

Line Dance Level Breakdown

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This list of dance terms per level was put together by the NTA members to use as a basic guideline for dancers and teachers and choreographers. It should be a big help for choreographers in assigning levels for their dances. It is important that a natural progression take place.

This is a guideline only. All dancers, teachers and classes are different, and what's intermediate for one group may be advanced for another. As with anything you learn...you need the basic information before you can move forward with more intricate details.

The terms listed are, by no means, every dance term available. The list includes some of the more common terms used in line dancing. Once you see the categories, you will have a better idea of where other terms would fit as well. Basic dance sheets should include just the fundamental patterns and should not be more than 48 or 64 counts.

The breakdown is as follows:

Basic For dancers who are new to any form of dance.

Novice For dancers who have a basic knowledge of dance terminology. This is a good bridge between Basic and Intermediate, where steps may crossover from one level to another.

Intermediate For dancers with a solid knowledge of dance terminology, who are not new to dancing

Advanced For dancers, who have a solid grasp on dance terminology, can execute more complex steps and patterns with ease, and are able to perform more style-specific technique.

NTA LINE DANCE LEVEL BREAKDOWN					
BASIC		NOVICE	INTERMEDIATE		ADVANCED
Brush	Point	Balance Step	Boogie	Rond de Jambe	Arabesque
Bump	Replace	Ball Change	Boogie Roll	(Ronde)	Assemble
Charleston	Rock Step (Fwd; Back, Side)	Chaine	Boogie Walk (aka Hip Walk)	Sailor Shuffle (aka Vaudeville Step)	Attitude
C.B.M.	Scuff	Coaster (Forward; Backward)	Cha Cha (w/Cuban Motion)		Developpe
Cross	Shimmy	Cross Unwind		Sailor Step	Hoover
Cross Rock	Slap	Crossing Triple	Gallop	Stationary Turns (aka spins)	Moon Walk
Dig	Splits (Toe; Heel)	Drag (aka Draw)	Heel Ball Change	Sugar foot	Polka
Foot Positions			Heel Jacks	Switches (Side; Heel)	Progressive turns (aka Traveling pivots)
Frame	Stamp–Stomp up	Fan (Toe; Heel)	Heel Pivots	Swivet	Ripple
Freeze	Step Turn (aka Pivot Turn, Break Turn, Military Pivot Chase Turn)	Grind	Heel Turns	Swivels	Rise & Fall
Grapevine (aka Vine)		Jazz Box (aka Jazz Square)	Heel Twists		Samba
Heel Splits			Hip Lift	Toe/Heel/Cross	Swing E/C
Hitch	Scoot	Leap	Jazz Box–Turning	Triple Turn	Salsa
Hook	Stomp	Military Turn	Kick Ball Change	Turning Sailor Step	Spiral turns
Hook Combination	Strut (Toe; Heel)	Paddle Turn	Kick Ball Cross	Twinkle	Two Step
Hop	Sway	Push Turn	Lock Step	Vaudeville Hop	Twist Turn
Jump	Swivel	Ska te	Locking Back Triple Step		Advanced
Kick	Three Step Turn	Slid e	Lunge (Fwd, Back, Side)		Waltz
Kick Ball Change	Touch (aka Tap)	Sugar Foot	Mambo Step Pattern		Wave
Knee Po	Triple Step	Triangle	Mashed Potatoes		
	Walks	Triple Step (Fwd; Back, Side)	Monterey Turn		
	Weave (8 c)	Twist Turn	Pigeon Toe Movement		
			Port de Bras		