

the pregnant couple s guide to working out togethe Workbook

The pregnant couple's guide to working out together

Embarking on a fitness journey together during pregnancy can be a rewarding experience for couples. Not only does it promote health and well-being for both mother and father, but it also fosters a sense of teamwork and shared commitment. However, exercising during pregnancy requires careful planning, understanding, and mutual support to ensure safety and effectiveness. This comprehensive guide will walk you through everything you need to know about working out as a pregnant couple, from benefits and safety tips to suitable exercises and motivation strategies.

Benefits of Exercising Together During Pregnancy

Engaging in fitness activities as a couple during pregnancy offers numerous advantages:

- **Enhanced emotional connection:** Shared workouts can strengthen your bond and provide emotional support.
- **Increased motivation:** Exercising with your partner encourages consistency and accountability.
- **Improved physical health:** Regular exercise helps manage weight gain, reduce pregnancy discomforts, and boost energy levels.
- **Preparation for labor:** Strengthening muscles and improving endurance can facilitate smoother labor and postpartum recovery.
- **Stress reduction:** Physical activity releases endorphins, helping alleviate anxiety and mood swings.

Safety Considerations Before Starting a Workout Routine

Before diving into exercise routines, it's crucial to prioritize safety:

Consult Your Healthcare Provider

- Obtain clearance from your obstetrician or midwife.
- Discuss any pre-existing health conditions or pregnancy complications.
- Get personalized recommendations based on your pregnancy stage.

Listen to Your Body

- Avoid exercises that cause pain, dizziness, or shortness of breath.
- Recognize signs to stop exercising, such as bleeding, chest pain, or contractions.

Set Realistic Expectations

- Understand that your fitness level may change during pregnancy.
- Adjust workouts accordingly and celebrate small milestones.

Guidelines for Exercising During Pregnancy

Following general guidelines can help ensure a safe and effective workout routine:

Frequency and Duration

- Aim for at least 150 minutes of moderate-intensity exercise per week.
- Break sessions into manageable segments (e.g., 30 minutes, 5 days a week).

Type of Exercises

- Focus on low-impact, pregnancy-safe activities.
- Include strength, flexibility, and cardiovascular exercises.

Intensity Levels

- Exercise at a level where talking is comfortable but not overly strenuous.
- Use the "talk test" as a gauge for moderate intensity.

Best Exercises for Pregnant Couples

Choosing the right exercises is essential. Here are some recommended activities suitable for most pregnancies:

Cardiovascular Activities

- Walking
- Swimming and water aerobics
- Stationary cycling
- Prenatal dance classes

Strength Training

- Bodyweight exercises (squats, modified push-ups)
- Light resistance bands
- Dumbbell exercises with light weights

Flexibility and Balance

- Prenatal yoga
- Gentle stretching routines
- Pelvic tilts

Partner-Friendly Exercises

- Seated partner stretches
- Gentle back massages post-exercise
- Assisted squats or lunges
- Passing a medicine ball during light cardio

Sample Workout Plan for Pregnant Couples

Here's a simple weekly routine to get started:

- **Monday:** 30-minute brisk walk + gentle stretching
- **Tuesday:** Prenatal yoga session (guided or online)
- **Wednesday:** Water aerobics or swimming for 30 minutes
- **Thursday:** Strength training with resistance bands (20 minutes) + pelvic tilts
- **Friday:** Rest or light activity like walking
- **Saturday:** Partner-assisted exercises (e.g., passing a ball, supported lunges) + stretching
- **Sunday:** Rest or leisurely walk

Always remember to adapt the plan based on how you feel and your healthcare provider's advice.

Tips for Exercising as a Couple During Pregnancy

Maximize the benefits and safety of your workouts with these helpful tips:

- **Stay Hydrated:** Drink plenty of water before, during, and after exercise.
- **Wear Comfortable Clothing:** Choose breathable, supportive attire suitable for pregnancy.
- **Maintain Proper Posture:** Avoid exercises that strain the back or pelvis.
- **Warm Up and Cool Down:** Prepare your body before exercise and gently stretch afterward.
- **Modify as Needed:** Adjust intensity, duration, or type of exercise based on your trimester and comfort.
- **Support Each Other:** Offer encouragement, share your progress, and celebrate achievements.

