

Dance Steps for the Bristol Stomp

Contributor

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The Bristol Stomp was written by the Dovells in 1957. It did not really catch on until 1961. While the Dovells fell out of fashion in the 1960s, the Bristol Stomp remains a popular [dance](#) around the world. Join in the fun and learn its dance steps.

Tapping the Heels

1. For the beginning of the Bristol Stomp, stand with your feet at shoulder's width apart facing the center of the room. Lift up your right foot and tap your right heel on the ground in front of you twice. Bring your right foot back beside your left. Pick up your left foot and tap the ground twice before you with your heel.

Stepping Backward

2. Bring your left foot back beside your right. Step backward with your left foot and then with your back. Step back again with your left foot, but shuffle your right foot back by dragging it a little on the ground. Step forward with your left foot. Repeat the steps beginning with those in Section 1.

Doing the Break

3. Pick up your right foot and tap your heel twice on the floor in front of you. Take a step back with your right foot, then kick your left [leg](#) behind you. Kick your left leg back one more time, then step forward with your left foot.

Return to the beginning step of the dance and repeat.

Click the link below to learn the Hand jive

<http://alphaassociation.homestead.com/files/reunion2010handjive.flv>

THE FRUG

The Frug is executed by moving the hips laterally from side to side at a fast pace. Knees remain slightly bent, but do not forcibly bend and straighten the knees to produce the hip action. The major concentration should be in the area of the hips and not the knees.



To begin, stand with both feet together, knees slightly bent, hips back, body pitched slightly forward. Move hips to right as in Photo 1. Then move hips to left as in Photo 2.

Move hips from right to left, increasing tempo from a slow to a fairly fast pace. Counting from 1 thru 8 . . . 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 . . . move hips to right on every numbered count and to left on every & count, thus keeping time to the music.



The Crawl . . . extend arms fwd and dwd alternately, swimming with first right arm then left. Ct 1 thru 8, swim with right arm for 4 cts, with left for 4 cts, then alternate.

Back Stroke . . . right arm and elbow move bwd and dwd, right shoulder back; then left arm and elbow bwd and dwd, left shoulder back. Ct 1 thru 8, stroke with right arm 4 cts, then with left 4 cts, and alternate.



The Dog Paddle . . . simulated paw and leg movements of a dog swimming, hold both hands in front of body, chest high, palms down. Stroke fwd, dwd and bwd with right hand, then left hand, alternate.



The Breast Stroke . . . extend both arms fwd, hands together. Stroke bwd and outward with both arms. Ct 1 thru 8, arms fwd on first 4 counts, bwd on next 4 counts, and repeat.

Bend It!



Click on the image to see the original instructions to Patrick Kerr's dance
(Thanks to Scooter Stu for this!)

The Hokey Pokey (or Cokey)

The participants stand in a big ring formation during the dance.

The dance follows the instructions given in the lyrics of the song, which may be prompted by a bandleader or another danceleader. Specific body parts are named, and these are then sequentially put into the ring, taken out of the ring, and finally wiggled around maniacally inside the ring. After this is done one raises one's hands up to the side of the head, wiggles them, and turns around in place until the next sequence begins, with a new named body part. A sample instruction set would be:

You put your left ear in, You put your left ear out, You put your left ear in and you shake it all about. You do the Hokey Pokey and you turn around, That's what it's all about . . . oi!



The Watusi (Dance to moderate

tempo)



Stance:

Stand with your feet about 12 inches apart. Keep both knees bent at all times. Pretend you are going to take a golf swing.

Hip Movement:

On the count of one, shift weight to right foot, making right hip move out to the right.

On the count of two, shift weight to left foot, making left hip move out to the left. Move from side to side with hips swinging right to left to a 1-2, 1-2 rhythm.

Arm Movement:

Hold arms out in front of you as if you were holding a golf club. Swing hands to your right, then down in a semicircular motion to your left, back to right, then to left, counting 1-2, 1-2.

Putting Them Together:

Now do the hand and hip movements simultaneously from right to left on a count of 1-2.



The Mashed Potato / Monster Mash

The basic Mashed Potato dance steps are on the right.

The 'Monster Mash is essentially the same dance, done with creepy, ghoulish arm movements and transitions.

