



LES DANSES COUNTRY

Walse : (1 – 2 – 3) – (4 – 5 – 6)

WCS : (1 – 2) – (3 & 4) – (5 & 6)
West Coast Swing

ECS : (1 & 2) – (3 & 4) – (5 – 6)
East Coast Swing

2 Step : (1 & 2 – 3) – (4 & 5 – 6)
(Quick Quick Slow Slow) (Quick Quick Slow Slow)

Polka : (1 & 2) – (3 & 4) – (5 & 6) – (7 & 8)

Chacha : 1 – (2 – 3 – 4 & 5) – (6 – 7 – 8 & **1**)

Night Club : (1 – 2 &) (3 – 4 &) (5 – 6 &) (7 – 8 &)

“Smooth” : Rythme doux / lisse

“Lilt” : Rythme cadencé