

## Side Step

A side step can be used to move sideways (open side step) or can be done “in place” (closed side step).

The pattern is “1-2-3-hop,” but moving sideways. In an *open* side step, the free leg steps away from the dancer's center of mass, and the second leg follows to come back together. In a *closed* side step, the free leg crosses in front of the dancer's center of mass and the second leg does not follow.

In *hankie dances*, the hankie on the same side as the leg that starts the side step flicks out and up (kind of like the Nike “swoosh”) on beat 1. In *stick dances*, the hand (either the stick hand or the Teflon<sup>1)</sup> hand, depending on which foot you are leading with) moves outward in a sort of Nike “swoosh”.

<sup>1)</sup>

non-stick

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