

Beginner Moves Memory Jogger
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Armjive

Start off man's left hand to ladies right hand.

1. Draw your semi-circle to the left and as you both step back men offer your spare hand to your ladies
2. Keeping both of your hands at waist level both take a step in and both pull back with your left elbow as you both pivot slightly to your left. The mans left hand should now be on his left hip and his right hand should be by the ladies left hip.
3. Both pull back with your right elbow as you both pivot slightly to your right. Still keeping both hands at waist level
4. Both pull back with your left elbow once again, this time men bring your left hand up to your left shoulder but leave the right at waist level.
5. Men raise your left hand as you pull slightly and let go of the right to turn your ladies clockwise under your left arm.
6. When your lady comes around to face you lower your hands and step back.
7. Step into return your ladies anti clockwise under your raised left hand
8. Lower your hands and step back man's left to ladies right.

Armjive Pushspin

Start off man's left hand to ladies right hand.

Beats 1 2 and 3 as per the Armjive

4. Both pull back with your left elbow once again, this time, men, bring your left hand up to your left shoulder and flatten it so that you are palm to palm with your partner. The right hand should remain at waist level.
5. Men, pull and let go with your right hand as you push down and away with your left hand to spin the ladies clockwise in front of you.
6. When your lady comes around to face, both step back catching with whichever hand is needed for the next move.
7. Step in to return your ladies anti clockwise
8. Lower your hands and both step back.

Basket

Start off man's left hand to ladies right hand.

1. Draw a semi- circle to the left and as you both step back, men offer your spare hand to your partner. Ladies take hold of your mans offered hand so that you are double hand hold
2. Men take your left hand over your right and as you both step forwards men raise your left hand to wrap the ladies anti-clockwise into your right hand side.
3. Lower your left hand as you both step back, men twisting the lady slightly to the right. Ladies should step back right foot behind left, the men can step back with either foot.
4. Both step forwards as the man twists the lady slightly to the left.
5. Men raise your left hand and unwrap your lady clockwise in front of you keeping hold with the right hand at waist level
6. Men lower your left hand as you both step back double handhold.
7. Both step in men raising your left hand to return the ladies anti-clockwise in front of you letting go with the right hand.
8. Lower your hands and step back mans left to ladies right.

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Catapult

Start off man's right hand to ladies right hand.

1. Draw your semi circle to the right and both step back
2. Both step in as men you pull down and then raise your right hand up and to the right to turn the ladies anti clockwise into your right hand side.
3. Men keep hold with the right hand and lower it as you step forwards offering your spare hand behind your back and lean forwards. Ladies, take hold of the mans spare hand as you step back and lean back.
4. Men step backwards and slightly to the right as you extend your left arm out to the left with the hand at waist level while placing your right hand onto your right hip. Ladies step forwards to the mans left hand side.
5. Men let go with your right hand as you draw a clockwise circle at waist level with your left hand letting go of your partner and spinning her clockwise in front of you.
6. Both step back as ladies offer your right hand as always and men catch with whichever hand you need for the next move.
7. Step into return your ladies anti clockwise.
8. Lower your hands and both step back.

Comb

Start off man's right hand to ladies right hand.

1. Draw your semi circle to the right and both step back
2. Both step forwards and as you do so men raise your right hand to turn the ladies anti clockwise 1 complete turn under your right arm.
3. Men, when your ladies come around to face you quickly dip your linked hands between you (left picture) and then take your right hand over your head as if you were combing your hair before lowering it onto your right shoulder so that your partners arm rests across the back of your neck. (right picture)
4. Men let go with the right hand and both step back as the lady slides her right hand down your left arm and you catch mans left to ladies right.

First Move

Start off man's left hand to ladies right hand.

1. Draw your semi-circle to the left and both step back
2. Both step straight forwards to each others right hand side. Men bring your left hand to your left shoulder and place your right hand onto your ladies left hip
3. Men, with your left hand push down toward the ladies right hip, this should turn the ladies out to the right. Ladies pivot on the spot and step back right foot behind left as men step back left foot behind right so that you are facing the same way as your ladies.
4. Men, return the lady to her previous position by bringing your left hand back to your left shoulder pivoting the lady on the spot.
5. Men raise your left hand and pull slightly with your right to turn the ladies clockwise under your left arm.
6. When your lady comes around to face you lower your hands and both step back.
7. Step in to return your ladies anti clockwise
8. Lower your hands and step back mans left hand to ladies right hand.

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First Move Pushspin

Start off man's left hand to ladies right hand.

Beats 1 2 and 3 as per the First Move

1. Men, return the lady to her previous position by bringing your left hand back to your left shoulder pivoting the lady on the spot. Men, flatten the left hand so that you are palm to palm with your partner at about shoulder height.
2. Men, pull and let go with your right hand as you push down and away with your left hand to spin the ladies clockwise in front of you.
3. When your lady comes around to face, both step back catching with whichever hand is needed for the next move.
4. Step in to return your ladies anti clockwise
5. Lower your hands and both step back.

