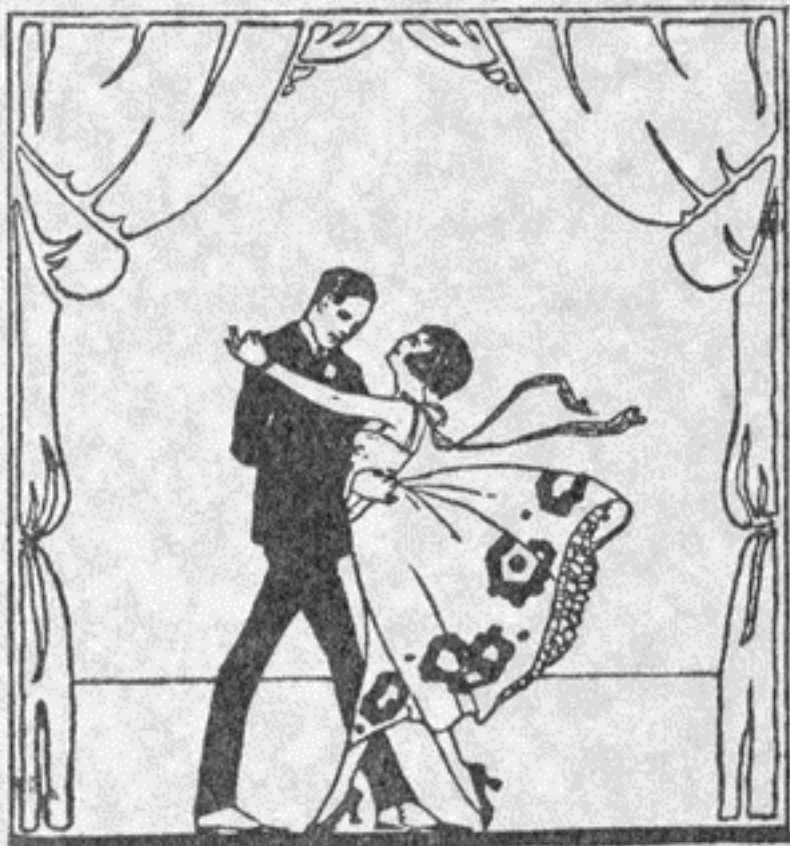


# -The One Step-

BY  
Charles J. Frank



One

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*THE ONE STEP*

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*Vol. III*

The Latest Method  
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Arranged and Edited by

**CHARLES J. FRANK**

Creator, Exhibitor and Instructor of  
**MODERN BALL ROOM DANCING**

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**THE BEACON ACADEMY**

**CHARLES J. FRANK'S**  
School of Modern Dancing

1215 WALNUT ST.

PHILADELPHIA, PA. U. S. A.

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C. J. F.

VOL. No. 3

DEC. 1922

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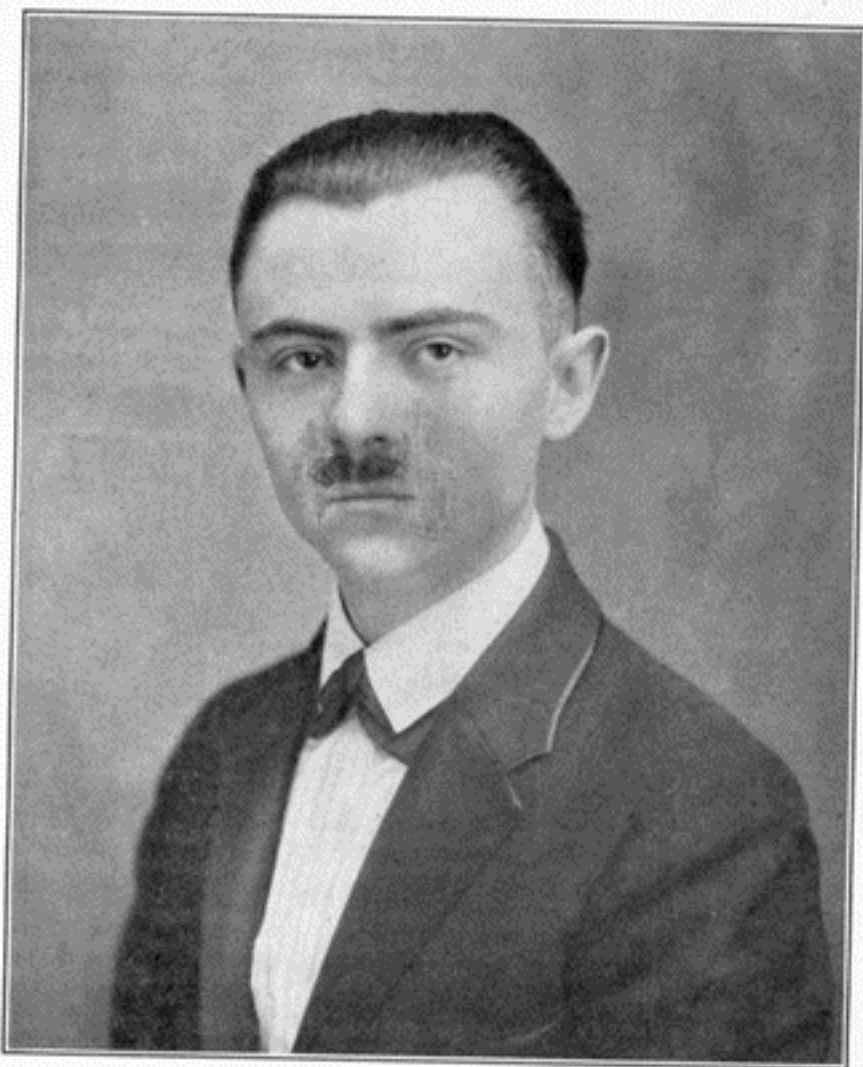
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no. 2.



