

THE BASIC SHAG STEP

Courtesy Of www.GoShagging.Com And Mike Rink

The shag “basic” is counted “ONE-AND-TWO, THREE-AND-FOUR, FIVE, SIX”. Each of these eight words represents a step. Pretend there are six blocks on the floor, each the length of your foot. (A tile floor works great for this.) Then follow these directions. Pay close attention to exactly where your feet are supposed to be on each count. The male steps are shown on the left side. The female steps (which are exactly opposite) are on the right.

MALE INSTRUCTIONS		COUNT		FEMALE INSTRUCTIONS
<p><i>Men lead with their LEFT foot.</i></p> <p>On the “ONE” count, start by moving the LEFT foot forward, as shown in the following drawing.</p>		“ONE”		<p><i>Women lead with their RIGHT foot.</i></p> <p>On the “ONE” count, start by moving the RIGHT foot forward, as shown in the preceding drawing.</p>
<p>On the “AND” count, move the RIGHT foot forward as shown.</p> <p><i>Note that both feet are now even, as if having stepped up to a line.</i></p>		“AND”		<p>On the “AND” count, move the LEFT foot forward as shown.</p> <p><i>Note that both feet are now even, as if having stepped up to a line.</i></p>
<p>On the “TWO” count, move the LEFT foot back as shown.</p>		“TWO”		<p>On the “TWO” count, move the RIGHT foot back as shown.</p>
<p>On the “THREE” count, move the RIGHT foot all the way back and behind the other foot.</p>		“THREE”		<p>On the “THREE” count, move the LEFT foot all the way back and behind the other foot.</p>
<p>The “AND” count is a weight shift to the LEFT foot, or just a step in place with the left foot. <i>Do not move it forward or backwards.</i></p>		“AND”		<p>The “AND” count is a weight shift to the RIGHT foot, or just a step in place with the right foot. <i>Do not move it forward or backwards.</i></p>
<p>The “FOUR” count is a weight shift to the RIGHT foot, or just a step in place with the right foot. <i>Again, do not move it up or back.</i></p>		“FOUR”		<p>The “FOUR” count is a weight shift to the LEFT foot, or just a step in place with the left foot. <i>Again, do not move it up or back.</i></p>
<p>The “FIVE” count is a step back with the LEFT foot.</p> <p><i>Note that both feet are now even, as if having stepped back to a line.</i></p>		“FIVE”		<p>The “FIVE” count is a step back with the RIGHT foot.</p> <p><i>Note that both feet are now even, as if having stepped back to a line.</i></p>
<p>The “SIX” count is a step up with the RIGHT foot. That’s it! <i>Now you are ready to start over by stepping forward with the LEFT foot to the “ONE” position.</i></p>		“SIX”		<p>The “SIX” count is a step up with the LEFT foot. That’s it! <i>Now you are ready to start over by stepping forward with the RIGHT foot to the “ONE” position.</i></p>