Half Windmill

Start off man's right hand to ladies right hand.

1. Draw your semi circle to the right and both step back
 2. Both step in as the men pull down, toward them and then raise their right hand up to the right to turn the ladies anti clockwise into their right hand side.
- Men, stay on the spot and pivot to your left so that your back is to your ladies as you lower the right hand and transfer your ladies hand from your right to your left behind your back.
3. Raise your left hand to turn the ladies anti clockwise for a second time.
 4. Men, lower your left hand as you both step back mans left to ladies right (You should have swapped sides with your partner)
- *(This takes place on the half beat making it a quicker movement)*

Hatchback

Start off man's right hand to ladies right hand.

1. Draw a semi circle to the right and both step back.
2. Both step in as the man takes his right hand to his left shoulder so that both his and the ladies right forearms are across the mans chest. You should be side by side facing opposite directions, the ladies right palm should be flat on the back of the mans right hand.
3. Both take a small step behind your partner with your right foot as the man throws his right arm out to the right letting go of the ladies to spin them clockwise. Men you can then turn either way to face your partner.
4. Both step back as ladies offer your right hand as always and men catch with whichever hand you might need for the next move.
5. Both step in to return the ladies anti clockwise.
6. Lower you hands and both step back.

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Ladyspin

Start off man's right hand to ladies right hand.

1. Draw your semi circle to the right and both step back
2. Both step in as the man takes his right hand over to the right at waist level and changes his hand hold to a ball and socket grip, preparing the ladies for a spin.
3. Men throw your right hand over to the left keeping it at waist level and letting go to spin your ladies clockwise in front of you.
4. When the ladies come around to face both step back, ladies offering the right hand as always, men catching with whichever hand you wish, depending on what the next move might be.
5. Both step in to return the ladies anticlockwise.
6. Lower the hands and both step back.

Manspin

Start off man's left hand to ladies right hand.

1. Draw your semi-circle to the left and as you both step back men signal to your ladies by raising your right hand above waist level.
2. Both step forwards as the man turns 1/4 turn anti clockwise latching the ladies hand on to his right hip.
3. Let go of the ladies hand as you continue to change places, stepping back, men offering your left hand to your ladies.
4. Step in to return your ladies anti clockwise.
5. Lower you hands and both step back.

Octopus

Start off man's left hand to ladies right hand.

1. Draw a semi- circle to the left and as you both step back, men offer your spare hand to your partner. Ladies take hold of your mans offered hand so that you are double hand hold.
2. Men take your left hand over your right and as you both step forwards men raise your left hand to wrap the ladies anti-clockwise in front of you.
3. Lower your left hand and let go with the right hand as you keep travelling across, stepping back offering your right hand to your ladies left so that you step back double hand hold. You should have swapped sides.
4. Men take your right hand over the top of your left and then raise it as you both step forwards men turning anti-clockwise in front of the lady.
5. Men lower your right hand as you let got with the left, keep travelling across in front of your lady and as you step back changing sides offer your spare hand to your lady.
6. Men take your left hand over your right and as you both step forwards men raise your left hand to wrap the ladies anti-clockwise in front of you.
7. Lower your left hand and let go with the right hand as you keep travelling across, stepping back so that you finish mans left to ladies right.

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Pushspin

Start off man's left hand to ladies right hand.

1. Draw your semi circle to the left and both step back.
2. Both take a step forwards, men placing your right hand onto the ladies left hip and flattening your left hand at shoulder height so that it is palm to palm with your ladies right hand.
3. Men push down and away with your left hand and pull slightly with the right to spin your ladies clockwise in front of you.
4. Step back catching. Ladies offer your right hand as always, men catch with whichever hand you might need for the next move.
5. Step in to return your ladies anti clockwise
6. Lower you hands and both step back.

Shoulder Slide

Start off man's left hand to ladies right hand.

1. Draw a semi-circle to the left and both step back.
2. Both step forward as the man turns 1/4 turn anti clockwise latching the ladies hand on to his right shoulder.
3. Let go of the ladies hand and continue to change places as the lady slides her hand down the mans back, down his left arm and you step back catching mans left to ladies right.
4. Both step in to return your ladies anti clockwise.
5. Lower you hands and both step back.

Side to Side

Start off man's left hand to ladies right hand.

