

The Hustle Basic

Rock, replace, march, march · one step on every beat: 1, 2, 3, 4

Remember: both partners rock back, *away* from each other. The marches bring you back together. Keep every step small.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1	Rock	Left foot steps back
2	Replace	Weight forward onto right foot
3	March	Left foot steps under you
4	March	Right foot marches in place

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1	Rock	Right foot steps back
2	Replace	Weight forward onto left foot
3	March	Right foot steps under you
4	March	Left foot marches in place

Your five-minute practice

- Minute 1:** watch Amy's basic in the video (0:10) and say "rock, replace, march, march" with it.
- Minutes 2-3:** dance your own part alone, counting 1, 2, 3, 4 out loud.
- Minute 4:** dance along with the slow practice track (100 beats per minute).
- Minute 5:** try the dance-tempo track (120 beats per minute). Go back to slow if it falls apart.

Check yourself

- Did I rock *back*, not toward my partner?
- Is my rock step short, about half a normal step?
- Did each march change my weight, so the right foot is free for the next rock?
- Are my arms soft, with no pulling?

When it feels easy

- Let the basic rotate slowly clockwise (leader's view).
- Try three-count timing: rock and replace squeeze into "and-one," march on 2 and 3.
- Watch the turns in Amy's video: outside-to-inside turn, basket, inside turn.