Overcoming Challenges and Staying Motivated

Pregnancy can sometimes bring fatigue, discomfort, or mood swings that affect motivation. Here's how to stay committed:

Set Realistic Goals

- Focus on health and well-being rather than perfection.
- Celebrate small wins like completing a workout or feeling more energetic.

Make It Fun

- Incorporate music, dance, or favorite activities.
- Try new classes or routines to keep things fresh.

Partner Accountability

- Schedule workouts together.
- Share your goals and progress regularly.

Involve Support Networks

- Join prenatal exercise classes or online communities.
- Seek advice and encouragement from friends and family.

Postpartum Considerations

Exercising as a couple doesn't end with pregnancy. Postpartum workouts can help regain strength and promote bonding:

- Start with gentle activities like walking and pelvic floor exercises.
- Gradually increase intensity under medical guidance.
- Continue supporting each other through the recovery process.

Final Thoughts

The journey of working out together during pregnancy can be a fulfilling chapter in your shared life. It promotes physical health, emotional well-being, and strengthens your partnership as you prepare to welcome your new family member. Remember to prioritize safety, communicate openly, and celebrate each step of your fitness journey. With the right approach, exercising as a pregnant couple can be an enjoyable and beneficial experience for both of you.

Disclaimer: Always consult your healthcare provider before starting any new exercise routine during pregnancy. Individual circumstances vary, and professional guidance ensures safety for both mother and baby.

The Pregnant Couple's Guide to Working Out Together

Embarking on a fitness journey as a pregnant couple can be a rewarding experience that not only boosts physical health but also deepens emotional bonds during a transformative period. The pregnant couple's guide to working out together offers valuable insights into how partners can support each other, maintain safety, and enjoy shared activities that foster connection and wellness. Navigating pregnancy fitness requires understanding specific needs, limitations, and the importance of communication. This comprehensive guide aims to provide couples with practical advice, safety tips, and workout ideas to make their prenatal fitness journey both enjoyable and beneficial.

Understanding the Benefits of Exercising Together During Pregnancy

Engaging in workouts as a couple during pregnancy offers numerous advantages that extend beyond physical health. It's an opportunity to motivate each other, reduce stress, and prepare for labor and postpartum recovery.

Physical Benefits

- Improved cardiovascular health
- Increased strength and flexibility to support pregnancy changes
- Better posture and reduced back pain
- Enhanced energy levels and reduced symptoms of fatigue
- Easier labor and quicker postpartum recovery

Emotional and Relationship Benefits

- Strengthening emotional bonds through shared experiences
- Improved communication about needs and boundaries
- Increased motivation and accountability
- Reduced anxiety and stress related to pregnancy and upcoming parenthood
- Creating lasting memories and teamwork

Safety and Precautions

While exercising together can be beneficial, safety must always come first. Couples should consult healthcare providers before starting or modifying any fitness routine. Recognizing individual limits and being attentive to warning signs such as dizziness, pain, or shortness of breath is critical.

Preparing for Prenatal Workouts as a Couple

Preparation sets the foundation for a safe and enjoyable fitness experience during pregnancy. Here are key considerations:

Consult Healthcare Providers

- Obtain clearance from obstetricians or midwives
- Discuss any pre-existing conditions or pregnancy complications
- Ask about specific exercises to avoid

Set Mutual Goals

- Establish shared objectives (e.g., staying active, preparing for labor)
- Keep expectations realistic and flexible
- Celebrate progress together

Create a Safe Environment

- Choose appropriate workout locations (e.g., home, gym, outdoor parks)
- Use supportive footwear and comfortable clothing
- Keep hydration and snacks nearby
- Ensure proper equipment and modifications are available

Gather Necessary Equipment

- Yoga mats or exercise mats
- Resistance bands
- Light weights (if approved by healthcare provider)
- Balance balls

Effective Prenatal Workouts for Couples

Adapting exercises to accommodate pregnancy stages and individual comfort levels is essential. Here are some safe and effective workout ideas couples can do together.

Partner Yoga and Stretching

Yoga improves flexibility, reduces stress, and promotes relaxation, which benefits both mother and partner.

Features:

- Gentle stretches focusing on hips, back, and pelvis
- Breathing exercises to manage labor pains
- Positions that encourage bonding and support

Pros:

- Low-impact and safe
- Enhances connection and mindfulness
- Can be modified for different pregnancy stages

Cons:

- Requires gentle guidance to avoid overstretching

- Not suitable if there are certain pregnancy complications

Walking and Light Cardio

Walking is one of the safest and most accessible forms of exercise during pregnancy.

