

FROLICKING FEET

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"GRACEFUL" - Jan 11

Frolicking Feet

Teaching You

MODERN BALLROOM DANCING

THE QUICK STEP

THE WALTZ

THE FOX TROT

and the latest of all Modern
Ballroom Dances

The Rumba

All photographs by courtesy of
Miss Lurline Lovett
Mr. Keith Fogwell

Published by

Frolicking Feet Academy of Dancing

"The Block"
428 GEORGE STREET
SYDNEY

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PRICE
2/-

Here is just how **it's done**. Get this picture in your mind's eye and you have **the correct way** to hold your partner.



"GRACEFUL"—Isn't it?

LADIES who wish to "**appear attractive**" dancing well is just as essential as their visits to a "**Beauty Salon.**"

There is no excuse in the world for a lady not knowing how to dance. Wallflowers are out of style—she's the girl who cries after a party because she did not enjoy herself, yet too lazy to do anything about it.

Be really Graceful—be Light—be Smooth—do not drape yourself over your partner's chest—it **simply** ruins the look of your best frock.

Please do not encircle your partner's neck with your left arm, it's a public demonstration of affection—**wait till you're going home!**

Do not leave your make-up on your partner's coat, it's hard to brush off and very difficult to explain away.

GENTLEMEN, remember your ability on a dance floor makes your company, from a lady's point of view, anything from pleasure to torture.

Dance well—take the same interest in being perfect on the dance floor as you would in your business.

Dance well and you walk well.

Walk well and you look well.

How you **dance** that's just how you'll walk through life—bright, happy, alert—or just anyhow.

THE QUICK STEP.

One of the easiest and oldest of all Dances, and so simple—**here's how:**

Quarter Turn—Gentleman.

One—Step forward slowly on the heel of your left foot.

Two—Step forward slowly on the heel of your right foot and turn on the ball of your foot to the right.

Three—Step to the side quickly on the ball of your left foot.

Four—Close your right foot quickly up to your left foot, still on your toes.

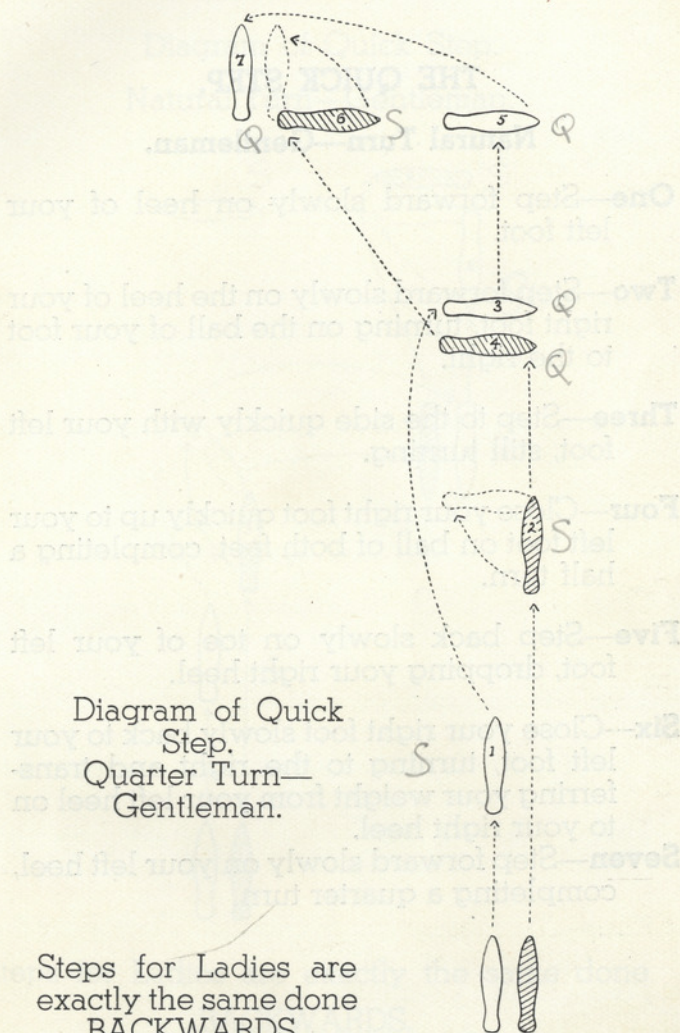
Five—Step to the side quickly on the ball of your left foot.

Six—Step back slowly on the ball of your right foot, dropping your left heel.

Seven—Close your left foot quickly back to your right foot, turning quickly to the left on your right heel.