Right knee bends, right foot lifts off the floor, weight shifts to left foot.

Pivot on left foot an eighth of a turn clockwise.

Left foot pivots a quarter turn counterclockwise.

Right foot steps close to left foot, then right foot pivots a quarter turn clockwise.

Left knee bends and left foot lifts off the floor.

Right foot pivots a quarter turn clockwise.

Left foot steps close to right foot, then left foot pivots quarter turn clockwise.

Right knee bends and right knee lifts off the floor.

Left foot pivots quarter turn counterclockwise.

Right foot steps close to left foot, then right foot pivots quarter turn clockwise.

Left knee bends and left foot lifts off the floor.

Right foot pivots quarter turn counterclockwise.

Repeat.



The

Hitch-Hike



1. Stand in upright position with feet apart, doing the frug movement.

2. Hitch-hike with right thumb on the counts 1-2-3, to you right side.

3. Clap on the fourth beat on the right side of your body.

4. Hitch-hike with the left thumb on the count 1-2-3, back to the left side.

5. Clap on the fourth beat on the left side of your body. Repeat over and over.





The Monkey



1 . Taking a fighter's crouch, face your partner and stand with feet apart, knees bent.
Bend arms and close fists, thumbs up.

2. Bend forward from waist to the left, raising right arm. As your body bobs, your head also bobs forward on each count. The whole effect is jerky.

3. Straighten up to original position.

4. Bend forward from waist toward your partner, facing centre, switching arms as you do so.

5. Straighten to original position. Hands and head should give impression of monkey holding two bananas.

6. Bend forward from waist to the right. Straighten to original position.

7. Bob back to centre, bending at waist and again switching hands.

8. Repeat entire pattern. Counts are double time, hitting every accent in the music.



The Chicken

1. Stand with feet together and put right heel out.

2. Jump back into place with right foot, landing with left toe on ground, left heel raised.

3. Put heel of left foot out to left side.

4. Jump back in place with left foot, landing with right toe on ground, right heel raised. Repeat over and over in place. The body moves easily from side to side by dropping the opposite shoulder each time the foot goes out.



The counts are 1-2-3-4. Repeat it over and over
Note: The hands are raised, the fingers snapping
on the beat.



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apart,
hands
held at
side of
body two
or three
inches
from side

1. Swing
weight
over onto
left foot,
both
knees
bending
over to
the left,
swinging
arms
across
each
other at
the same
time.

2. Swing
weight
over onto
right foot,
both
knees
bending
over to
the right,
uncrossin
g arms
and
swinging
them wide
open
away from
body.

Continue
this
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or 'King
Of Kings'
or 'Gypsy
Woman'
by Cosmo



The Blue-Beat

**Click
here to
see the
floor
step
pattern**

**(Thanks
to
Scooter
Stu for
this!)**



The Pony

The Pony is from Chubby Checker's "Pony Time". The beat is 1&2, 3&4, etc, with the feet comfortably together. Various arm and hand motions can be done when Pony-ing, and movement on the dance floor can occur; however, there is no line-of-dance. Couples do not touch, and they are generally facing each other, but turns and chase positions are also possible. Counts are 1 and 2 (right foot pony) 3 and 4 (left foot pony)

1. Stand normally
2. Jump to the right and land on your right foot leaving the left foot in the air next to your ankle.
3. Step down on your left foot toes lifting up your right foot at the same time.
4. Step down on your right foot lifting up your left foot at the same time.
5. Jump to the left and land on your left foot leaving the right foot in the air next to your ankle.
6. Step down on your right foot toes lifting up your left foot at the same time.
7. step down on your left foot lifting up your right foot at the same time.
8. Move your arms up when you are ponying on the right foot and move them down on the left foot.



The Madison / Madison Time

Typical music is 'The Madison Time' by The Ray Bryant Combo, available on various CD compilations. Click [here](#) for samples. The tune is in regular 4/4 time.

The dance consists of a basic step and a series of figures. Each figure occupies a fixed number of beats, but they are all different. Don't expect the figures to start on the first beat of a bar or at the beginning of a phrase as they go all across the music.

