

THE THREE S's

Sweep, Slip, Step

We would like to try to introduce you to a new acronym [maybe you've heard it some where before but we never have] to try and make it easier for you to understand the footwork in a basic Bolero step.

In round dancing most rhythms have a figure called a Basic and it is no different in Bolero. If we can master the Basic in Bolero then we can incorporate those basic "foot mechanics" into most all of the Bolero figures. We must understand that every figure we are seeing in today's choreography will not allow the execution of the **Three S's** in all cases. In this clinic we will investigate those Bolero figures that will allow us to use this Basic Bolero technique.

Here goes: From Closed Position with lead feet free we will execute the two measures of a Bolero Basic.

Step 1 - Sweep – from a lower position [flexed knees] we push off with our trailing foot allowing our lead foot to "SWEEP" across the floor staying low until our weight is over the lead foot. We will then rise [slowly please] to full extension without raising any part of the lead foot off the floor. As we rise the trailing foot will come along for the ride and slide towards the lead foot.

Step 2 – SLIP – slip the trail foot slightly back and behind (lady slightly forward and in front) of the lead foot while lower onto the trail foot taking full weight.

Step 3 – STEP – staying low with flexed knees, step forward (ladies back) with the lead foot step being slightly longer than step 2. Stay down until you repeat this Basic footwork for the second measure of the Basic, which will be the same except the man, and woman's parts are reversed.

Almost all Bolero figures can be danced using this basic Bolero footwork technique.

We will practice using the **Three S's** while executing the following figures time permitting:

Basic, Fence Line, New Yorker, Hand to Hand, Shoulder to Shoulder, Turning Basic,

Open Break, Underarm Turn, Reverse Underarm Turn, Cross Body

We will also look at just one of the figures that the **Three S's** have a slightly different feel. The **Spot Turn**.

Remember, Bolero is a smooth, powerful, romantic, full of love and yearning dance rhythm.

It is commonly referred to as the "Cuban Dance of Love."

[Three S's article by Dom & Joan Filardo](#)