Features:

- Partner walks in parks, malls, or treadmill sessions
- Incorporate intervals or pace variations

Pros:

- No special equipment needed
- Supports cardiovascular health
- Easy to adjust intensity

Cons:

- Weather-dependent if outdoors
- May become monotonous over time

Strength and Resistance Training

Strengthening muscles supports pregnancy weight changes and prepares the body for labor.

Features:

- Use of resistance bands or light weights
- Focus on core, pelvic floor, and upper body

Pros:

- Improves posture and stability
- Can be tailored to individual capabilities

Cons:

- Risk of overexertion or injury if not performed correctly
- Need for proper technique and supervision

Pelvic Floor Exercises (Kegels)

Pelvic floor strength is crucial for labor and postpartum recovery.

Features:

- Partner-assisted Kegel exercises
- Incorporate breathing and relaxation

Pros:

- Easy to perform anywhere
- No equipment needed
- Enhances bladder and bowel control

Cons:

- Requires consistency for effectiveness
- Some may find it challenging to identify correct muscles

Modifications and Safety Tips for Exercising During Pregnancy

Adapting workouts according to pregnancy progression is vital for safety and comfort.

First Trimester

- Focus on maintaining activity levels
- Avoid high-impact or risky exercises
- Watch for fatigue and dehydration

Second Trimester

- Be mindful of balance; avoid exercises that require lying flat on the back
- Incorporate more stretching and strengthening
- Continue with low-impact cardio

Third Trimester

- Prioritize exercises that improve posture and pelvic comfort
- Limit strenuous activities
- Use support belts if necessary

General Safety Tips:

- Stay hydrated and avoid overheating
- Wear comfortable, supportive clothing
- Listen to your bodies; rest when needed
- Avoid exercises with a risk of falling or abdominal trauma
- Maintain open communication with your partner and healthcare team

Overcoming Challenges and Staying Motivated

Pregnancy can bring fluctuating energy levels and physical discomfort that may affect motivation. Strategies to stay engaged include:

- Setting small, achievable goals
- Celebrating milestones together
- Incorporating music or fun activities
- Varying routines to prevent boredom
- Connecting with prenatal exercise classes or online communities

Postpartum Considerations and Continuing Fitness Together

The journey doesn't end with pregnancy. Postpartum recovery is crucial, and maintaining an active lifestyle as a couple can facilitate this transition.

Features:

- Gentle postpartum exercises (after medical clearance)

- Pelvic floor strengthening
- Walking and light activities

Pros:

- Supports healing and energy levels
- Reinforces partnership during new parenting challenges

Cons:

- Fatigue and sleep deprivation can hinder workout routines
- Need to adapt exercises to new schedules and capacities

Conclusion

The pregnant couple's guide to working out together emphasizes safety, communication, and mutual support. Engaging in shared physical activities during pregnancy can foster emotional intimacy, promote health, and prepare both partners for the upcoming arrival of their baby. By understanding individual needs, modifying exercises appropriately, and prioritizing safety, couples can turn fitness into a positive, bonding experience. Remember, every pregnancy is unique, and consulting healthcare providers ensures that workouts are tailored to your specific circumstances. Embrace this journey with patience, flexibility, and teamwork, making your pregnancy a time of connection, wellness, and joy.

Question Is it safe for pregnant couples to work out together? **Answer** Yes, with proper guidance and medical clearance, exercising together can be safe and beneficial for pregnant couples, promoting bonding and mutual motivation. What types of exercises are recommended for pregnant couples? Low-impact activities like walking, prenatal yoga, swimming, and stretching are recommended. Always consult a healthcare provider before starting new exercises. How can couples modify workouts as pregnancy progresses? Adjust intensity, avoid lying flat on the back after the first trimester, and focus on gentle stretching and strengthening. Listening to each other's comfort levels is key. Are there specific exercises couples should avoid during pregnancy? Yes, exercises involving high risk of falling, heavy lifting, or abdominal trauma should be avoided. Always steer clear of contact sports and activities with jerky movements. How can working out together benefit the pregnant couple? Working out together can improve emotional connection, provide mutual support, reduce stress, and encourage healthier lifestyle choices during pregnancy. What precautions should pregnant couples take before exercising? Couples should stay hydrated, wear comfortable clothing, avoid overheating, and stop exercising if experiencing dizziness, pain, or shortness of breath. Can exercise help in preparing for labor and delivery? Yes, regular prenatal

exercise can improve stamina, flexibility, and strength, potentially leading to easier labor and faster postpartum recovery.