This book is dedicated to those who enjoy Dancing and wish to dance the New Dances more properly and gracefully, and also to those who know nothing at all about the Modern Dances.





**Charles J. Frank**

Originator, Exhibitor and Instructor of Stage, Eccentric,  
Fancy and Modern Ball Room Dancing

*Studio of*

## Charles J. Frank

Now located at

BEACON DANCING ACADEMY

1215 Walnut Street

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# The One Step

Volume Three



# The Onestep

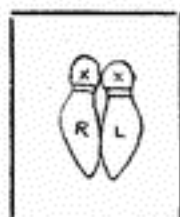
PRACTICE VERY SLOWLY

TIME 2/4 MEDIUM OR MARCH TIME

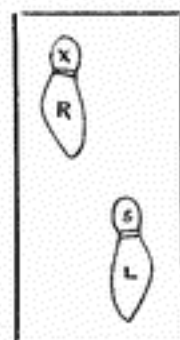
A. Preparatory exercises—One-step.

*Exercise No. 1—The Drag.*

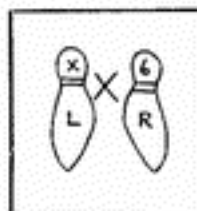
- a. Stand at one end of the room, feet together, toe to toe, and heel to heel.



- b. Walk forward five steps, beginning with the *left* foot, sliding feet on the floor. Left foot should be forward on Count 5.



- c. Next cross the right foot in back of the left foot. Feet should be well apart when crossed. Count 6.

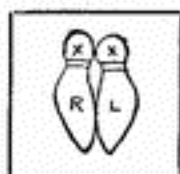


- d. From this position begin again with the left foot. Walk forward five steps, sliding the feet on the floor, crossing the right foot in back of left on Count 6.
- e. Repeat exercise (d) again. Continue down the entire length of room. It takes six counts each time to do the drag step. Counted 1-2-3-4-5-6.

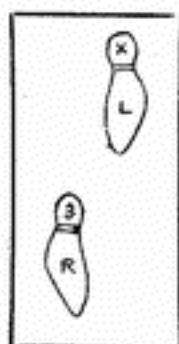
## Eight

### Exercise No. 2—The Right Turn.

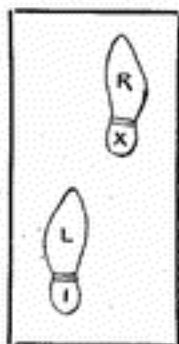
- a. Stand at one end of room, feet together, toe to toe, and heel to heel.



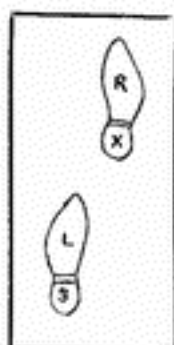
- b. Walk forward 3 steps, beginning with the *right* foot. Right foot should be forward on Count 3.



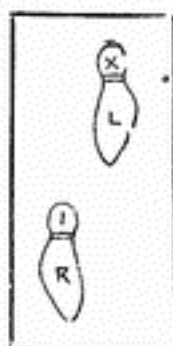
- c. Retain the above position, stand on ball of *right* foot, turn half way around to the right, bringing the left foot in back of the right. Call this Count 1. You are now facing the opposite end of the room.