Eight—Step forward slowly on your left foot and repeat steps.

THE QUICK STEP.



THE QUICK STEP.

Natural Turn—Gentleman.

One—Step forward slowly on heel of your left foot.

Two—Step forward slowly on the heel of your right foot, turning on the ball of your foot to the right.

Three—Step to the side quickly with your left foot, still turning.

Four—Close your right foot quickly up to your left foot on ball of both feet, completing a half turn.

Five—Step back slowly on toe of your left foot, dropping your right heel.

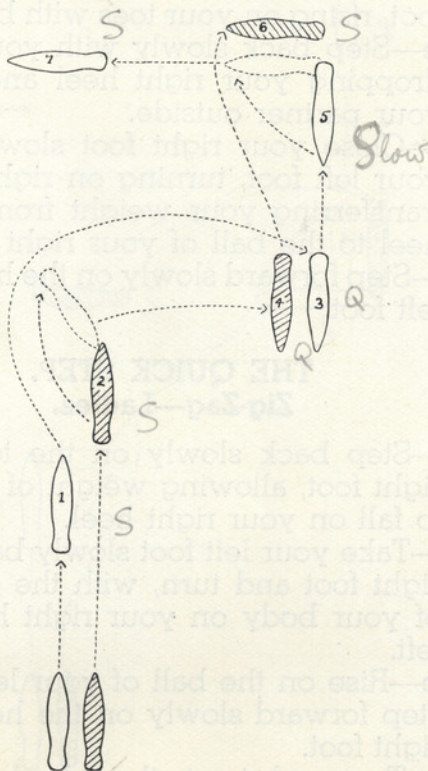
Six—Close your right foot slowly back to your left foot, turning to the right and transferring your weight from your left heel on to your right heel.

Seven—Step forward slowly on your left heel, completing a quarter turn.

THE QUICK STEP.

Diagram of Quick Step.

Natural Turn—Gentleman.



Steps for Ladies are exactly the same done
BACKWARDS.

THE QUICK STEP.
Zig-Zag—Gentleman.

- One**—Step forward slowly on the heel of your left foot, turning to the left on the ball of your foot.
- Two**—Step to the side slowly with your right foot, rising on your toes with both feet.
- Three**—Step back slowly with your left foot, dropping your right heel and bringing your partner outside.
- Four**—Close your right foot slowly back to your left foot, turning on right heel and transferring your weight from your left heel to the ball of your right foot.
- Five**—Step forward slowly on the heel of your left foot.

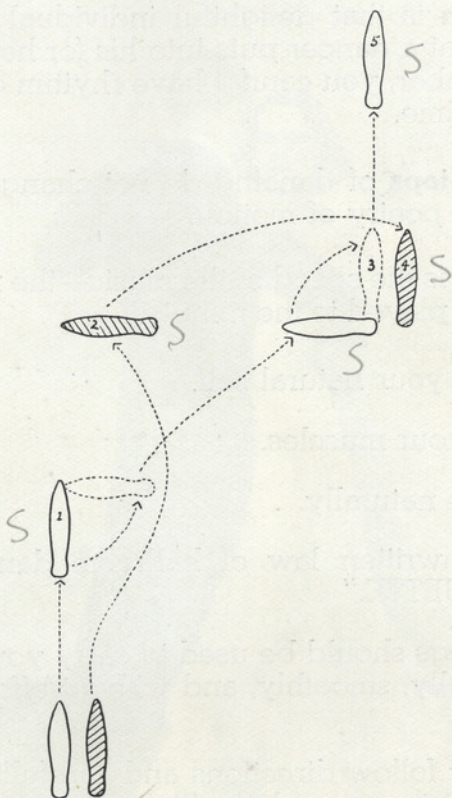
THE QUICK STEP.
Zig-Zag—Ladies.

- One**—Step back slowly on the toe of your right foot, allowing weight of your body to fall on your right heel.
- Two**—Take your left foot slowly back to your right foot and turn, with the full weight of your body on your right heel, to the left.
- Three**—Rise on the ball of your left foot and step forward slowly on the heel of your right foot.
- Four**—Turn and step to the side slowly on the ball of your left foot.
- Five**—Brush your right foot back past your left foot, dropping on your left heel.

THE QUICK STEP.

Diagram of Quick Step.

Zig-Zag—Gentleman.



MEMORISE THESE.

Rhythm is that delightful individual expression that a dancer puts into his (or her) steps. Remember, you cannot have rhythm dancing out of time.

Basic Steps of dancing do not change—they are the poetry of motion.