Related keywords: pregnancy fitness, couple workouts, prenatal exercise, pregnancy health tips, fitness during pregnancy, workout partner, pregnancy safe exercises, joint fitness routines, expecting parents fitness, prenatal workout plan

pocket guide to line dancing terminology a guide

Pocket Guide to Line Dancing Terminology: A Guide

If you're new to the lively world of line dancing, navigating the jargon can feel overwhelming. Whether you're stepping onto the dance floor for the first time or looking to sharpen your skills, understanding the key terms associated with line dancing is essential. This **pocket guide to line dancing terminology: a guide** aims to introduce you to the most common phrases, moves, and concepts so you can dance confidently and enjoy every step.

Understanding the Basics of Line Dancing

Before diving into specific terminology, it's helpful to grasp what line dancing entails. Line dancing involves choreographed steps performed in unison by a group arranged in lines or rows. Unlike partner dancing, line dancing emphasizes individual movement synchronized with music, often without physical contact with others.

Common Line Dancing Terms and Definitions

A solid understanding of fundamental terms can significantly enhance your dance experience. Here are some of the most important words and phrases every line dancer should know.

Basic Terms

- **Choreography:** The sequence of dance steps choreographed to music. Choreography can range from simple to complex.
- **Reel:** The music or song used for line dancing, typically a lively country or pop tune.
- **Count:** The beat or timing of the music, usually counted in eights (e.g., 1-2-3-4-5-6-7-8).
- **Step:** A movement where one foot moves to a new position, often a fundamental part of a dance move.

- **Beat:** The rhythmic pulse of the music, which guides the timing of steps.
- **Footwork:** The specific steps and movements made with the feet during the dance.

Common Moves and Directions

- **Step Forward/Back:** Moving one foot forward or backward in the dance line.
- **Side Step:** Moving to the side with feet together, either to the left or right.
- **Rock Step:** A quick shift of weight from one foot to the other, often used to change direction.
- **Vine:** A three-step turn to the side, often involving crossing one foot in front or behind the other.
- **Kick-Boom:** A kick followed by a stomp, often used as a syncopated move.
- **Pivot:** A turn made on one foot while the other foot stays in place, typically 3/4 or 1/2 turns.

Directional Terms

- **Left/Right:** Indicates direction for movements, such as "Step to the right."
- **Diagonal:** Moving at an angle, usually 45 degrees, to the front or back.
- **Across:** Moving from one side of the dance line to the other.

Line Dancing Step Patterns and Notation

Understanding how steps are organized is crucial. Most line dances follow a specific pattern that repeats throughout the song.

Counting and Timing

Most line dances are choreographed to 8-count segments, aligning with the musical rhythm. For example, a common pattern might be danced over 32 counts, with each set of 8 counts repeating or varying.

Common Step Patterns

- **8-Count Basic Step:** The foundational movement in many line dances, often involving steps forward, back, side, and turns.
- **Tag:** A short segment added at the end of a dance to sync with a musical cue or to add flair.
- **Restart:** A cue to start the dance over from the beginning, often after a tag or at certain musical changes.

Line Dancing Terminology Related to Footwork and Turns

Mastering footwork and turns allows dancers to execute moves smoothly and confidently.

Turns

- **Quarter Turn:** A 90-degree turn, often used to change direction.
- **Half Turn:** A 180-degree turn, changing facing direction completely.
- **Full Turn:** A 360-degree spin, often performed on one foot or both feet.
- **Pivot Turn:** A turn where the dancer rotates on one foot, commonly used to switch directions smoothly.

Footwork Techniques

- **Shuffle:** A quick, sliding movement of the feet, often in a forward or backward direction.
- **Toe-Heel:** Moving the toe or heel in a specified direction, often as part of a step pattern.
- **Kick Ball Change:** A kick followed by a quick step in place, used for rhythm and style.
- **Jazz Box:** A square-shaped footwork pattern involving crossing, stepping, and turning, often used in turns.

