



Edinburgh University Swing Dance
Society notes on:
The Palais Glide



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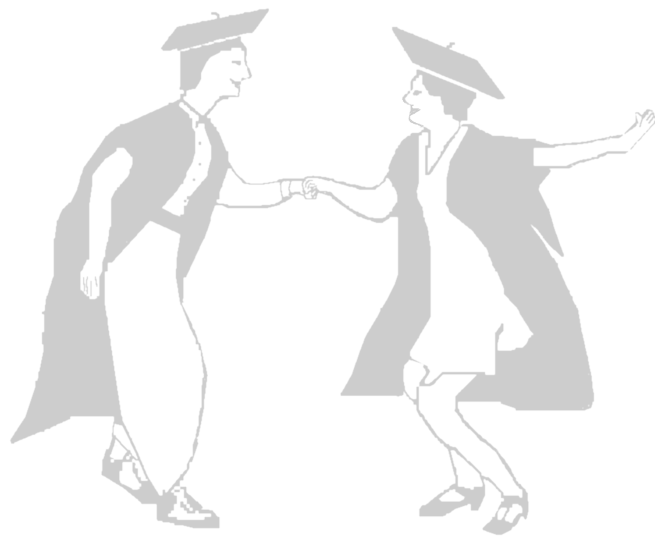
Background:

The Palais Glide is a British stroll dating from the late 1930s, the same era as the Lambeth Walk. Most writers date it from 1938, although it is not clear whether this year refers to the date of invention or the date of the craze (there often being some lag between the two). Music: *Little Brown Jug works well, or Palais Glide*

Steps: essentially 4 x 6 + 1 x 8. Begin with your weight on your right foot. Lined up close side by side, each left arm round L neighbour's shoulders, R arm round R neighbour's waist. UPRIGHT (British!)

- 1 Tap left heel on ground, foot pointing diagonally forward (no weight)
- 2-
- 3 Cross left behind right and step on it
- 4 Open to right on right foot
- 5 Cross left foot in front of right
- 6-
- 7 Point right heel diagonally forward (no weight)
- 8
- 1 Cross right behind left and step on it
- 2 open to left on left foot
- 3 Cross right foot in front of left
- 4-
- 5 Tap left heel on ground, foot pointing diagonally forward (no weight)
- 6-
- 7 Cross left behind right and step on it
- 8 Open to right on right foot
- 1 Cross left foot in front of right
- 2-
- 3 Cross right foot in front of left and step fwd (like Rifleman from the Madison)
- 4
- 5 Cross left foot in front of right
- 6
- 7 Cross right foot in front of left
- 8
- 1 Step left forward (leaning forward with WHOLE BODY, leaving right leg high behind)
- 2
- 3 Swing right foot forward from rear
- 4- (hold)
- 5 Step forward with right
- 6 Step forward with left
- 7 8 Step forward with right

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