

Basic Mechanics of Side-Stepping

- The basic body posture mechanics of walking are required and apply to side-stepping.
- This is a continuation of the gallop step, except, the individual moves to their side (in the frontal plane).
- The footwork: step with the right foot to the side (center the body weight on it), bring the left together beside the right (now center the body weight on the left foot), keep repeating this pattern ...
- Start at a slow pace with a short step distance. Eventually increase to a faster pace with a longer step distance.
- The rhythm will develop through repetitions - as the left foot closes in, the right will kick out to the side (abduct) immediately.
- The hips need to stay tall, aligned straight, and follow the lead of the foot kicking out to the side (watch for any bending at the hip). As the foot moves to step to the side, be sure to keep the center of gravity (hips) over the new base. A strong push-off of the outside foot will help to ensure success.
- Focus on the core (just below chest to mid-thigh) staying tight and keeping the hips tall.
- Make additions to the side-stepping:
 - a slight knee bend will add 'attitude' to the movements
 - step/clap
 - step/snap fingers
 - step/stomp
 - step/clap-clap
 - step/wiggle-wiggle (hips)
 - step-arms out/step-arms in
 - add music
- Move diagonally and mix up the combinations.
- Hold hands with others and create a chain. Close the chain to create a circle and change directions. Each person will need to 'feel the rhythm' of their side partner to keep from stepping into someone else's base of support.
- Face a partner and hold hands. Side-step to the right multiple steps and then to the left (include some music).