

Abbreviations used in dance descriptions.

For more detailed information, or in case of queries, please consult a qualified dance teacher for advice.

R, L, RF, LF, RH, LH	Right, Left, Right Foot, Left Foot, Right Hand, Left Hand
Fwd, diag fwd	Forward, Diagonally forward
LOD	Line of Dance, the imaginary line anti-clockwise around the ballroom parallel to the wall
ALOD	Against the Line of Dance
W	Wall of the ballroom
C	Centre. Opposite the wall, not necessarily the physical centre of the room
DC, DW	Diagonal to Centre, Diagonal to Wall, at an angle of 45 degrees from the LOD
DCaLOD, DWaLOD	As above but at 45 degrees from the ALOD
Facing, backing	Used with the above directions to indicate the alignment of the body in the room. Note for example that facing W is the same as backing C . Which term is used typically depends on the direction of movement
OP	Outside Partner. Mans RF steps to left of partner's RF instead of between her feet
PO	Partner Outside, similar to above but partner steps outside man's RF. <i>OP and PO can also occur on left side instead of right side.</i>
w/w	Without weight. The foot is placed into position but the body weight is not transferred allowing the same foot to be used for the following step. May also be referred to as a brush or tap.
PP	Promenade Position. Man's R and Lady's L side joined but the other side of the bodies are opened slightly to allow both partners to step forward. This position is referred to as Fallaway when moving backwards.
CBM	Contra Body Movement. Where the opposite side of the body moves in the same direction as the moving foot. This happens naturally when marching, and is used when starting to turn.
CBMP	Contra Body Movement Position. The foot is placed slightly across the body, in line with the standing foot. This is used when stepping OP as the body should have been turned slightly to maintain contact with the partner
S, Q, &, a	Used to describe the timing of steps. In most cases, Slow is 2 beats and Quick is 1 beat. In syncopated figures, where beats are split to allow extra steps, & is ½ beat and a is ¼ beat. In both cases these split beats take their time from the previous step. Thus the waltz chasse may be counted 12&3 which uses 1 ½ ½ 1 beats.