



TOUCH



HITCH

SHO'S LINE DANCE BASICS



FORWARD HEEL TOUCH



HEEL STRUT

Two actions, first place heel of one foot on floor then drop the toes of same foot on floor. Can travel forward, to the side & diagonally.



SIDE TOUCH



TOE STRUT

Two actions, first place toes of one foot on floor then drop the heel of same foot on floor. Can travel forward, backwards, sideways & diagonally.



SCUFF

Lightly scuff heel on floor as foot moves forward. Foot finishes off floor with flexed knee.



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REMEMBER THESE BASIC MOVEMENTS CAN ALSO BE USED WITHIN YOUR LINE DANCE WARM UP