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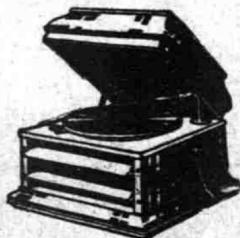
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# How to Dance The Hesitation

Complete instructions written and illustrated for the SUNDAY HERALD by G. Hepburn Wilson, M. B., of the Salon de Danse, New York City—the foremost authority on modern dancing and one of the most brilliant and successful teachers of dancing in the United States.

## The "Hesitation"

The "Hesitation" is a variation of the Modern Waltz, based on the old waltz. Space does not permit my giving instruction in the old waltz. Accordingly this lesson is for those who dance the old waltz and wish to learn the "Hesitation."



No. 1.

Contrary to the old waltz, nearly all modern waltzing is done on the entire foot with the heel touching the floor most of the time. Though it cannot be said that the weight of the body is always on the heel, all action and bodily grace are controlled by free action of the knee joints and upper body. In the old waltz, an up and down action was accomplished by raising on the ball of the foot and then coming down again. In contrast, the Hesitation figure is danced by keeping the heel on the floor most of the time and bending the knee a little.

A bar of waltz music has three counts, but it takes two bars of waltz music to complete the Hesitation figure. It will therefore be found more convenient and understandable to explain the figure or action to SIX COUNTS or two bars of waltz music.

### The Easiest Way to Gain the Hesitation Rhythmic Swing

Start your "Grafonola" with either of the two popular Columbia "Hesitation" Waltz Records, A-5494, "Nights of Gladness," or A-5525, "Dreaming," counting One, Two, Three, Four, Five, Six, to each two bars of music, walking the "Boston" step, taking SINGLE STEPS on counts ONE and FOUR, posing on counts two and three on the left foot and on five and six on the alternate foot.

The steps in this lesson illustrate the

original elemental figure, the basis of all the many variations of the Hesitation.

The following directions are for the gentleman. (For the lady each right means left, each left means right.)

### The Second Step Is Taken with the Left Foot

It is made by stepping sideways to the left with the left foot, about ten or twelve inches (see illustration No. 3) with weight on left foot to SECOND COUNT of music.

### The Third Step Is Taken with the Right Foot

This is made by stepping with the right foot from last position which is an open position of the feet, going to a closed position (see illustration No. 4) with weight now on right foot. This is DONE TO THE THIRD COUNT of the music.

### The Fourth Step Is Taken with the Left Foot

This is made by taking a long step



No. 2.

to the left, with the left foot, about 15 inches from the right foot, having the full WEIGHT ON THE LEFT FOOT, leaving the dancer in this position (see figure No. 4). This is DONE TO THE FOURTH COUNT of the music.

On counts (5) and (6) you REST OR POSE in this position. This comprises the actual "Hesitation" of the figure. NOTE—During the pose or "Hesitation," on counts (5) and (6), great care must be taken to fill out this time by a perfect and graceful pose of the entire body, slowly leaning body toward the left, ready to regain

proper start on the NEW FIRST COUNT AND REPETITION OF THE MOVEMENT.

### All Leads and Body Motion Are to Your Left

### The Elemental Hesitation Figure



No. 3.

From correct standing position (see illustration No. 1) sway the body to the left, swinging right foot back of and beyond left foot ON COUNT ONE, quickly step to the left with left foot ON COUNT ONE, quickly step to the left with left foot ON COUNT TWO, drag right foot over nose to the left foot ON COUNT THREE and sliding left foot out to the left about fifteen inches ON COUNT FOUR, pose or Hesitate in this position on counts FIVE and SIX, body weight on the left foot.

NOTE—This pose or HESITATION position is exactly like the starting position.

### The Steps Illustrate the Starting Position

THE POSITION of the gentleman's right foot BEFORE COMMENCING the Hesitation figure is made by extending the right foot to the right about fifteen inches, with the right toe barely touching the floor, entire weight of the body on the left foot, left heel down. (See figure No. 1.)

### The First Step Is Taken with the Right Foot

This is accomplished by leaning to the left side until it becomes necessary to regain your proper balance by placing the ball of the right foot quickly BACK of and beyond the left foot (see illus-

tration No. 2), with the full weight on the right foot to FIRST COUNT of music.

As mentioned THIS DESCRIPTION IS FOR THE GENTLEMAN. The lady for her instruction need only change every right to LEFT, and every left to RIGHT; also changing the word BACK to FRONT in the description of the FIRST STEP, illustrated in Figure No. 2. In other words, in Figure No. 2, the lady places the ball of the left foot IN FRONT of and across the right foot in the first step on first count of the music, etc.

After this entire fundamental figure is accomplished as described, try it a NEW way—With the gentleman swinging the right foot across and beyond the toe of the left foot. (Lady swinging her left foot back of and beyond the heel of her right foot.) The gentleman always moving to his left, and the lady always to her right. The other steps follow exactly like steps Two, Three and Four described in the elemental Hesitation figure.

There are many delightful variations to this fascinating Modern Dance, that are both graceful and picturesque, but space does not allow for a description



No. 4.

as it is the purpose of this article to simply prove a guide to the simple elements.

You can learn to dance "The Hesitation" in your own home by taking advantage of the wonderful offer made by The Sunday Herald.

Next Sunday's Herald will teach how to dance THE MAXIXE.