

The Bolero Basic

Slow, quick, quick · side and rise, then two small steps · two halves, eight beats per basic

Remember: the slow takes two full beats. Step to the side on a soft knee first, then rise. Lower a little on the quicks, and keep them small and under your body. Smooth, not bouncy.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1-2	Slow	Left foot to the side, then rise
3	Quick	Small step back on right
4	Quick	Weight forward to left
1-2	Slow	Right foot to the side, then rise
3	Quick	Small step forward on left
4	Quick	Weight back to right

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1-2	Slow	Right foot to the side, then rise
3	Quick	Small step forward on left
4	Quick	Weight back to right
1-2	Slow	Left foot to the side, then rise
3	Quick	Small step back on right
4	Quick	Weight forward to left

Your five-minute practice

- Minute 1:** play the count-along video and say “slow, quick, quick” out loud with it.
- Minutes 2-3:** dance your own part alone, no music. Exaggerate the slow: step, then rise.
- Minute 4:** dance along with the slow practice track (80 beats per minute).
- Minute 5:** try the dance-tempo track (92 beats per minute). Go back to slow if it falls apart.

Check yourself

- Did my slow really last two beats?
- Did I land the side step before I rose?
- Were my quick steps small enough that I never reached?
- Was the rise and fall smooth, not bouncy?

When it feels easy

- Try it with a partner in a relaxed hold, eight basics in a row.
- Practice with a song from the guide’s list, like “She Will Be Loved.”
- Ask Amy about turning the basic and the underarm turn.