

The Nightclub Two Step Basic

Slow, quick, quick · side, rock, replace · count “one, two and, three, four and”

Remember: the slow side step fills a whole beat; the two quicks share the next beat. Keep the rock step small (toe no farther back than your other heel), stay level with soft knees, and keep your weight over your own feet.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1 (slow)	Side	Left foot steps to the left
2 (quick)	Rock	Right foot rocks back, just behind left heel
& (quick)	Replace	Weight back onto the left (no step)
3 (slow)	Side	Right foot steps to the right
4 (quick)	Rock	Left foot rocks back, just behind right heel
& (quick)	Replace	Weight back onto the right (no step)

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1 (slow)	Side	Right foot steps to the right
2 (quick)	Rock	Left foot rocks back, just behind right heel
& (quick)	Replace	Weight back onto the right (no step)
3 (slow)	Side	Left foot steps to the left
4 (quick)	Rock	Right foot rocks back, just behind left heel
& (quick)	Replace	Weight back onto the left (no step)

Your five-minute practice

- Minute 1:** play the slow practice track (48 beats per minute) and say the count out loud: “one, two and, three, four and.”
- Minutes 2-3:** dance your part of the basic alone, no music. Say “side, rock, replace.”
- Minute 4:** dance along with the count-along video.
- Minute 5:** try the social-tempo track (60 beats per minute), then dance eight basics to a slow song you love.

Check yourself

- Did my slow side step fill the whole beat?
- Was my rock step small, toe no farther back than my heel?
- Did I stay level, with no bobbing?
- Did I stay balanced over my own feet?

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 “Lady in Red.”
- Ask Amy about the underarm turn and the traveling cross.