

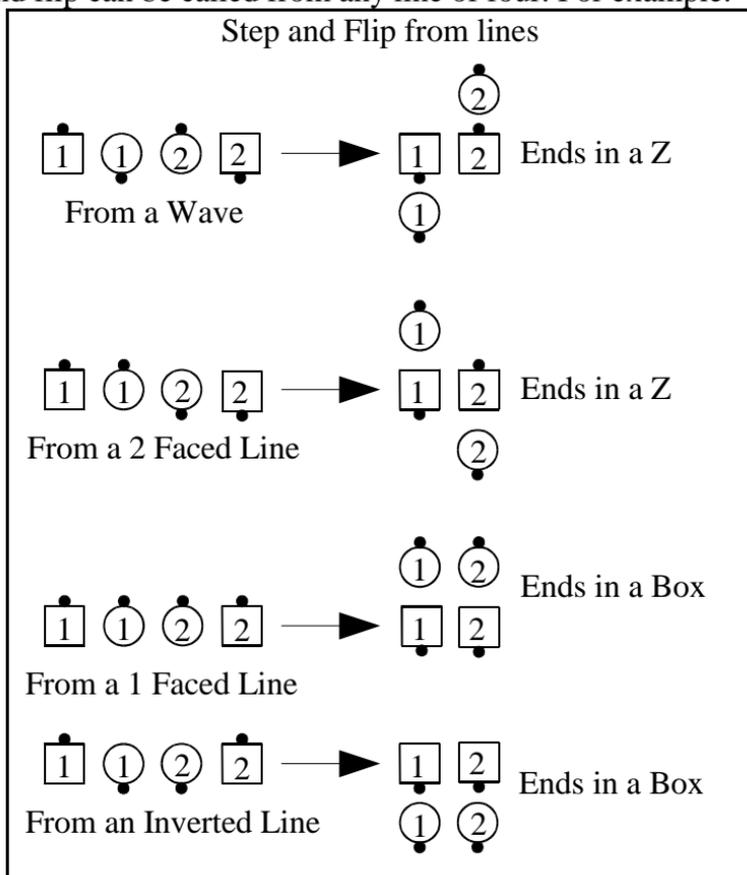
Keith's Class

by Keith Rubow

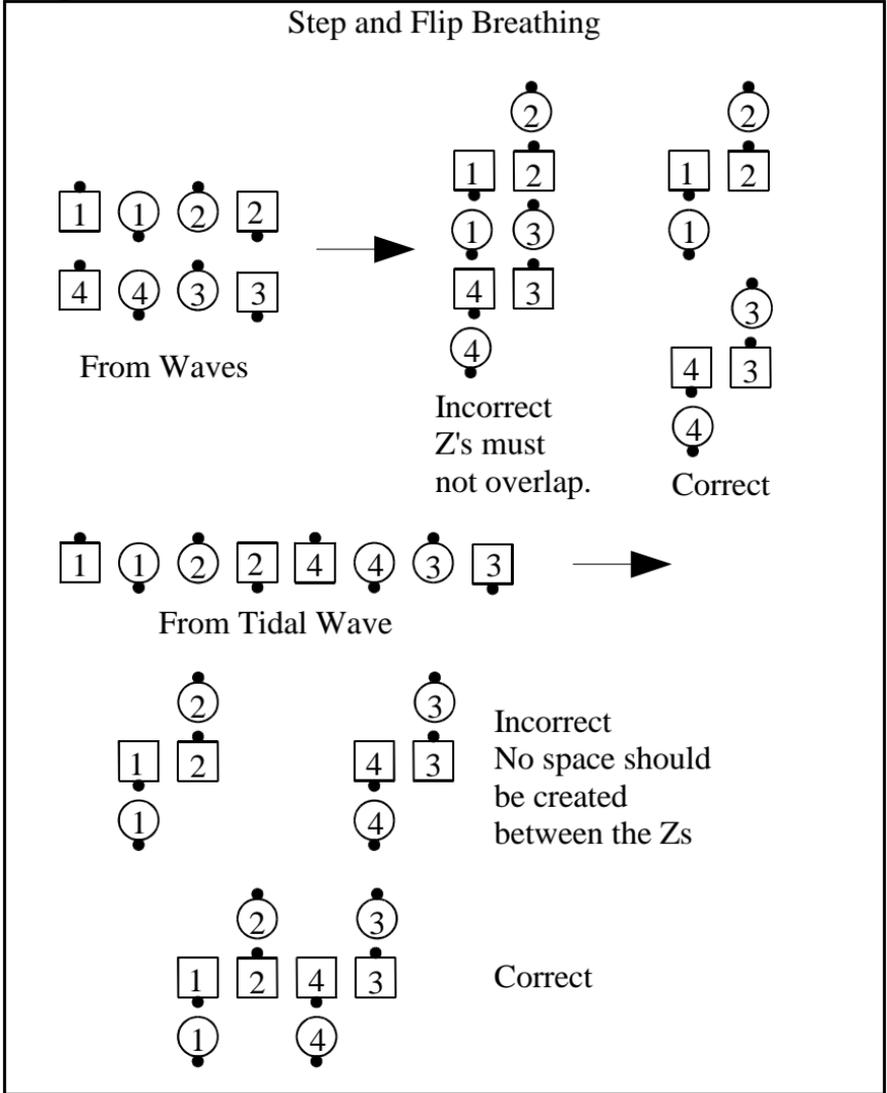
This month we will look at **Step and Flip**. This call is a close cousin of Step and Fold, but has some more interesting shape changing and breathing properties.

