



# NIGHTCLUB TWO-STEP BRONZE PROGRAM

## DVIDA Expert Advice

### Bronze I (Good Social Basic)

At the conclusion of this level, the Student/s should know the foot positions and be able to join the figures in a continuous manner with a basic sense of music and timing.

### Bronze II (Advanced Social)

At the conclusion of this level, the Student/s should have a better understanding of the Lead/Follow aspects of the dance through hold, hand connections, posture, and should show a more rhythmical action through stronger use of the feet and legs.

### Bronze III & Full Bronze

At the conclusion of these levels, the Student/s should have a good understanding of the technique required to show the characteristics of the dance through good balance, foot and leg control, poise, styling and overall presentation.

## Nightclub Two-Step — (Bronze) **Fig FP T L/F S**

Full Bronze	Bronze III	Bronze II	Bronze I	1							
				Basic Rhythm							
				2 A) Two Step Basic - Closed Position							
				2 B) Two Step Basic - Double Hand Hold							
				3 Outside Underarm Turn							
				4 Opening Out Right & Left							
				5 Shadow Position							
				6 Flip-Flop in Place							
				7 Shoulder Check							
				8 Cradles							
				9 Traveling Crosses Left & Right							
				10 Inside Underarm Turn							
				11 Underarm Turn & Lady's Spin							
				12 Through the Window							
				13 Opposition & Travel to the Right							
14 Push Spin											
15 Criss Cross & Underarm Turn											

### History

Nightclub Two Step (not to be confused with Country-Western Two-Step), is one of the most practical and versatile social dances ever conceived. It is designed to be used with contemporary soft rock ("Love Song" type music). This type of music is common just about everywhere: nightclubs, radio, etc. The rhythm of the dance is very simple and rarely changes from the 1 and 2 count. This simple romantic dance fills a gap where no other ballroom dance fits. It gives the dancer, either beginning or advanced, the opportunity to express and create without a rigid technique being required.

It's not too often that the origins of a new dance can be traced to a single individual. But that's precisely the case with Night Club Two Step, a dance created and popularized by renowned California teacher Buddy Schwimmer.

### Musical Information

Time signature: 4/4  
 Tempo: 16-22 measures per minute  
 Timing: 1&2, 3&4, 5&6, 7&8  
 Beat value: 1/2-1/2-1  
 Alternative Teaching Counts: Rock-Step, Side Rock-Step, Side -or- QQS, QQS  
 Counting in Beats and Bars: 1234, 2234, 3234, etc.

### The Hold

Nightclub 2-Step has a relaxed frame somewhere in between a Latin and Ballroom frame. The Leader is offset to their left and places the right hand on the Follower's left shoulder blade. The Follower places the left arm lightly on the Leader's right arm, placing the left hand on the Leader's upper arm or shoulder. The Leader's left hand and Follower's right hand are lightly clasped and held at the eye level of the Follower.

### Technical Tips

- On the rock steps, the Leader should allow the frame to gently open up, giving the Follower space to step back, and then gently return to the original position as both partners replace weight forward.
- Create slight compression on the side steps of the Basic, decreasing the distance between partners, to prepare for the next expansion of the frame.
- Be careful not to lower heel on rock steps.
- Although the frame is not formal, it is important to keep tone in the frame and elbows in front of the body at all times, to help both leading and following.
- Slight sway can be used on the side steps, which helps create the romantic feel and adds to the musicality of the dance.
- The free arm for both Leader and Follower should be extended gracefully to the side.

REVIEW JOURNAL NOTES ON BACK SIDE

**Fig** Figures

**FP** Foot Positions

**T** Timing

**L/F** Lead or follow

**S** Style