Tempo is the speed of the music—the number of bars played to the minute.

Just be your natural self.

Relax your muscles.

Breathe naturally.

The unwritten law of ballroom dancing is "ETIQUETTE."

Your legs should be used to carry your body gracefully, smoothly, and without effort.

Closely follow directions and carefully study each diagram, and you'll find it so simple. You wonder why it's necessary to write a book about it.

BALANCE.

The greatest essential to the making of a good dancer. Note how the weight of the body is forward, both for the lady and gentleman.



Sady "THAT'S REALLY ARTISTIC."

Ballroom Dancing is an art, the **teaching of it** a science.

Its finest exponents and teachers in Australia, from a lifelong study, have made it possible for "**Frolicking Feet**" to place the art of Ballroom Dancing at your disposal. Accurately described in each article, correctly shown in each diagram.

"They Are Correct."

Everybody does the Fox Trot these days in one variation or another.

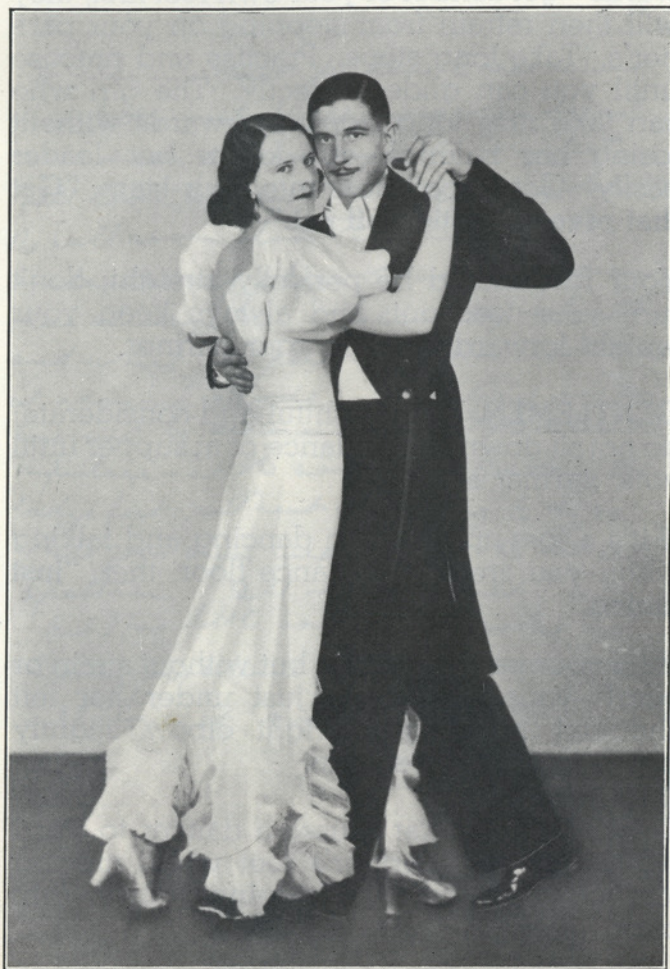
Some are even invented on the spur of the moment.

Make yourself familiar with the walk and Three Step. Practise, master them—it's easy. Almost every variation introduced into the dance is made up of these two steps.

Go straight into a Feather Step after any change in your direction on the dance floor.

THE QUICK STEP.

This photo. shows to you, clearly, the correct position of both lady and gentleman on the fifth step of the Quarter Turn.



Study closely, visualise—IT'S CORRECT.

LADIES, in the privacy of your own room, with the radio going, practise walking backwards. NO! Don't walk, **"just glide"** backwards—get control of your own feet first, they will then refrain from stepping on your partner's. Take long steps. Practise and practise until you can glide perfectly. The girl who can take nice long steps backwards without losing her balance, can follow her leader easily. Get smoothness into your step. **"Get that reverse motion off pat."**

Your feet should be perfectly straight; don't turn your toes out, and always keep your weight forward towards your partner.

GENTLEMEN, be thoughtful and considerate; do not sit down after a dance or at supper until your partner is seated.

If it's a toss-up between dancing and talking when you are on the dance floor, then **"just dance."**

Hold your partner firmly, but without strain or effort—your right hand just under her left shoulder blade, your right elbow slightly raised to ensure freedom.

Do you know what causes a dancer to tread on his (or her) partner's feet when moving forward? It's just this—**keeping your weight back** instead of **forward**.

