

## *The Palais Glide*

*It's been said that the Palais Glide can hardly be termed a dance; it is reminiscent of the galop which has been a feature of Hunt Balls for many years. It has the advantage of creating a very jolly and friendly atmosphere in the ballroom. It can be danced to any foxtrot tune, although sometimes an old tune such as 'John Brown's Body' is used, and it is played at a tempo of about 30 bpm.*

Four, six, or even more dancers form a line, all facing the same direction (towards the LOD) and with their arms linked behind them. All dancers do the same sequence of steps.

1: LF forward, without the weight on it, and the heel only on the floor.

2: Bring the LF back behind the RF and step back on to it - quickly.

3: Bring the RF back and place it slightly to the side of the LF - quickly.

4: LF forward.

Note: A quarter turn to the right is made throughout steps 1 to 4, turning from a direction diagonally to the centre to one diagonally to the wall.

5 - 8. Repeat, commencing with the RF and turning slightly to the left. Count SQQS.

9 - 12. Repeat, commencing with the LF and turning slightly to the R count SQQS.

13. RF forward, well across the front of the LF count S.

14. LF forward, well across the front of the RF count S.

15. RF forward, well across the front of the LF count S.

16. LF forward. Count Q.

17. Swing the RF backwards, off the floor. Count Q.

18. Swing the RF forward, off the floor. Count S.

19. Run forward on to the RF. Count Q.

20. Run forward on to the LF. Count Q.

21. Run forward on to the RF and at the same time bend the body well forward and extend the LF backwards, off the floor. Repeat with the LF from the beginning.

That's it. And if you understand those instructions, you're a better man than I am Gunga Din.

If it helps, there's a photo of people doing it in South Australia about 1939 at [Picture Australia](#). Due to copyright restriction we can't publish the photo, but you can look for it yourself.