



THE BASIC SHAG STEP

Let's Boogie Wingo!

The "Shag" is a gaiter dance native to the Carolinas. The dance itself is a simple little step that defined itself after it was conceived along the coast of North & South Carolina.

The SHAG "BASIC" is called "ONE AND TWO, THREE AND FOUR, FIVE, SIX." Each of these eight steps represents a step. Break them into eight counts on the floor, each length of one foot. Follow these instructions and pay close attention to exactly where your feet are supposed to be on each count. The male steps are shown on the left side. The female steps (which are exactly opposite) are on the right. See you on the dance floor!!

SHAG ETIQUETTE

- 1. Dance with different people, not just your spouse, significant other or close friends. Social dancing is just that, a chance to socialize with different people and different skill levels.
- 2. It is good etiquette to accept an invitation to dance, that if you don't want to dance, say so politely (and don't immediately go dance with someone else).
- 3. If someone turns you down, accept it graciously. Ask someone else to dance.
- 4. Do not take beverages onto the dance floor.
- 5. Be aware of what you have in your pockets or on your person. A ball of keys, a phone or similar can become your partner if they come in contact with it.
- 6. Find a spot on the dance floor and stay in your "slot". The first person on the floor usually has the right to set the site of the dance. Dance until if the floor is full!
- 7. Ladies, you are responsible for looking out for the safety of your partner. Keep them out of danger, be aware of the dancers around you.
- 8. Bumping into other dancers is inevitable. Always apologize even if it is not your fault. Make sure to see it has.
- 9. Pay attention to the beat of the music. Being able to count does not mean you are on beat.
- 10. If you are dancing with someone with fewer skills, dance to their skill level. Don't showboat.
- 11. If you must give verbal kudo, do so quietly so only your partner hears you.
- 12. If you are not dancing, stay off the dance floor. Move off the floor to carry on a conversation.
- 13. Keep your opinions about your partner's dancing to yourself! It is not good form to offer instruction to someone in a social dance setting. It could be that you are not doing the step correctly.
- 14. If someone does ask for help, provide it if you can. If you can't help, refer them to a more experienced dancer or someone.
- 15. Only do a "free dance" when the DJ instructs one. Do not go out and start a free dance just because you could do one to the song being played. "Free" like a free dance when dangers are dancing on the floor. Someone could be injured.
- 16. If you are in a pinch zone, let the instructor know. Do not attempt to offer your own instruction or deviate from what is being shown (add something or subtract something from a step, etc.). The instructor will ask for your help if he or she needs it.