

The Jive Basic

Eight steps in six beats · 1, 2, 3 a 4, 5 a 6 · a rock step, then two chassés

Remember: stay on the balls of your feet with soft knees. Keep the rock step tiny, with your weight forward. In each chassé the 3 (or 5) takes about three quarters of a beat, the “a” a quick quarter, and the 4 (or 6) a full beat. Keep the chassés small and nearly in place. Bounce in your knees; don’t jump.

Leader

Count	Step	Foot and direction
Start	–	Feet together, weight on right
1	Rock	Small step back on the left
2	Replace	Weight forward onto the right
3	Side	Left foot to the side
a	Close	Right closes, quickly
4	Side	Left foot to the side
5	Side	Right foot to the side
a	Close	Left closes, quickly
6	Side	Right foot to the side

Follower

Count	Step	Foot and direction
Start	–	Feet together, weight on left
1	Rock	Small step back on the right
2	Replace	Weight forward onto the left
3	Side	Right foot to the side
a	Close	Left closes, quickly
4	Side	Right foot to the side
5	Side	Left foot to the side
a	Close	Right closes, quickly
6	Side	Left foot to the side

Your five-minute practice

- Minute 1:** clap “1, 2, 3 a 4, 5 a 6” with the slow practice track (100 beats per minute), making the “a” late.
- Minutes 2-3:** chassés only, side to side, on the balls of your feet. Then add the rock step in front.
- Minute 4:** the whole basic with the slow track, then try the faster track (152 beats per minute).
- Minute 5:** dance along with the count-along video.

Check yourself

- Was my rock step small, with my weight forward?
- Was the “a” quick and late, not even?
- Did my chassés stay nearly in place?
- Did I stay on the balls of my feet?
- Did I bounce from my knees instead of jumping?

When it feels easy

- Dance eight basics in a row with a partner.
- Try it to “Rock Around the Clock.”
- Ask Amy about the fallaway rock and the change of places.