

# THE RADIO RECORD

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Count 1.—Gentleman: Step forward on right foot, put the whole weight on it; knees straight. Lady: Step backward on left foot, put the whole weight on it; knees straight.

## Dancing Taught by RADIO

First Lesson of  
Series by  
Miss Phyllis Bates.



Count 2.—Gentleman: Bend knees slightly, weight on right foot. Lady: Bend knees slightly; weight on left foot.

A series of lecturettes on modern ballroom dancing will be given by Miss Phyllis Bates, the Dominion's leading teacher, from 2Y.A. Photographs, to illustrate the movements, together with instructions, will be given in the "Radio Record."

The Charleston, explained Miss Bates, as originated in America, was decidedly eccentric and quite unsuited for the ballroom. Its movement combined a tap of the heel on the floor and a strong rebound, an in-and-out twisting of the feet, a bending and straightening of the knees, and a pronounced lift of the feet from the floor. As a ballroom dance the American Charleston did not find favour in England.

An English version, however, was evolved from which the twisting and kicking of the feet were eliminated. The main characteristic of the first English version was the tap and rebound movement of the heels. This, however, gave way in time to a second version, known as the Flat Charleston, in which the feet were kept flat, the heel tap being eliminated. The main characteristics of this were the bending and straightening of the knees, and the in-and-out twisting of the feet, the latter being reintroduced.

To-day the tendency is to omit the foot-twist altogether, so that the present Charleston consists merely of an up-and-down movement obtained by an alternate bending and straightening of the knees. The Charleston is danced to fox-trot time—four beats to a bar, viz.: Accented, 1; unaccented, 2; accented, 3; unaccented, 4. On the accented beats 1 and 3 the knees are straight, and on the unaccented beats 2 and 4 the knees are bent. The feet are kept as flat as possible.

The main step of the dance consists of four movements and each main-step occupies one bar of music—one movement to each beat.



In order to help country enthusiasts, Miss Bates has consented to answer queries arising out of her lecturettes, through our columns. Address either Miss Phyllis Bates, Willis Street, Wellington, or care "Radio Record," P.O. Box 1032, Wellington.

In the main-step the weight is kept on each foot alternately for one bar.

Dancers must not forget to commence the main-step on the first beat of the bar.

The detailed movements are set out in the lines under the accompanying photographs. From the starting position follow carefully through the position and instructions of photos No. 1 to No. 2, then to No. 3, and finally to No. 4, which shows the correct position of the knees.

To continue the gentleman should step forward on LEFT foot and puts the whole weight on it.

The lady must step backward on RIGHT foot and put the whole weight on it.

Then repeat the four movements:  
1—step; 2—bend; 3—close; 4—bend.

Practise the main step, at first to slow music, and later to quick time.

Readers may try to evolve simple steps for themselves, but always remember to keep to the principle of the dance—knees straight on 1 and 3, knees bent on 2 and 4.

The Flat Charleston is customarily introduced as a variation of the Quickstep.

Should readers wish to ask Miss Bates any questions bearing upon her instructional lecturettes, they may be submitted and will be dealt with in reply through the columns of the "Radio Record."

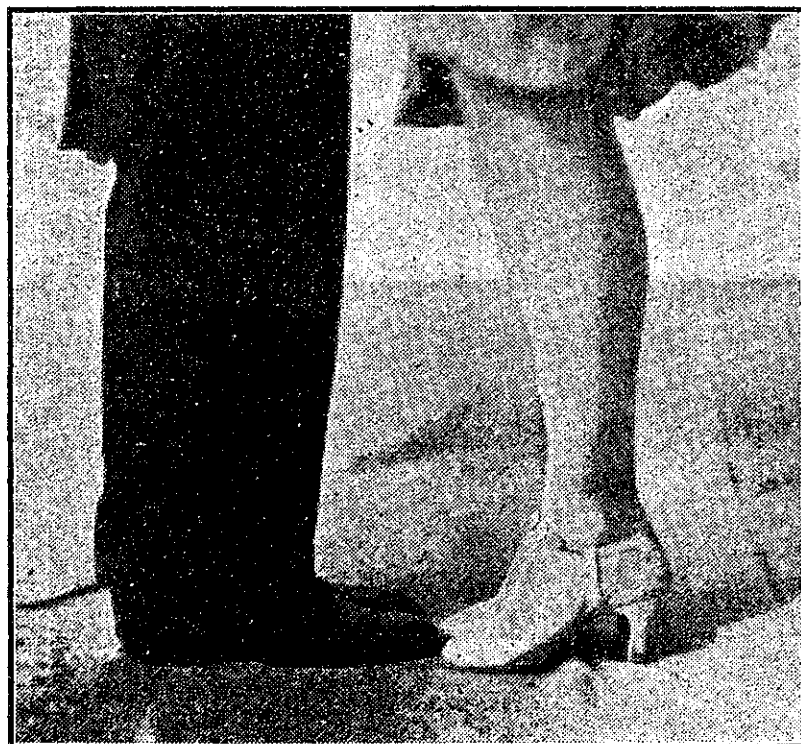
### CORRECT HOLD

The lady is held slightly to the left for Charleston and Quickstep, gentleman's right.

### THE FOOT TWIST.

Dancers may introduce a foot twist if they wish. The rule is—turn the feet out when the knees are straight on 1 and 3; turn the feet in when the knees are bent on 2 and 4.

All  
photographs  
by  
S. P. Andrew.



Count 3.—Gentleman: Close left foot up to right, knees straight; weight on right foot. Lady: Close right foot back to left, knees straight; weight on left foot.



Count 4.—Gentleman: Bend knees slightly, weight on right foot. Lady: Bend knees slightly; weight on left foot.