Dance Floor Etiquette and Common Phrases

Understanding etiquette and common phrases can make your social line dancing experience more enjoyable.

Etiquette Tips

- **Ask to dance:** Politely invite others to dance, often with phrases like "May I have this dance?"
- **Respect personal space:** Be mindful of fellow dancers' space and timing.
- **Be patient:** Allow beginners to learn and enjoy the dance floor without pressure.

Common Phrases

- **Line dance:** A choreographed dance performed in lines or rows.
- **Break a line:** When dancers leave their line to take a break or chat.
- **Hit the floor:** To start dancing or join the dance floor.
- **Dance cue:** A signal for dancers to start, stop, or change moves, often given by the music or caller.

Additional Resources for Line Dancers

To deepen your understanding of line dancing terminology, consider exploring additional resources such as:

- Instructional DVDs and online tutorials
- Line dance classes at local dance studios or clubs
- Line dance forums and communities for tips and advice
- Dance notation charts and step diagrams

Conclusion

Whether you're a beginner or an experienced dancer, familiarizing yourself with the **pocket guide to line dancing terminology: a guide** can greatly enhance your confidence and enjoyment on the dance floor. From understanding basic moves and directions to mastering turns and footwork, this terminology forms the foundation for performing and appreciating line dances. Keep practicing, stay patient, and most importantly, have fun dancing to your favorite reel!

Embrace the rhythm, learn the language, and let the music move you?happy dancing!

Pocket Guide to Line Dancing Terminology: A Guide

Line dancing has experienced a resurgence in recent years, captivating audiences worldwide with its energetic routines, social camaraderie, and rich cultural history. Whether you're a newcomer eager to join the dance floor or an experienced dancer looking to deepen your understanding of the lingo, mastering the terminology is essential. A well-rounded knowledge of line dancing terms not only enhances your confidence but also allows you to follow instructions more accurately and connect with fellow dancers. This pocket guide aims to demystify the most common and essential line dancing terminology, providing a clear, comprehensive resource that dancers of all levels can reference with ease.

Understanding the Basics: What Is Line Dancing?

Before diving into the terminology, it's helpful to understand what line dancing entails. Line dancing is a choreographed dance with a repeated pattern of steps performed in lines or rows, typically to country, pop, or other upbeat music. Unlike partner dancing, line dancing emphasizes individual movement within a group setting, often performed to synchronized routines.

Core Line Dancing Terms and Definitions

To navigate the world of line dancing effectively, familiarity with foundational terms is crucial. Here are some of the most common and important:

- Step

The fundamental movement in line dancing, involving shifting weight from one foot to another. Steps are often described by direction, such as "step forward," "step back," "step side," etc.

- Count

Counting is how dancers keep time with the music, typically using numbers (e.g., "1, 2, 3, 4") or syllables ("and," "ah"). Most routines are choreographed to an 8-count, aligning movements with musical beats.

- Beat

The underlying pulse of the music that guides the dancers' movements. Recognizing the beat helps dancers stay synchronized with the rhythm.

- Reel

A sequence of steps repeated throughout a routine, often involving turns or spins, creating a continuous flow.

- Choreography

The specific sequence of steps and movements that make up a line dance. Choreography is often written down in step sheets.

Common Movements and Instructions

Understanding specific movement terms will help you follow routines more precisely.

- Shuffle

A quick, gliding step often consisting of "step together step" (e.g., "step, step" with the same foot). The shuffle adds a lively, bouncing quality.

- Kick

A movement where the dancer extends their leg forward or to the side, often used as a stylistic element.

- Heel

Refers to the back part of the foot. "Heel taps" or "heel digs" are common movements involving tapping or striking the heel on the ground.

- Vine

A pattern involving a sequence of steps that move side, behind, side, and optional turns. Common variations include "vine right" and "vine left."

- Turn

A rotation of the body, often specified as "quarter turn," "half turn," or "full turn," indicating the degree of rotation.

- Lock Step

A movement where a step is followed by crossing the other foot over, creating a locking action, often used to add style or complexity.

Directional Terms in Line Dancing

Knowing directions helps in understanding routines, especially when they involve movements across the floor.

- Forward: Moving in the direction of the dancer's front.
- Back: Moving toward the rear.

