

# Beginners II-Lesson 2

www.sandybeachshagclub.com

## Review of the Basic:

Our basic should be getting more shag-like at this point. Concentrate on keeping the head and shoulders still.

## Review of the Half Female Turn

## Review of the He-She Turn

## Simple Mirror Steps:

### *Da Da's*

On the last step of your basic, the 6 step is taken to the outside with the toe down. The 1 step, male (L), female (R), is taken in front forming an inverted figure four with the toe pointed to the ground and the heel facing the ceiling. The 2 step is done by placing the pointed foot back to its original position. The 3 step is done with the male (R), female (L) foot going in front and forming an inverted figure four in the other direction, with the toe pointed to the ground and the heel facing the ceiling. The 4 step is done by placing the pointed foot back to its original position. The 5 and 6 steps are your normal 5 and 6 steps. You can add a Basic in between, or you can repeat the pattern.

### *Simple Hesitation*

**Male step:** Normal start of the Basic, with ( 1) left foot forward, (And) right foot forward, (2), left foot back. Then place the right foot (3) behind the left foot. The (And) is the left foot moving straight sideways to the left (this is a weight shift). The (4) is the right foot moving to the right. The (5) is slowly slid back until it touches the (4) foot. When it touches, the left foot goes back (And), and the right foot goes to the normal (6) position.

**Female step:** Normal start of the Basic, with ( 1) right foot forward, (And) left foot forward, (2), right foot back. Then place the left foot (3) behind the right foot. The (And) is the right foot moving straight sideways to the right (this is a weight shift). The (4) is the left foot moving to the left. The (5) is slowly slid back until it touches the (4) foot. When it touches, the right foot goes back (And), and the left foot goes to the normal (6) position.

Please practice every day if possible. Work on your Basic posture, Half female turn, He-She, Slow Da Da's, and Simple Hesitation. Your repertoire is now increasing. Remember, it better to a few steps very well, then lots of steps poorly!