Read this letter carefully. The world holds no finer authority on

DANCING than Mr. CYRIL RITCHARD

It gives me great pleasure to recommend this little book to all those who do not come under the heading of The Compleat Ball Room Dancer. All my life the ball room floor has been a very embarrassing place to me. My desire has always been to follow my inclinations and whirl my partner hither and thither at varying speeds. But alas it is not done! One must be decorous and stifle the primitive impulses - at the same time guiding the lady's feet without appearing to do so, while your own weave ever so delicate a pattern. All very difficult!

But this little book will solve so many problems that I am sure you will enjoy it as I have done.

Cyril Ritchard
Young July 1924

NO GREATER COMPLIMENT

could be extended any publication

THE WALTZ.

This dance has passed through many phases. It's the oldest and most beautiful of them all, so please do not let it be said you cannot "WALTZ."

Forward Change—Gentleman.

One—Step forward on the heel of your left foot, turning both your body and your foot slightly to the left.

Two—Step to the side on the ball of your right foot.

Three—Close your left foot up to your right foot and rise on both toes.

Four—Step forward on the heel of your right foot, turning both your body and your foot slightly to the right.

Five—Step to the side on the toe of your left foot, keeping both feet parallel.

Six—Close your right foot up to your left foot and rise on both toes.

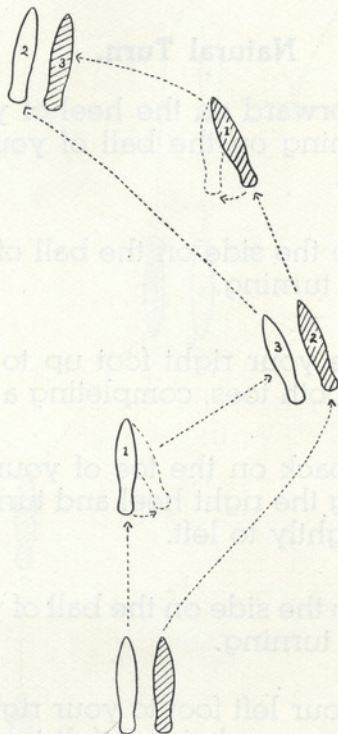
All forward steps of the **Waltz** are done on the heel. All other steps are done on the toes, and all done slowly.

The forward change is the Basic Waltz Step. Learn to do this perfectly, and you are already on your way.

THE WALTZ.

Diagram of The Waltz.

Forward Change—Gentleman.



Steps for Ladies are exactly the same done
BACKWARDS.

THE WALTZ.

Listening to "waltz music" being played, it is easy to distinguish the beats, which recur regularly—1, 2, 3—1, 2, 3—1, 2, 3—and you will notice the **one** is always accentuated.

Natural Turn.

One—Step forward on the heel of your right foot, turning on the ball of your foot, to the right.

Two—Step to the side on the ball of your left foot, still turning.

Three—Close your right foot up to your left foot, on both toes, completing a half turn.

Four—Step back on the toe of your left foot, dropping the right heel and turning your body slightly to left.

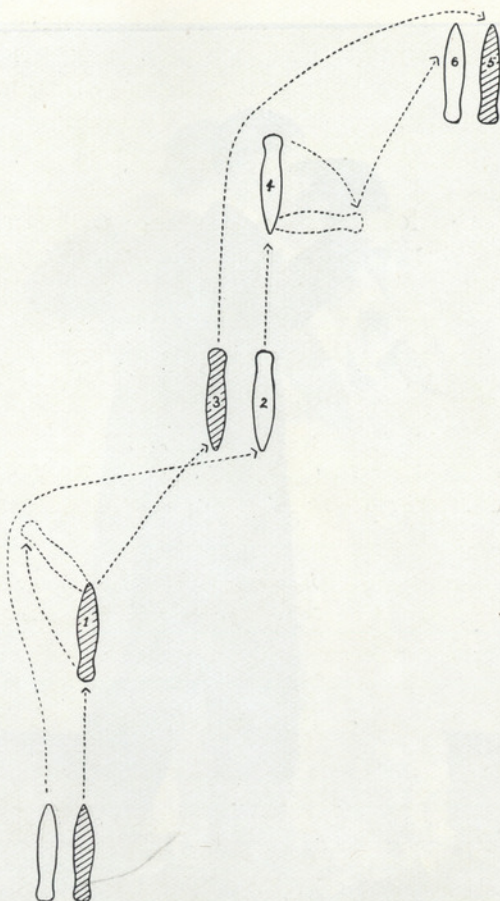
Five—Step to the side on the ball of your right foot, still turning.

Six—Close your left foot to your right foot on your toes, completing a full turn.