Definition: Centers Step Ahead as Ends Run into the adjacent center position.

Step and flip can be called from any line of four. For example:

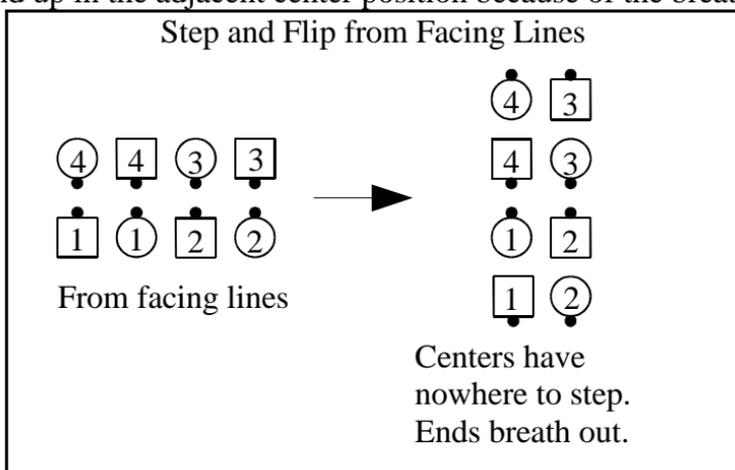


It is important to note that Step and Flip is a four dancer call, and the resulting Zs or boxes must breath relative to the other four dancers. The resulting four dancer formations must not overlap, nor will there be any empty space created between them. The following examples illustrate both INCORRECT and CORRECT breathing from different starting formations:

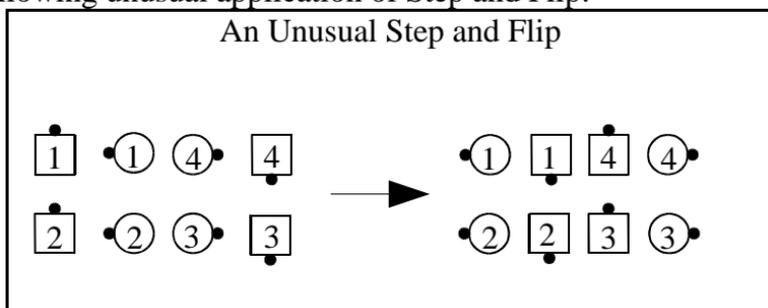


Breathing is very important. Even though the definition says that the Centers step ahead, they might not step ahead at all, or they might end up in a different position than the spot that was directly in front of them. And even though the definition says the Ends run into the adjacent center position, they might not end in the position where the adjacent center was. Breathing can move them into another position. Sometimes an End can even end up in the same spot where he started (such as the very center two of a tidal wave).

Here is an example where the centers don't move at all, and the ends don't end up in the adjacent center position because of the breathing:



Now for an unusual application of Step and Flip. You are not likely to see this on the dance floor any time soon, but Step and Flip can be called from some formations other than lines. For example, consider the following unusual application of Step and Flip:



This seems to follow the definition of the centers stepping ahead and the ends running (or flipping into) the adjacent center spot.

Remember that the most important part of Step and Flip is the breathing. Step Ahead does not mean the same thing as Press Ahead. Those doing the Step Ahead might have to go further than they think, or might not go anywhere at all. And the Ends who flip in might not really end up in the same place where the adjacent center was standing. The Ends will, however, always end up next to each other with hands joined. This is especially important when starting in waves or tidal waves.

Keep the breathing in mind, and you will always be successful at this call.