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## 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.

Night Club Two Step is an easy dance that almost anyone can learn. Its key characteristic is a rock step followed by a side step. Schwimmer says that the rock step is actually a 5th position break, adding that he doesn't recommend pronounced Latin hip movements.

## Musical Information

Time signature: 4/4

Tempo: 16-22 measures per minute

Timing: 1&2, 3&4, 5&6, 7&8

Beat value: ½-½-1

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.

## Nightclub Two Step Bronze Routine

*Figures 1-7*

Basic Rhythm	1&2, 3&4, 5&6, 7&8
Basic in CP (end in DHH)	1&2, 3&4, 5&6, 7&8
Outside UAT (Follower turns on 3&4), end in CP	1&2, 3&4
Opening Out R & L	5&6, 7&8
Basic in CP (end in FacP, L to R HH)	1&2, 3&4, 5&6, 7&8
Shoulder Check (end in R to R HH)	1&2, 3&4, 5&6, 7&8
Shadow Positions	1&2, 3&4, 5&6, 7&8
Outside UAT(change to L to R HH on ct 2, Follower turns on 3&4), end in CP	1&2, 3&4
Flip Flops	5&6, 7&8
Repeat Routine from the Beginning	

## Nightclub Two Step Bronze Routine

*Figures 8-15*

Commence in FacP, DHH	
Cradles	1&2, 3&4, 5&6, 7&8
Inside Underarm Turn 2X (end in CP)	1&2, 3&4, 5&6, 7&8
Opposition and Travel to the Right 2x (end in FacP)	1&2, 3&4, 5&6, 7&8
Push Spin 2X	1&2, 3&4, 5&6, 7&8
UAT and Follower's Spin (2X)	1&2, 3&4, 5&6, 7&8
Criss Cross and Underarm Turn	1&2, 3&4, 5&6, 7&8
Traveling Crosses Left and Right (end in XHH, L over R)	1&2, 3&4, 5&6, 7&8
Through the Window	1&2, 3&4, 5&6, 7&8
Inside Underarm Turn 2X (end in FacP, DHH)	1&2, 3&4, 5&6, 7&8
Repeat Routine from the Beginning	

## 1. Basic Rhythm

LEADER Commence in CP							
STEP	FOOT POSITIONS	DANCE POS	LEAD	TURN	COUNT	FOOTWORK	SUMMARY
1	LF closes to RF, w/o wt (tap)	CP	WC	Nil	1	Pres on B of LF	1 & 2: LF Basic Rhythm
2	Position held	CP	WC	Nil	&	Footwork held	
3	LF to side	CP	WC	Nil	2	BF	
4	RF closes to LF, w/o wt (tap)	CP	WC	Nil	3	Pres on B of RF	3 & 4: RF Basic Rhythm
5	Position held	CP	WC	Nil	&	Footwork held	
6	RF to side	CP	WC	Nil	4	BF	
7-12	Repeat Steps 1-6	CP	WC	Nil	5&6 7&8	Repeat steps 1-6	5&6 7&8: LF and RF Basic Rhythm

**Note for Leader and Follower:** Sway to Right on 3 for Leader (Left for Follower) and sway to Left on 6 for Leader (Right for Follower) may be used.

FOLLOWER Commence in CP							
STEP	FOOT POSITIONS	DANCE POS	TURN	COUNT	FOOTWORK	SUMMARY	
1	RF closes to LF, w/o wt (tap)	CP	Nil	1	Pres on B of RF	1&2: RF Basic Rhythm	
2	Position held	CP	Nil	&	Footwork held		
3	RF to side	CP	Nil	2	BF		
4	LF closes to RF, w/o wt (tap)	CP	Nil	3	Pres on B of LF	3&4: LF Basic Rhythm	
5	Position held	CP	Nil	&	Footwork held		
6	LF to side	CP	Nil	4	BF		
7-12	Repeat Steps 1-6	CP	Nil	5&6 7&8	Repeat steps 1-6	5&6 7&8: RF and LF Basic Rhythm	

## 2A. Two Step Basic - Closed Position

LEADER	Commence in CP						
STEP	FOOT POSITIONS	DANCE POS	LEAD	TURN	COUNT	FOOTWORK	SUMMARY
1	LF behind RF, TTO	CP	Slightly expand frame to lead Follower to step back	Nil	1	T	1&2: LF Basic
2	Replace weight to RF	CP	Allow frame to return to original position	Nil	&	BF	
3	LF to side	CP	WC with slight compression	Nil	2	BF	
4	RF behind LF, TTO	CP	Slightly expand frame to lead Follower to step back	Nil	3	T	3&4: RF Basic
5	Replace weight to LF	CP	Allow frame to return to original position	Nil	&	BF	
6	RF to side	CP	WC with slight compression	Nil	4	BF	
7-12	Repeat steps 1-6	CP	Repeat steps 1-6	Nil	5&6, 7&8	Repeat steps 1-6	5&6 7&8: LF and RF Basic

