

# Texas Two-Step

Presented by [Nick and Melissa Enge](#)  
at Texas Camp 2024

**Music:** [Nick & Melissa's Two-Step Playlist](#)

A uniquely Texan innovation, the grassroots, country-bar style of Texas Two-Step (as opposed to the strict ballroom competition version) is a mix of all of the other social dances we did at camp, namely: Foxtrot, Fusion, and Sweetheart Waltz, with one additional bit of flair thrown in.

- **The Foxtrot Part:** The basic step of the grassroots Texas Two-Step is the Two and One from Foxtrot, namely: do the Zig of a Zig Zag Two-Step into the center, then take a slow step diagonally along LOD toward the outside wall (quick-quick-slow, slow / 1-and-2, 3). A common styling is for the free foot to swing in toward the supporting foot on both of the slows. To avoid slowly crashing into the center of the room, make the distance traveled by the “One” part of the step equal to the distance traveled by the “Two” part of the step. In other words, each of the two steps of the “Two” step are about half the length of the “One” step.
- **The Fusion Part:** Whenever you feel inspired, add Merengue variations in Fusion styling (i.e., taking whatever steps you want). But since everyone else around you is traveling around the room, continue to travel around the room as you do your Fusion moves.
  - **Leading and Following by Momentum:** Building on the idea of conversational partnering from Fusion, in Two-Step, we think about leading and following by momentum. The Lead focuses on leading each move just in time (i.e., not too early or too late) in order to conserve and/or smoothly redirect the Follow’s momentum as she goes through the shapes.
- **The Sweetheart Waltz:** Take R-in-R hands and roll the Follow halfway CCW into sweetheart position, then do Sweetheart Waltz moves in Fusion styling while continuing to travel along LOD.
- **The Additional Flair: Dips and Tricks:** While there are literally hundreds of different dips and tricks you can do, we did one of the easiest and most popular: the **Sweetheart Side Dip**. In sweetheart position, get close enough that your sides (specifically, your hips) are touching your partner’s. Then the Lead steps out to the left side with his left foot, and the Follow leans onto the Lead’s right side. The Follow’s body is slightly banana-shaped with the outside of the curve pointing toward her partner (as opposed to banana-shaped with the outside of the curve pointing away from her partner). In other words, the Follow leans onto her partner with her hip leading, not her head leading.