The basic step occupies 6 beats or one and a half bars, so the step weaves pleasantly in and out of the tune. Always complete the basic step you're doing, then go straight into the figure, whatever the tune may be doing.

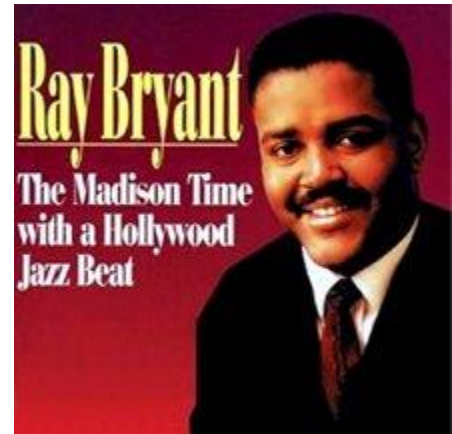


The Basic Madison Step (1.5 bars)

It's six beats and it goes like this. Step; close; step; tap; tap; tap. Stand slightly sideways with your left shoulder to the front.

- (1) Step LF to the side.
- (2) Close RF to LF without weight and clap.
- (3) Step back on RF to place.
- (4) Cross LF in front of RF and tap.
- (5) Uncross LF and tap.
- (6) Cross LF in front and tap.

On the clap, reach forward with both arms. On the taps raise the hands to shoulder level and wave from side to side.



More Madison Figures

Two Up, Two Back, Big, Strong Turn (X) (4 bars)

Chasse to the left (L, R, L, pause) then the chasse to the right (R, L, R, pause). Turn anticlockwise on the spot with 4 steps (2 beats per step), L, R, L, R.

During the turn, flourish the arms, raising the R arm with the R leg.

Two Up, Two Back, Double Cross, Rifleman (R) (5.5 bars)

Chasse left and right as before. Walk forward with 4 steps (2 beats per step) crossing free leg in front of the other. Drop down (2 beats).

Jump up and shoot the rifle (2 beats). Step forward LF. Step back RF, then back to the basic.

M and Erase It (M) (8 bars)

Trace the letter M on the floor with chasses to the left and right. There are 4 chasses to draw the M and another 4 to erase it.

T Time (T) (2.5 bars)

Chasse to the left and close with RF. Star jump to arms outstretched (T) position. Jump back to normal arms down position.

Chasse right to place, extending arms on each step R.

Cleveland Box (C) (4 bars)

This is a box step, but it's a bit more complicated than the 4 step box used by line dancers and The Shadows.

Imagine a compass rose on the floor about 18 inches across. You start, not in the centre, but at the S mark, and visit four points around the circle, as follows:

Step LF to SW. Close RF. Step LF to NW. Step RF to NE. Close LF. Step RF to SE. Step LF to SW. Close RF. Each step is two beats.

Where's the pattern in that, you may ask. Well, you need to visit each of the four points by stepping onto

each then closing with the free foot. However, in some cases a close will put you on the wrong foot for the next side step. You therefore omit the close when it would trip you up on the next step. Try it and see. Whilst you're doing this you bend forward from the waist and revolve the hands rapidly around each other. When you close with the feet you don't simply bring the feet together. You bring your free foot directly behind the standing foot and spring on to it, knocking away the other foot. On every close, you stand upright, then bend forward for the next step. Needs a bit of practice, but don't ask me to demonstrate!!

Basketball with the Wilt Chamberlain Hook (W) (3 bars)

Chasse to the left dribbling the ball. Jump to shoot the hoop turning anticlockwise (2 beats). Jump back clockwise to front (2 beats).

Chasse back to the right, calling out the score. ("Two points").

Jackie Gleason (J) (2.5 bars)

Chasse to the left. Throw R leg out to the front, then swing it back in front of L leg. Launch forward on to RF with arms outstretched (2 beats). ("Awaaaaay we go").

Step L, Step back R to place.

Birdland (B) (6.5 bars)

Totally freeform. Walk around doing various bird impressions as you wish.

Two Up, Two Back, Double Cross and Freeze (F) (4.5 bars)

Chasse to the left and right. Walk forward crossing free leg in front (2 beats per step). Freeze.

The Block



Crouch down with arms slightly bent, palms facing down. Quickly place one foot in front of the other and twist your heel as it lands.