**Note for Leader and Follower:** Steps 1 – 12 may turn gradually to the Left or Right.

FOLLOWER	Commence in CP						
STEP	FOOT POSITIONS	DANCE POS		TURN	COUNT	FOOTWORK	SUMMARY
1	RF behind LF, TTO	CP		Nil	1	T	1&2: RF Basic
2	Replace weight to LF	CP		Nil	&	BF	
3	RF to side	CP		Nil	2	BF	
4	LF behind RF, TTO	CP		Nil	3	T	3&4: LF Basic
5	Replace weight to RF	CP		Nil	&	BF	
6	LF to side	CP		Nil	4	BF	
7-12	Repeat steps 1-6	CP		Nil	5&6 7&8	Repeat steps 1-6	5&6 7&8: RF and LF Basic

## 2B. Two Step Basic - Double Hand Hold

Same as 2.A. above, except in FacP, DHH

### 3. Outside Underarm Turn

LEADER Commence in FacP, DHH							
STEP	FOOT POSITIONS	DANCE POS	LEAD	TURN	COUNT	FOOTWORK	SUMMARY
1	LF behind RF, TTO	FacP, DHH	Slightly extend arms to lead Follower to step back	Nil	1	T	1&2: LF Basic in DHH
2	Replace weight to RF	FacP, DHH	Allow arms to return to original position	Nil	&	BF	
3	LF to side	Prep FUATR	Raise L arm slightly leftward	Nil	2	BF	
4	RF behind LF, TTO	UAT	Release hold with R hand and circle L arm clockwise to lead Follower to UATR. Lower L arm at end of 5	Nil	3	T	3&4: RF Basic (Follower's UATR)
5	Replace weight to LF	UAT		Nil	&	BF	
6	RF to side	FacP, DHH -or- CP	Regain FacP, DHH or CP	Nil	4	BF	
7-12	1-6 of Basic	FacP, DHH -or- CP	Same as steps 1-6 of Basic	Nil	5&6 7&8	Repeat steps 1-6	

Note: May also commence in CP.

FOLLOWER Commence in FacP, DHH							
STEP	FOOT POSITIONS	DANCE POS	TURN	COUNT	FOOTWORK	SUMMARY	
1	RF behind LF, TTO	FacP, DHH	Nil	1	T	1&2: RF Basic, prep for UAT R	
2	Replace weight to LF	FacP, DHH	Nil	&	BF		
3	RF to side	Prep FUATR	1/8 turn R	2	BF		
4	LF forward	UAT	1/8 turn R	3	T	3&4: UAT R	
5	Replace weight to RF	UAT	1/2 turn R	&	BF		
6	LF to side	FacP, DHH -or- CP	1/4 turn R	4	BF		
7-12	1-6 of Basic	FacP, DHH -or- CP	Nil	5&6 7&8	Repeat steps 1-6	5&6 7&8: Basic	

Note: May also commence in CP.

## 4. Opening Out Right & Left

LEADER	Commence in CP						
STEP	FOOT POSITIONS	DANCE POS	LEAD	TURN	COUNT	FOOTWORK	SUMMARY
1	LF behind RF, TTO	RSP	Release hold with L hand and keeping tone in frame, lead Follower to step backwards by opening own body to the left	1/4 turn L	1	T	1&2: back break in RSP
2	Replace weight to RF	RSP	WC	Nil	&	BF	
3	LF to side	Transition	Turn to face Follower and place L arm around Follower's waist, beginning to release R arm from Follower's waist	1/4 turn R	2	BF	
4	RF behind LF, TTO	LSP	Release R hand from Follower's back, and keeping tone in frame, lead Follower to step backwards by opening own body to the right	1/4 turn R	3	T	3&4: back break in LSP
5	Replace weight to LF	LSP	WC	Nil	&	BF	
6	RF to side	Transition	Turn to face Follower and place R arm around Follower's waist beginning to release L arm from Follower's waist	1/4 turn L	4	BF	
7-12	Repeat steps 1-6	Repeat steps 1-6	Repeat steps 1-6	Repeat steps 1-6	5&6, 7&8	Repeat steps 1-6	5&6 7&8: Same as 1&2 3&4

FOLLOWER	Commence in CP						
STEP	FOOT POSITIONS	DANCE POS	LEAD	TURN	COUNT	FOOTWORK	SUMMARY
1	RF behind LF, TTO	RSP		1/4 turn R	1	T	1&2: back break in RSP
2	Replace weight to LF	RSP		Nil	&	BF	
3	RF to side	Transition		1/4 turn L	2	BF	
4	LF behind RF, TTO	LSP		1/4 turn L	3	T	3&4: back break in LSP
5	Replace weight to RF	LSP		Nil	&	BF	
6	LF to side	Transition		1/4 turn R	4	BF	
7-12	Repeat steps 1-6	Repeat steps 1-6		Repeat steps 1-6	5&6 7&8	Repeat steps 1-6	5&6 7&8: Same as 1&2 3&4