BALLROOM HOW-TO · PRACTICE SHEET

The Bachata Basic

Step, step, step, tap · side to side · one beat per step

Remember: every step takes one beat, and the tap on 4 and 8 is a touch with no weight. Keep your side steps small, your knees soft, and let your hips follow on their own.

Leader

Count	Step	Foot and direction
Start	—	Feet together, facing partner, weight on right
1	Step	Left foot to the side (left)
2	Step	Right foot next to left
3	Step	Left foot to the side again
4	Tap	Right foot taps beside left, no weight
5	Step	Right foot to the side (right)
6	Step	Left foot next to right
7	Step	Right foot to the side again
8	Tap	Left foot taps beside right, no weight

Follower

Count	Step	Foot and direction
Start	—	Feet together, facing partner, weight on left
1	Step	Right foot to the side (right)
2	Step	Left foot next to right
3	Step	Right foot to the side again
4	Tap	Left foot taps beside right, no weight
5	Step	Left foot to the side (left)
6	Step	Right foot next to left
7	Step	Left foot to the side again
8	Tap	Right foot taps beside left, no weight

Your five-minute practice

1. **Minute 1:** play the count-along video and say "one, two, three, tap" out loud with it.
2. **Minutes 2–3:** dance your own part alone, no music. Touch on every tap, but don't step.
3. **Minute 4:** dance along with the slow practice track (100 beats per minute).
4. **Minute 5:** try the social-tempo track (128 beats per minute) with small steps. Go back to slow if it falls apart.

Check yourself

- Did my weight stay on the standing foot on every tap?
- Did I tap on 4 and 8 every time?
- Were my side steps small?
- Did my hips follow, rather than me forcing them?

When it feels easy

- Try it with a partner holding hands, eight basics in a row.
- Practice with a song from the guide's list, like "Darte un Beso."
- Ask Amy about the forward and back basic and the follower's turn.