See that your feet are close together on the third beat of the music. **That's easy.**

THE WALTZ.

Diagram of The Waltz.
Natural Turn—Gentleman.



Steps for Ladies are exactly the same done
BACKWARDS.

THE WALTZ.

This photo. shows to you clearly the correct position of both lady and gentleman on the second step of the Forward Change.



"IS THAT PRETTY?"

THE WALTZ.

This photo. shows to you clearly the correct position of both lady and gentleman on the second step of the Natural Turn.



THAT'S EASY TO LEARN.

THE WALTZ.

Reverse Turn—Gentleman.

One—Step forward on the heel of your left foot, turning on it to the left.

Two—Step to the side on the ball of your right foot. Still turning.

Three—Close your left foot up to your right foot and rise on both toes, completing a half turn to the left.

Four—Step back on the toe of your right foot, dropping your left heel, and turning on your right foot to the left.

Five—Step to the side on the ball of your left foot, still turning.

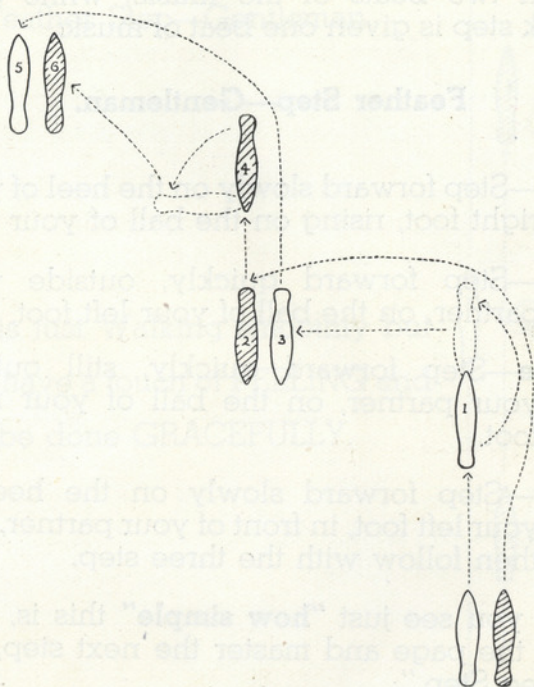
Six—Close your right foot up to your left foot, rising on both toes, completing a full turn.

In the Reverse Turn you may turn more or less as you wish, but be sure and keep in the correct line of the dance.

THE WALTZ.

Diagram of The Waltz.

Reverse Turn—Gentleman.



Steps for Ladies are exactly the same done
BACKWARDS.

THE SLOW FOX TROT.

This tells you, step by step, how to do each movement. Practise until you get each movement **"in your feet"** without thinking about them. The steps are long, each slow step is given two beats of the music, while each quick step is given one beat of music.

Feather Step—Gentleman.

One—Step forward slowly on the heel of your right foot, rising on the ball of your foot.

Two—Step forward quickly, outside your partner, on the ball of your left foot.

Three—Step forward quickly, still outside your partner, on the ball of your right foot.

Four—Step forward slowly on the heel of your left foot, in front of your partner, and then follow with the three step.

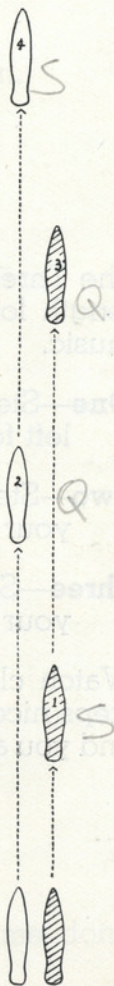
Now you see just **"how simple"** this is, turn over the page and master the next step, the "Three Step."

THE SLOW FOX TROT.

Diagram of the Fox Trot.
Feather Step—Gentleman.

This is just Walking smoothly but
must have a touch of FEELING and
be done GRACEFULLY.

Steps for Ladies are exactly the
same done BACKWARDS.



THE SLOW FOX TROT.

Three Step—Gentleman.

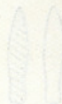
The Three Step is comprised of three natural length forward steps fitted into four beats of music.

One—Step forward slowly on the heel of your left foot, rising onto the ball of your foot.

Two—Step forward quickly on the ball of your right foot.

Three—Step forward quickly on the ball of your left foot.

