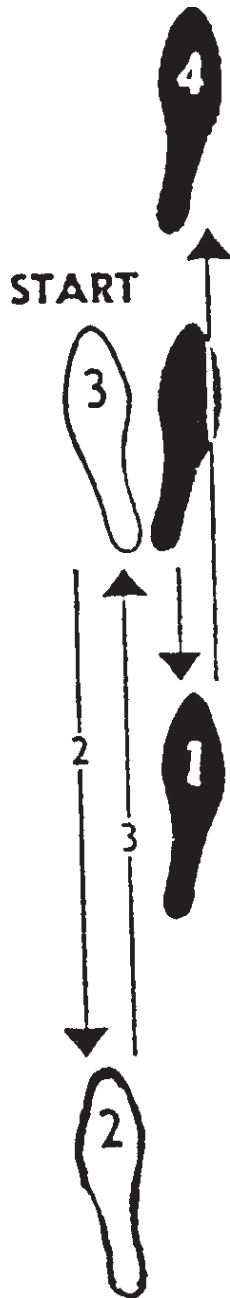


How to Dance the Charleston

The Charleston, first introduced in 1924, quickly became the most popular dance of the 1920s. It is the perfect dance for jazz or Dixieland music written in 4/4 time. Try dancing to one of these popular 1920s tunes: “Charleston” or “Yes Sir! That’s My Baby”.



Now that you have found the music, it is time to learn the basic Charleston step—the kick. The step involves four steps, one step to each count of a 4/4 measure of music. Start with your feet together.

1. **Step back** with your **right** foot.
2. **Kick back** with your **left** foot.
3. **Step forward** with your **left foot** to original position.
4. **Kick forward** with your **right** foot.
5. **Repeat:** Return to step 1 where you step back with your right foot.

The arms also play an important role in dancing the Charleston. Try holding your arms straight out from your body and bending them at your elbows with hands pointing up. Swing your arms from the elbow, first to the **right** and then to the **left**. Combine this movement with the kickstep—and you are dancing the Charleston.