Spin round on your heels and improvise a bit of fancy footwork.

The Hitch Hike



With feet firmly placed, bend knees slightly and shake your hips. Place your hands at your sides and fist them, leaving thumb open and pointing up. Move arms up and down alternately, jerking your fist over your shoulder. Then, occasionally, jerk both fists together over one shoulder and jump to either side. Also, see below for more instructions

The Shake

Other Basic Dance Steps:

THE LIMBO
Dancers move to a Caribbean rhythm, then lean backwards and 'dance' under a horizontal stick without touching it. Upon touching it, or falling backwards, the dancer is



Stand with one foot firmly in front of the other, stretch your arms out and swing from side to side while nodding your head. Shake your upper body from the hips, occasionally jumping to one side or the other.

The Dog



With feet slightly apart, crouch down with arms bent and fists clenched. Move body and arms backwards and forwards with the beat. Jerk clenched fists over shoulders alternately similar to Hitch Hike movement and jump to the left or right.

The Ska



"Milk a cow" with your hands from a crouched position, swaying from the hips. Keep the rhythm, moving slowly up and down, occasionally lifting one foot up high. The Stricken Chicken - Don't wait for Oktoberfest. Bend your arms so that both elbows stick out at a 90-degree angle. Flap your arms like wings while squeezing your knees together and strutting around. It only sounds silly, it looks cool.

More on [The Ska](#) at [HipsterGoGo](#)

"out". When several dancers compete, they travel in single file and the stick is gradually lowered until only one dancer, who has not touched either the stick or the floor, remains.

THE SHIMMY

The Shimmy is a dance in which the body is held still, except for the shoulders, which are alternated back and forth. When the right shoulder goes back, the left one comes forward. It may help to hold the arms out slightly bent at the elbow and, when the shoulders are moved, keep the hands in the

same
position.

**THE
FREDDY
(FREDDIE)**

You simply
just stand in
one place!
Then, in
rhythm with
the music,
first extend
the left leg
and left arm;
then the
right leg and
right arm
(not all at
once - you'll
fall over!)
Repeat until
the song's
conclusion.

**THE
MOUSE**

Is another
monkey
variation.
Put your
thumbs to
your ears,
wiggle your
fingers, put
your upper
teeth over
your lower
lip-and keep
the beat with
your knees.
That's the
whole
mouse.

THE

LOCOMOTION

Slide, touch,
slide, touch,
slide, touch,
slide, touch.
Lock steps
for eight
counts. Walk
forward with
a kick, walk
back with a
stomp. Hop
forward, hop
back, hop
forward, hop
back, hop
forward, hop
back with a
one-quarter
right turn.
Got it? Begin
again.

PEYTON PLACE AFTER MIDNIGHT

Extend your
left arm in
front of your
body as if
you're
holding
reins. Wave
your right
arm in a
circular
motion
above your
head while
galloping in
place for two
counts.
Bend slightly
at the waist
and stick out
your rear.

Make the circular arm motion by your knees while continuing to gallop in place for two counts.

THE JERK

This is basically the Monkey, but with your arms and hands moving as if you're leading a band - crossing your wrists in front of your chest, then sweeping out-in time, or at half time, with your body movement, to the count of four. Your hands are up at face level. On count 1, the outward sweep, "push" your hands out into the outward sweep, giving a jerky motion. For a little more style, snap your fingers on the two outward movements - the first and third counts of your hand motion.

Step One: Stand in a fighter's stance facing your partner, with your feet apart and your knees bent. Hold your hands so that they are out on either side of your body, with your hands about level with your face.

Step Two: Bend forward with your body toward your partner and turn to your left. As you do so, cross your hands before you at the wrists. The hands should still be held up at the same level. Remember to bob your head forward as you bend your body.

Step Three: Straighten your body and spread your hands wide again.

Step Four: Lean forward again toward your partner, turn to the centre and cross your hands in front of you. Bow your head as you bend forward.

Step Five: Raise yourself up straight again, spread your arms wide then repeat the above steps to the right.

Step Six: Vary the steps a little by snapping your fingers as you throw out your hands.

