

# The Paso Doble Starter

16 counts, one step per beat · first 8: sur place · second 8: chassés with an appel on 5

**Remember:** stand tall, chest lifted, shoulders down, weight over the balls of your feet. Leaders start with the right foot, followers with the left. Keep every step small. The appel is a small, sharp step down onto a flat foot, in place: crisp, never a loud stomp. No Latin hip action in paso doble.

## Leader

| Count | Step      | Foot and direction              |
|-------|-----------|---------------------------------|
| Start | –         | Feet together, weight on left   |
| 1-8   | Sur place | March in place: R L R L R L R L |
| 1     | Side      | Right foot to the side          |
| 2     | Close     | Left closes to right            |
| 3     | Side      | Right foot to the side          |
| 4     | Close     | Left closes to right            |
| 5     | Appel     | Right foot, sharp, in place     |
| 6     | Side      | Left foot to the side           |
| 7     | Close     | Right closes to left            |
| 8     | Side      | Left foot to the side           |

## Follower

| Count | Step      | Foot and direction              |
|-------|-----------|---------------------------------|
| Start | –         | Feet together, weight on right  |
| 1-8   | Sur place | March in place: L R L R L R L R |
| 1     | Side      | Left foot to the side           |
| 2     | Close     | Right closes to left            |
| 3     | Side      | Left foot to the side           |
| 4     | Close     | Right closes to left            |
| 5     | Appel     | Left foot, sharp, in place      |
| 6     | Side      | Right foot to the side          |
| 7     | Close     | Left closes to right            |
| 8     | Side      | Right foot to the side          |

## Your five-minute practice

- Minute 1:** posture check in a mirror, then march the sur place to the slow practice track (84 beats per minute).
- Minutes 2-3:** the chassés alone, no music. Say “side, close, side, close, appel, side, close, side.”
- Minute 4:** the whole 16 counts with the slow practice track.
- Minute 5:** dance along with the count-along video, or try the dance-tempo track (110 beats per minute).

## Check yourself

- Did I stay tall, with my chest lifted and eyes up?
- Was every sur place step on the balls of my feet?
- Were my side steps small?
- Was my appel crisp but quiet?
- Did I keep my hips still?

## When it feels easy

- Dance the 16 counts five times in a row with a partner.
- Try it to “España Cañí.”
- Ask Amy about the basic movement, the attack and the separation.