EARLY 20th C RAGTIME DANCE

Cakewalk - step list:
* Prance
  - lifting of the knees
* Small Strut
  - present heel forward with small alternating leaps
* Big Strut
  - large presentation of heel with pronounced alternating jumps --- these are the signature 'cakewalk kicks'
* Cakewalk Kicks
  - forward or back - can be lead or on your own
* Kick Cross
  - leading partner to kick cross step-back step-under (must be on same kicking leg to start)
* Cane/Knee Kick
  - both holding cane, pull cane in with knees high, push cane out with high kick
* Shoe the Mare
  - lead kneels down as follower presents foot, leader wipes off the foot and scoots back while follower flourishes hopping forward

*** props can be top hat, cane, and parasol

One Step - step list:
* Marcel Wave
  - movement where leader is crossing front while follower is crossing behind and alternating this while progressing twisting in Yale position
* Grapevine
  - open promenade crossing inside feet together than alternating to outside leg
* Zig Zag
  - back the lady 3 steps in left-hip Yale, twist to right-hip Yale with a touch. Repeat opposite feet
* Serpentine Hop
  - hop step rhythm with leader crossing front and follower behind
* Snake Dip
  - open to promenade with the following pattern - step, dip, pass, step, dip, pass, pivot pivot. Can return to basic or repeat Snake Dip
**EARLY POPULAR JAZZ**

*Shim Sham* - 1932 choreography by Leonard Reed & Willy Bryant

* Drag Step
  - reach foot out and drag back RLR& - repeat starting L - repeat starting R ---
  Break Step

* Push & Crossover
  - starting R push x3, kick cross step step - repeat starting L - repeat starting R ---
  repeat push kick cross step x2

* Tacky Annie
  - jump out RL touch back R step R, touch back L step L, touch back R step R, step L - repeat this 3xs --- Break Step

* Half-Break
  - RL kick ball change x2 - Break Step - repeat this twice

* Break Step
  - step touch, step touch, step LRLR

--- repeat everything above freezing on the break step = "freeze chorus"

* Boogie Back / Boogie Forward x2
* Boogie Back / Shorty George x2

*Tranky Doo*
  - performer at the Cotton Club performed the start of this routine, then others added on their favorite steps

* Fall Off the Log
  - kick behind side cross - hopping on the kick acting as if falling off a log

* Shuffle Around
  - bringing hips and arms around in half circle with quick footwork

* Low Down
  - step and reach other leg out getting low

* Shoe Shine
  - jump and reach other foot forward to shine the shoe, jump to other side

* Boogie Forward
  - moving hips as if sneaking around a corner progressing forward

* Apple Jack
  - kick ball change into knee twists in front of the other moving backwards

* Rocks
  - reach up high forward then bring hands/arms down low behind

* Funky Boogie Forward
  - boogie forward with more pronounced hip & arm movement

* Shorty George
  - kick ball change bringing feet close together and knees dropping in the direction of the foot forward - continue small steps forward dropping knees to either side

* Boogie Back
  - kick ball change getting low and moving backwards clapping during the kick

* Break Step
  - step step kick rock step cross turn
APACHE
- Due to the difficulty of the throws and physicality of dropping/rolling to the floor we shared many clips and worked on some figures inspired by the clips.

This is a must read for anyone interested in Apache:
https://socialdance.stanford.edu/Syllabi/Apache1.htm

* Basic Apache Waltz Walk
- we used basic closed dance position vs grabbing the neck or hair - simply moving in waltz rhythm around the floor

* Cross Hand Rollout & In
- send follower out clockwise on leaders RLR waltz step
- reach for followers right hand & return to closed dropping followers right hand during the turn in so she wraps it behind her back
- use forearm to send back out with no grabbing of the hands
- followers wrist rolls in the leaders right hand held in an open hook shape
- release hand on roll in to get back to basic closed position

* Follower Left Hand Rollout & In - created a neck wrap position
- send follower out clockwise on leaders RLR waltz step
- reach for followers left hand & return to closed raising followers right hand during the turn in so she wraps it around the front of her neck
- leader uses left hand to absorb the roll in and to send back out
- release hand on roll in to get back to basic closed position

* Lunge Back & Forth
- leader establish solid base and rotate to L & R causing follower to step and lunge the other leg behind. This can be a step, small leap, or jump depending on the intensity of the lead/rotation

* Release Lunge
- when sending follower to the left, release the connection on the back completely sending follower away to do a deeper lunge

* "Apache Postcard Pose"
- follower raises arms up in protection, while leader does "tough guy/boxing" pose

* 2 Hand Pull in to hug
- get both hands/wrists and pull the follower back into closed full hug position

All of the figures could be done keeping a foot grounded for stability OR with more emphasis and lead energy taking both feet off of the floor

A few clips shown as inspiration spanning the full time of Apache showcased in various forms:
1915 - https://www.youtube.com/watch?v=MpqsRymCC4E
1930 - https://www.youtube.com/watch?v=xrKr6o-60Vs&t=2s
1955 - https://www.youtube.com/watch?v=Ib-2ub1YvB8&t=56s