

STEPS OF THE MINUET

The steps are somewhat complicated and require a great deal of practice. It will be found desirable to obtain instructions from a dancing master or other person thoroughly familiar with the movements.

Pas Grave; slow, grave step—Stand in 5th position, right foot in front; bend both knees, count 1; rise on both toes, count 2; drop weight on left heel, count 3; repeat, stepping forward with right foot, and bring the left foot in 5th position, front. Bend both knees slightly, rise on both toes, and drop weight upon right heel. Count 4-5-6.

Pas Marche—March step. A simple smooth walking step, a step to each beat in the measure. In walking, the front part of the foot should touch the floor first, and the heel last.

Pas Balance—Balance step. This step may be used as a balance forward or backward, and is sometimes used as a progressive movement.

To balance forward, step forward upon right foot, count 1, and extend toe of left foot to left side, weight still on right foot. Count 2-3.

To balance backward, step back on left foot, and extend toe of right foot to right side.

If used as a progressive movement, step forward on right foot, count 1, slide toe of left foot to left side, count 2, draw left foot to right, count 3, (weight is on right foot during all three counts.) Step forward on left foot, count 4, toe of right foot to side, count 5, draw right to left, count 6. (The weight is on left foot during the last three counts.)

Pas Minuet—Minuet step—Start from 5th position, right foot in front.

Bend both knees, rise, and glide the toes of the right foot to the right side, count 1;

Transfer weight to right foot;

Extend left foot to left side, heel raised, count 2;

Bend right knee, draw left foot, with slightly bent left knee, to back of right count 3;

Rise to full height on both toes, stretching both limbs, transfer weight to left foot, count 4; (right foot is in 5th position;)

Glide right foot to right side, count 5;

Draw left foot back of right, left knee bended, count 6;

To move to left side, start with left foot in 5th position front.

Pas Boure—Place right foot back of left (both knees slightly bent) then step to left side with left foot. Repeat with right foot back as long as desired. If moving to the right, place left foot back of right.