Step Seven: Check yourself out in a mirror - you should be looking like a rather jerky monkey conducting a band!

THE BUNNY HOP

The participants dance in a line, holding on to the hips of the person in front of them. They tap the floor two times with their right foot, then with their left foot, then they hop forwards, backwards, and finally three hops forward to finish the sequence, which continues throughout the song. The first person in the line leads the group around the floor, much like a conga.

THE BOSTON MONKEY

Feet together, knees bent. Body bent from the waist. Hands in front of you, palms down, at waist level. Movement: Hips to the left, hips to the right. You push your right hip out and slightly back, at the same time moving your hands to the left. You push your left hip out and slightly back, at the same time moving your hands to the right. All done bobbing, monkey-like.

THE STROLL

Form two lines, men on one side, facing the women on the other. The first man and woman make their way down the line, strutting their stuff to the end of the row where they separate, with the man rejoining the men's aisle and the woman lining up with the women. Then the next couple make their way down the line. Meanwhile, the people in the line move to the music and try to look real cool.

THE HAND JIVE

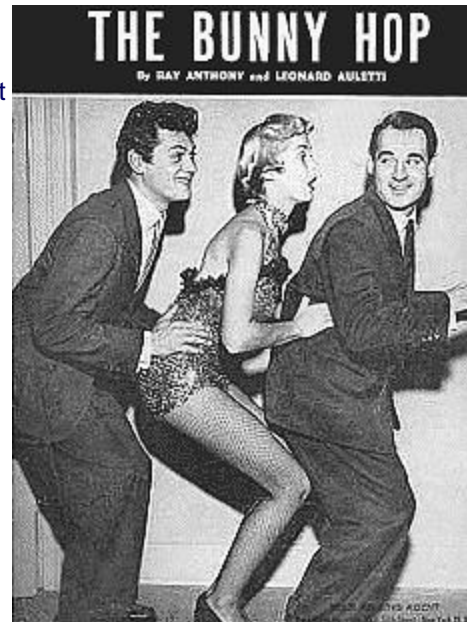
THE BUG

1. Form a circle
2. Get in the circle
3. Combat the rug
4. Start scratchin'
5. Pass the bug
6. Repeat steps 1-5

Stomp right forward, stomp left forward. Heel, hook, heel, together. Heel split, hitch left. Charleston kicks. Left step forward, kick right, right together, stomp left. Point, sway, step, sway. Vine left with one-quarter counter-clockwise turn, hitch right knee. Walk back, stomp right two times. Keep going!

Yes... steps 3 and 5 are a bit of a mystery to me as well.... so thanks to 'Ed' for some clarification. He writes:

"The dance begins by forming a circle. Everyone in the circle dances in place. One person gets into the centre of the circle and begins dancing, swatting and scratching like they have a bug in their clothes. The dancer in the circle then 'catches the bug' and 'throws'



THE ROACH

Thanks again to 'Ed' who writes:

" You can get a good feel for this dance by watching John Water's 'Hairspray' - the original film from the late 80s (The Bug is also part of this film). I'm unsure of the entire nature of the dance, but I do know that it starts with a line. There is a stomping, squishing motion with the feet and an arm movement like you are 'fumigating' to kill a roach. The lyrics to the song say "You stomp, step, skip, 2,3,4,5,6,7, you stomp, step, skip, 2,3,4,5,6,7, you stomp, step, skip, 2,3,4,5,6,7, you stomp, step, skip, 2,3,4,5,6,7, squish, squash, kill that roach." This suggests that it may have been a box-style dance since there are so many steps. Not sure that this helps much..."

THE SWIM

You do **The Twist** with your hips and legs and do all sorts of swimming (or diving) motions with your hands

it onto someone else who is in the circle. This person moves into the centre of the circle and the first dancer moves back to the circle. I saw 'The Bug' done at a wedding several years ago. It's a lot of fun, but the song generally needs to be played several times to make it really enjoyable. 'The Bug' is only a 2 minute and 15 second song".

THE WADDLE

1. Shake the water off your back
2. Strut your stuff
3. Get up,get loose
4. Walk choppy like a long-neck goose

These are the best I can provide at the moment with a great many thanks to the interest, input and generosity of *Denver*

Dance Resources