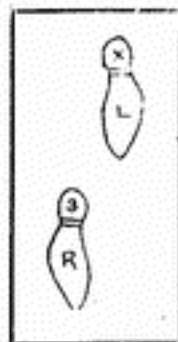
- d. Next walk backward two steps, beginning with the right foot. Count 2 on the right and 3 on the left. Left foot should be in back. See diagram.



- e. Retain the above position, stand on ball of left foot, turn half way around to the right again, bringing the right foot in front of the left. As you do this Count 1.

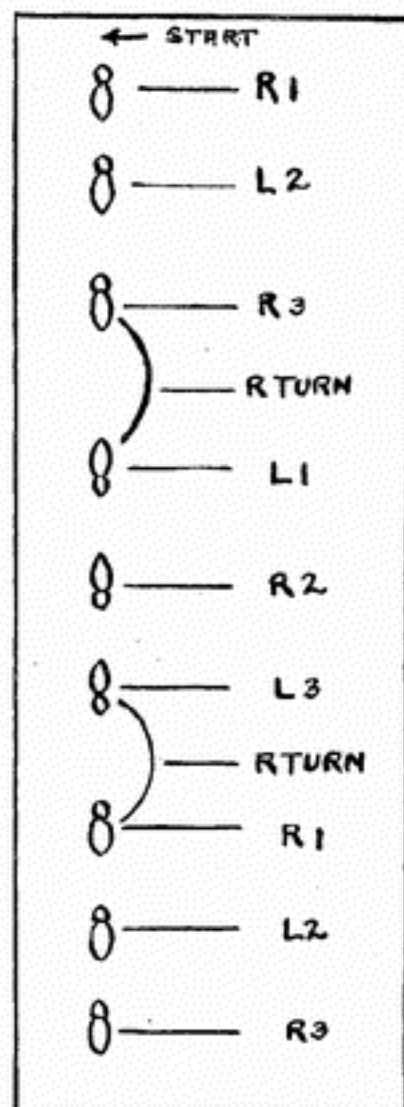


- f. Next walk forward two more steps, beginning with the left foot. Count 2 on the left and 3 on the right. This is really repeating the first three steps. Right foot should now be in front of you.



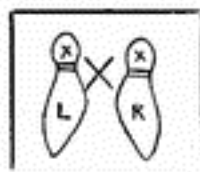
- g. It takes 3 counts each time to do this step. Repeat, entire length of room. Always turn after you take the third step. Count 1-2-3, 1-2-3, 1-2-3, etc., as you do this step, down the room.

Diagram of Right Turn in the One-step.

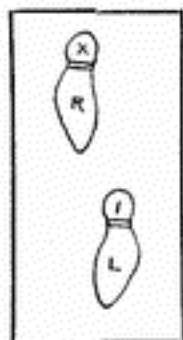


*Exercise No. 3—The Left Pivot.*

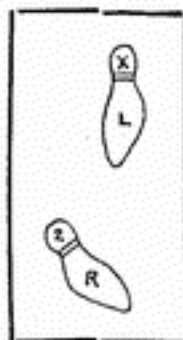
- a. First cross the right foot in back of the left, just as it is done in the drag step on the sixth count.



- b. From the above position you start the left pivot.  
c. Take one step forward with the left foot. Count 1.

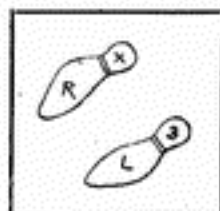


- d. Move the right foot and place it one step in front of the left foot in a hooked position—accomplished by just twisting the ankle. Count 2.

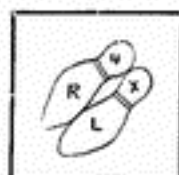


- e. In doing the next step care must be taken to have the feet in the exact position as shown in the diagram.

- f. Stand on the ball of the right foot, swing the left foot around in back of you toward the left, turning the body at the same time to the left, thereby executing nearly a complete left turn. Feet apart, Count 3.



- g. Next bring the right foot alongside of the left, toe to toe, and heel to heel. Count 4. It takes four counts to do this step, 1-2-3-4.



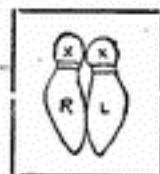
- h. Repeat exercise by starting again as explained under (a).

### The Beginning of the Onestep Dance—Assembled PRACTICE VERY SLOWLY

Time  $\frac{3}{4}$  Medium or March Time

#### LESSON NO. 1—THE DRAG.

- a. Stand at one end of the room, feet together, toe to toe, and heel to heel. Stand near wall to your right.



- b. Walk forward five steps, crossing feet on Count 6, as explained before.
- c. From this position do a second drag. So far you have done two sixes.