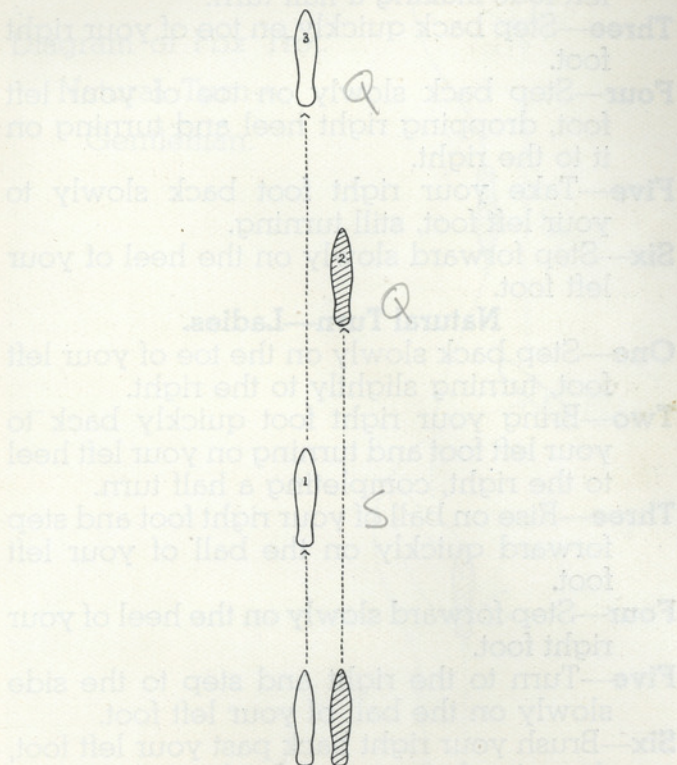
Watch closely, see you get the whole three steps nicely fitted into four beats of the music, and you are right.



THE SLOW FOX TROT.

Diagram of Fox Trot.

The Three Step—Gentleman.



Steps for Ladies are exactly the same done
BACKWARDS.

THE SLOW FOX TROT.

Natural Turn—Gentleman.

- One**—Step forward slowly on the heel of your right foot and turn on it to the right.
- Two**—Step to the side quickly on ball of your left foot, making a half turn.
- Three**—Step back quickly on toe of your right foot.
- Four**—Step back slowly on toe of your left foot, dropping right heel and turning on it to the right.
- Five**—Take your right foot back slowly to your left foot, still turning.
- Six**—Step forward slowly on the heel of your left foot.

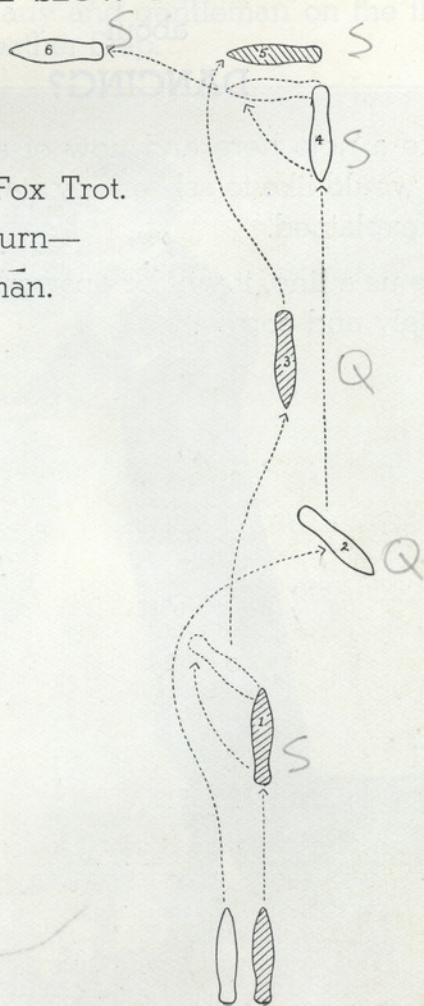
Natural Turn—Ladies.

- One**—Step back slowly on the toe of your left foot, turning slightly to the right.
- Two**—Bring your right foot quickly back to your left foot and turning on your left heel to the right, completing a half turn.
- Three**—Rise on ball of your right foot and step forward quickly on the ball of your left foot.
- Four**—Step forward slowly on the heel of your right foot.
- Five**—Turn to the right and step to the side slowly on the ball of your left foot.
- Six**—Brush your right back past your left foot, dropping on your left heel.

Now you know just how easy dancing is. Once you have mastered the Fox Trot "you're made."

THE SLOW FOX TROT.

Diagram of Fox Trot.
Natural Turn—
Gentleman.



Would you like to know

about

DANCING?

Make a note here and now of any question you would like to ask, or any step you would like explained.

