleman advances his left, heel on the floor, toe raised, lady advances the right, heel on the floor, toe raised. *Step 2.* Draw rear foot to the other. *Step 3.* Rest on the left, lady on the right. *Step 4.* Gentleman steps to the right with the right, heel on the floor, toe raised, lady steps to left with her left, heel on the floor, toe raised. *Step 5.* Bring the rear foot alongside the other. *Step 6.* Rest the weight on the advanced foot. Repeat forming a circle.





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