#### LESSON NO. 2—THE LEFT PIVOT.

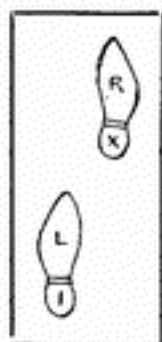
- a. After the second six, feet should be crossed. Retain that position and start the Left Pivot 1-2-3-4, feet together on 4. Do only one left pivot.

### LESSON NO. 3—FOUR WALKING STEPS.

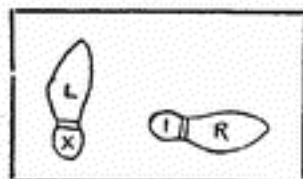
- a. After you have finished the left pivot, walk slant forward to the right four ordinary steps, beginning with the left foot, because you moved the right foot last on the completion of the left pivot. The rule in dancing is never to move the same foot twice in succession.
- b. This should leave the right foot forward on Count 4.

### LESSON NO. 4—THE RIGHT TURN.

- a. Stand on the ball of the right foot, turn half way around to the right, bringing the left foot in back of the right, as previously explained in Exercise 2 (c).—you should now be facing in the opposite direction.

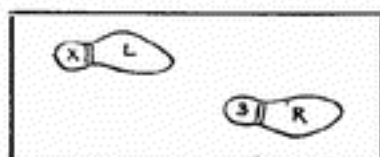


- b. Call that Count 1—walk backward two steps, Count 2 on the right foot and Count 3 on the left foot.
- c. So far you have done 2 drags, a left pivot, 4 walking steps, a half turn to the right, and then performed one-third of the right turn.
- d. On the last step the left foot should be in back of the right. Stand on the ball of the left foot—make a *quarter* turn to the right, placing the right foot on the floor one step in front of you. Count 1.

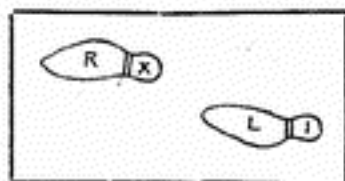


- a. Walk forward two more steps across the room. Counts 2 and 3. Count 1 above, on the right foot—count 2 on the left foot and count 3 on the right foot.

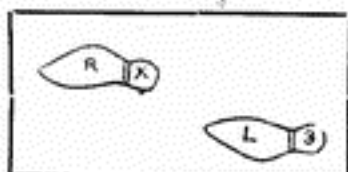
- f. Right foot should now be in front.



- g. Stand on ball of right foot, turn half way around to right and place the left foot in back of the right. Count 1.



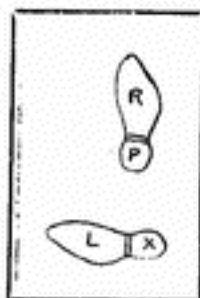
- h. Walk backward two more steps directly across the room. Counts 2 and 3. Count 1 on the left foot, count 2 on the right foot and count 3 on the left foot.  
i. Left foot should now be in back of the right.



- j. So far, after the four walking steps forward, you have done 3 threes of the right turn, namely 3 walking steps backward down the room, 3 walking steps forward across the room, and 3 walking steps backward across the room.  
k. After you have completed the third three of the right turn you will have moved your left foot last, and this foot should be in back of the right.

#### LESSON NO. 5—THE POINT STEP OR POSITION STEP.

- a. Make a quarter turn toward the right with the right foot by placing the right foot one step in front of you and turning the body in the same direction.



- b. The point step or position step does not receive a number—so whenever you use it you simply say point or position. It is termed a point step or position step because it places you in any position that you care to point or place your right foot. After you have done the point step—if you have followed the instructions carefully—you should be facing up the room.
- c. Start the dance again from where you are, this time doing the drag step up the room, following the order of the steps according to the lessons given.

**REMARKS:**

The student is advised to adhere strictly to the routine herein given, though after he has learned to lead and can do and count the various steps correctly, he may dance them in whatever order he chooses.

*Study each lesson very slowly—work out and understand one lesson thoroughly before proceeding to the next.*

Explanation of abbreviations:

- L. P.—Left pivot.
- 1/3 R. T.—First 3 of the right turn.
- 2/3 R. T.—Second 3 of the right turn.
- 3/3 R. T.—Third 3 of the right turn.
- P. S.—Point Step.

The following is an outline of the entire one-step:

- 1. Drag Step.
- 2. Drag Step.
- 3. Left pivot.
- 4. Four Walking Steps.
- 5. First 3 Right Turn.
- 6. Second 3 Right Turn.
- 7. Third 3 Right Turn.
- 8. Point Step.
- 9. Repeat Drag Step.

**FINIS.**

*Diagram of*  
Entire Operation of One Step