Drop us a line, it will be answered promptly, politely and correctly.

WE WELCOME YOUR INQUIRIES.

THE SLOW FOX TROT.

This photo. shows you clearly the correct position of both lady and gentleman on the third step of the Feather Step.



"IT'S QUITE EASY."

THE RUMBA.

The latest and one of the most fascinating of all ballroom dances. It is going to be very popular in the near future, so study its graceful movements closely and be well ahead of the times.

Forward Walk.

One—Step forward slowly on the heel of your left foot, turning body slightly to the left.

Two—Step to the side quickly on your right foot, bringing it in a line with your left foot, spaced about six inches apart.

Three—Close your left foot quickly to your right foot.

Four—Step forward slowly on your right foot, turning body slightly to the right.

Five—Step to the side quickly on your left foot, bringing it in a line with your right foot, spaced about six inches apart.

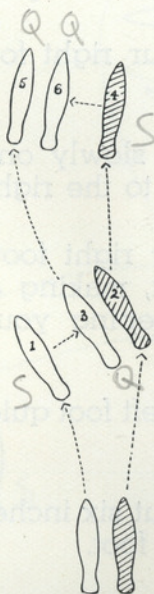
Six—Close your right foot quickly to your left foot, and rise on both toes.

Practise and repeat these steps until you are perfect, the rest will come to you easily.

THE RUMBA.

Diagram of The Rumba.

Forward Walk—Gentleman.



Steps for Ladies are exactly the same done

BACKWARDS.

THE RUMBA.**Natural Turn.**

One—Step forward slowly on the heel of your right foot, turning slightly to the right.

Two—Still turning, step to the side quickly on your left foot, making a half turn.

Three—Close your right foot up quickly to your left foot.

Four—Step back slowly on toe of your left foot, turning to the right.

Five—Bring your right foot slowly back to your left foot, making a quarter turn to the right, keeping your feet about six inches apart.

Six—Close your left foot quickly to your right foot.

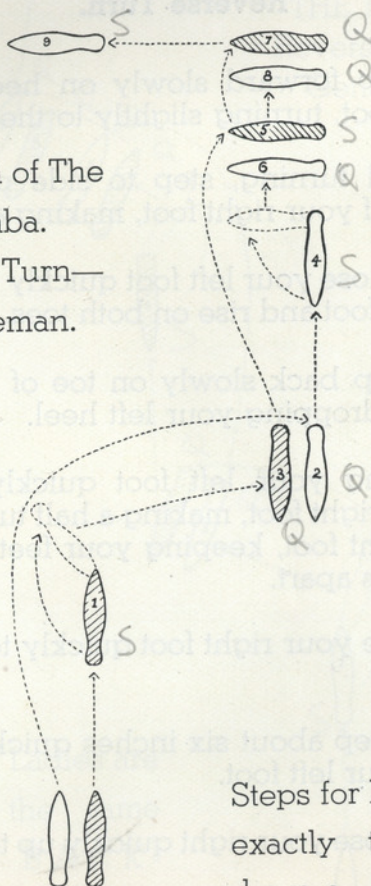
Seven—Step about six inches quickly to side on your right foot.

Eight—Close your left foot quickly up to your right foot.

Nine—Step forward slowly on the heel of your right foot.

THE RUMBA.

Diagram of The
Rumba.
Natural Turn—
Gentleman.



Steps for Ladies are
exactly the same
done BACK-
WARDS.

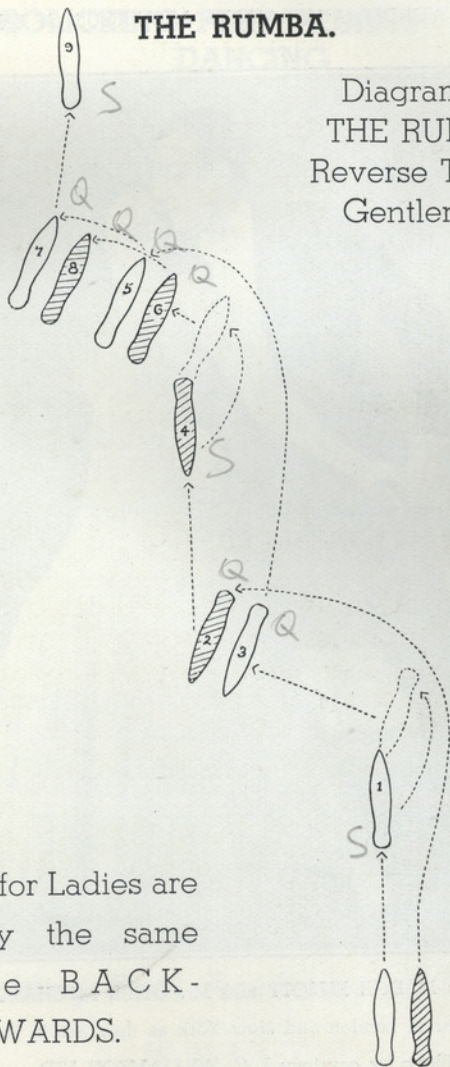
THE RUMBA.