- Side: Moving to the right or left.
- Diagonal: Moving diagonally across the floor.
- Across: Moving from one side to another, often in a crossing step.

Common Dance Patterns and Terminology

Certain patterns recur frequently in line dancing routines. Recognizing these can help dancers anticipate movements.

- Grapevine

A pattern involving side steps with crossing behind or in front, creating a weaving effect.

- Jazz Box (or Box Step)

A square-shaped pattern: step forward, cross over, step back, then side step to complete the box.

- Heel-Point

A movement where the dancer points the heel forward or to the side, often as part of a step sequence.

- Pivot

A turn on the ball of one foot, rotating the body 180 or 360 degrees, often used to change direction smoothly.

Timing and Rhythm Notation

Proper timing is vital in line dancing. Here are some key concepts:

- 8-Count: The standard measure in most routines, each count corresponding to a beat.
- Syncopation: When movements are performed off the main beat, adding stylistic flair.
- Tempo: The speed of the music, influencing how quickly routines are performed.

Advanced and Style-Specific Terms

As dancers progress, they encounter more nuanced terminology.

- Crossover Step

A move where one foot crosses over the other, often used in turns or transitions.

- Knee Slide

A stylistic move involving sliding the knee across the floor, typically to add flair.

- Body Roll

A smooth, wave-like movement of the torso, used for styling.

- Hop

A small jump off both feet, adding energy or emphasis to a move.

Tips for Learning and Using Line Dancing Terminology

- Use Step Sheets: These are written guides that detail routines, often including technical terms. Familiarizing yourself with common symbols and abbreviations can be very helpful.

- Watch Videos: Visual learning complements understanding of terminology, especially for complex moves.

- Practice with Others: Dancing in a group helps reinforce terminology through shared experience.

- Ask Questions: Don't hesitate to seek clarification from instructors or fellow dancers when encountering unfamiliar terms.

Conclusion: Embracing the Language of Line Dancing

Mastering line dancing terminology is both an investment and an enhancement of your dance experience. With a solid grasp of the core terms?such as "step," "v-step," "vine," "pivot," and "shuffle"?you'll find it easier to follow routines, learn new dances, and connect with the community. Like any language, fluency develops over time through practice, observation, and participation. This pocket guide serves as a starting point, empowering dancers at every level to speak the language of

line dancing confidently and enjoy the rhythm, movement, and camaraderie that make this dance style so vibrant and enduring. Whether on a casual dance floor or at a formal line dance event, knowing your terminology will help you dance with greater ease, style, and enjoyment.

Question What is a basic term in line dancing like 'eight-count' and why is it important? An 'eight-count' refers to the timing pattern used in many line dances, consisting of eight beats. It's important because it helps dancers stay in sync and follow the choreographed steps accurately. **How does understanding 'directional terminology' improve my line dancing skills?** Knowing terms like 'step forward,' 'step back,' 'slide left,' and 'turn right' allows dancers to follow routines precisely and execute movements confidently, enhancing overall performance. **What does 'box step' mean in line dancing, and is it a fundamental move?** The 'box step' is a basic pattern where dancers move in a square formation, stepping forward, side, back, and side to complete a box shape. It's a foundational move used in many line dances. **Why is 'counting' crucial in line dancing, and how do I master it?** Counting helps dancers stay synchronized with the music and each other. To master it, practice matching steps to counts like '1-2-3-4' or '5-6-7-8,' often by listening to the rhythm and repeating the pattern. **What are common 'turns' in line dancing, and how are they described in the terminology guide?** Common turns include 'quarter turn,' 'half turn,' and 'full turn,' which describe rotating 90°, 180°, or 360°, respectively. The guide explains how to perform each turn smoothly and incorporate them into routines. **How does a 'shuffle' move function in line dancing, and what variations exist?** A 'shuffle' involves quick, rhythmic steps, typically 'step together step' pattern. Variations include 'vine' shuffles and 'heel taps,' adding style and complexity to the dance. **Can a pocket guide to line dancing terminology help beginners, and what should I look for in one?** Yes, a pocket guide simplifies complex terms and provides quick reference. Look for clear definitions, visual diagrams, and common dance phrases to build foundational knowledge efficiently.

Related keywords: line dancing, dance terminology, dance guide, beginner dance, country dance, dance steps, dance instructions, dance glossary, dance moves, dance tips

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