**Social Dance Overview Chart**

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| **FEATURE** | **SWING** | | | **FOXTROT** | **WALTZ** | **POLKA** |
| **Origin** | Afro-American | | | Only true American ballroom dance | German/Austrian | Polish  Bohemian |
| **History** | Came from jazz movement in late 1920’s & 1930’s | | | Ragtime step in 1914 | 1700’s | 1834, peasant girl’s amusement |
|  | Named after Charles Lindberg | | | Named after Harry Fox | Original use of closed position | Polka means ‘Polish woman’  Pulka means ‘half-step’ |
|  | NY Savoy Ballroom | | | NY theater; Originally trotting step, but could not be sustained | Early American use at social balls | Polka dot = ‘pattern of dots,’ coined during same period |
| **Style** | Energetic, lively | | | Graceful, elegant | Graceful, elegant | Energetic, lively |
| **Basic Step** | Single, double, or triple step | | | Magic step | Box step | 2-step w/ hop |
| **Meter** | 4/4 | | | 4/4 | 3/4 | 2/4 |
|  | Single | Double | Triple |  |  |  |
| **Rhythm** | Broken  1-rest-3-rest-5-6 | Even  1-2-3-4-5-6 | Broken  1-and-2-3-and-4-5-6 | Broken  1-rest-3-rest-5-6 | Even  1-2-3 | Uneven  1-and-2-half |
| **Cues** | Step, step, rock-step | Toe-heel, toe-heel, rock-step | Step-close-step, step-close-step, rock-step | Forw-forw-side-close; (or)  Back-back-side-close | Forw-side-close; back-side-close | Step-close-step (+ hop optional) |
|  | Slow-slow-quick-quick |  |  | Slow-slow-quick-quick |  | Quick-quick-slow |
| **Other name** | Lindy | 2-Lindy  Jitterbug | 3-Lindy  East Coast Swing |  |  |  |
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