Reverse Turn.

- One**—Step forward slowly on heel of your left foot, turning slightly to the left.
- Two**—Still turning, step to side quickly on ball of your right foot, making a half turn.
- Three**—Close your left foot quickly up to your right foot and rise on both toes.
- Four**—Step back slowly on toe of your right foot, dropping your left heel.
- Five**—Bring your left foot quickly back to your right foot, making a half turn on heel of right foot, keeping your feet about six inches apart.
- Six**—Close your right foot quickly to your left foot.
- Seven**—Step about six inches quickly to side on your left foot.
- Eight**—Close your right quickly up to your left foot.
- Nine**—Step forward slowly on your left foot.

THE RUMBA.

Diagram of
THE RUMBA.
Reverse Turn—
Gentleman.



Steps for Ladies are
exactly the same
done BACK-
WARDS.

IS IT ANY WONDER AUSTRALIANS ARE PROUD OF THEIR OWN?



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THE RUMBA.

This photo. shows to you clearly the correct position of both lady and gentleman on the second step of Rumba Walk.



"IS THAT CLEAR?"

The Lady's Hold for all Modern Ballroom Dances.

Stand in a perfectly natural and erect position, head naturally poised, looking over your partner's right shoulder. Raise the right hand to the same level as your partner's, keeping the palm of the hand downwards; the right arm should be bent slightly at the elbow.

Raise the left arm and place the hand with the fingers close together, either on the back of the man's right shoulder or on the back of the man's right upper arm. Both elbows should be kept well up, without, of course, raising the shoulders.

Never attempt to lead or guide your partner in any way. Submit yourself entirely to him. Do not lean on him, or anticipate what is coming next. Just follow.

HOW TO CONSTRUCT DANCES.

The Quick Step.

Try to do as few walks as possible between the different variations.

The first variation of the Quick Step should be the Quarter Turn—this being done first, that is, as soon as you commence dancing.

Now as soon as you finish one Quarter Turn you go straight into it again.

When you do the Zig Zag as described, you make the last step of a Quarter Turn the first step of a Zig Zag.

Immediately you reach the end of the ball-room comes the Natural Turn, which gives you your turn so as to keep you moving in your line of dance. On completing the Natural Turn you go straight into your Quarter Turns, making the last step of the Natural Turn the first step of your Quarter Turn. And these steps are repeated in their order.

The correct time for a Quick Step is $4/4$ time. Tempo, 50 bars per minute, each Quick Step taking 1 beat of music, and each Slow Step taking 2 beats of music.

How to Construct a Slow Fox Trot.

Commence with a Feather Step. This is then followed by a Three Step. These two steps, the Feather Step and Three Step, are repeated the length of the room. But when the end of the ballroom is reached, the Natural Turn is done. Lead in to this step from a Three Step.

Then when the Natural Turn is completed you make the last step of the Natural Turn the first step of the Feather Step, and so on till you reach the next corner of the ballroom, when the Natural Turn is repeated.

Now the correct time of the Slow Fox Trot is as follows: Time $4/4$. Tempo, 33 bars per minute, each Slow Step taking 2 beats and each Quick Step taking 1 beat.

How to Construct a Waltz.

The easiest way to dance a Waltz is to begin with the forward change, then when you reach, say, half-way along the ballroom, you can do a Reverse Turn, after which you continue with your Forward Change until you reach the end of the ballroom, then do the Natural Turn and follow on again with the Forward Change and Reverse Turn in sequence.

The timing of the Waltz is very easy, each step taking one beat of music.

The tempo of the Waltz is 36 bars per minute and time $3/4$.

How to Construct the Rumba.

First commence with the Rumba Walk, going to about halfway along the ballroom, then you can do the Rumba Reverse Turn. On completing this, repeat with the Rumba Walk.

On reaching the end of the ballroom you do the Natural Rumba Turn and repeat, circling the ballroom.

This is a very fascinating dance once the rhythm is mastered.