1. Draw your semi circle to the left and both step back
2. Both step forwards pivoting so that you end up standing side to side, forearm to forearm with the mans left hand and ladies right hand at waist level
3. Push down and away from each other stepping back and pivoting to face your partner.
4. Repeat beat 2. Both step forwards pivoting so that you end up standing side to side, forearm to forearm with the mans left hand and ladies right hand at waist level.
5. Repeat beat 3. Push down and away from each other stepping back and pivoting to face your partner.
6. As you both step forward to change places, men pull and raise your left hand past your right shoulder as you pivot to your right turning the ladies anti clockwise under your left arm.
7. Lower your hand and both step back. You should have swapped sides.

Step Across

Start off man's left hand to ladies right hand.

1. Draw a semi circle to the left and both step back.
2. Both step forwards as the men raise their left hand and turn ¼ turn anti clockwise under the ladies raised right arm. Ladies step straight forward
3. Men pull down with your left elbow as you step back changing places and turning to face your partner.
4. Step in to return your ladies anti clockwise.
5. Lower you hands and both step back.

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Sway

Start off man's right hand to ladies right hand.

1. Draw a semi-circle to the right and both step back.
2. Both step in as the men pull towards the right hip and then out to the right with your right hand to wrap the ladies anti-clockwise into your right hand side. (Make sure that your hand, men, is by your partners right hip and her right arm is over the top of yours so that her elbow is free and not trapped under your arm.) Ladies offer your straight left arm in front of your partner with your hand at waist level.
3. Men twist the ladies slightly to the right as you both take a step back. Ladies step back right foot behind left foot, it doesn't matter with which foot the man steps back with.
4. Both take a step forward as the man twists the lady slightly to the left.
5. Men nudge the ladies with your right shoulder as you raise your left hand unwrapping the ladies clockwise around to face you.
6. Both step back right to right and left to left. Your left hands should be high.
7. Both step in to return the lady in an anti-clockwise direction.
8. Lower your hands and both step back.

Teapot

Start off man's left hand to ladies right hand.

1. Draw a semi-circle to the left and both step back
2. Both step in side to side as the man raises his left hand stepping underneath the ladies right arm and placing her right arm behind his head. At the same time men take your right hand behind the ladies back and place it on her far hip. You should now be standing side to side facing opposite directions, the ladies right arm should be outstretched across the mans shoulders and the mans right arm should be outstretched behind the ladies back.
3. Both walk round in a clockwise direction.
4. Both walk round in a clockwise direction.
5. Men push slightly with your right hand, pull down with your left hand to bring your lady around to face you as you turn anti-clockwise to face her and step back.
6. Step in to return the ladies anti-clockwise.
7. Lower your hand and step back.

Wurlitzer

Start off man's left hand to ladies right hand.

1. Draw your semi circle to the left and as you both step back men offer your spare hand to your lady so that you step back double handhold
2. Both step in, men keep hold with the right hand at waist level but raise and flatten the left so that you are palm to palm with your lady at shoulder height.
3. Men keep hold with the right hand but push down and away with the left as you both step back, ladies turning $\frac{1}{4}$ turn out to her right. While stepping back men take your right hand over to the left, keeping it at waist level to prepare the lady for a spin
4. Both step in as the man throws his right hand forwards and over to the right to flick spin the ladies anti clockwise
5. When the lady comes around to face both step back, ladies as always offering the right hand and men catching with whichever is needed for the next move.

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Yoyo

Start off man's right hand to ladies right hand.

1. Draw your semi circle to the right and both step back
2. Both step forward so that your partner is on your right hand side and you are facing opposite directions. Men, take your right hand to your left shoulder so both your right arm and the ladies left arm are across your chest.
3. Men straighten your right arm out to the right hand side to turn the ladies out to the side. Ladies pivot on the spot and step back right foot behind left
4. Men take a small step backward as you bend your right arm forwards and then raise the hand so that your arm is in an 'L' shape with your elbow at shoulder height. This should lead the ladies anti clockwise around in front of you and into an elbows to elbows position.
5. Men push and then raise your right hand to turn the ladies clockwise under your raised right hand.
6. When your lady comes around to face you lower your hand and step back.
7. Step in to return your ladies anti clockwise
8. Lower your hands and step back.

Yoyo Pushspin

Start off man's right hand to ladies right hand.

1. Draw your semi circle to the right and both step back
2. Both step forward so that your partner is on your right hand side and you are facing opposite directions. Men, take your right hand to your left shoulder so both your right arm and the ladies left arm are across your chest.
3. Men straighten your right arm out to the right hand side to turn the ladies out to the side. Ladies pivot on the spot and step back right foot behind left
4. Men take a small step backward as you bend your right arm forwards and then raise the hand so that your arm is in an 'L' shape with your elbow at shoulder height. This should lead the ladies anti clockwise around in front of you and into an elbows to elbows position.
5. Men, push down and to your left with your right hand, letting go, to spin your partner clockwise in front of you.
6. When your lady comes around to face both step back catching with whichever hand is needed for the next move.
7. Both step in to return your ladies anti clockwise
8. Lower your hands and both step back.