H.I.P. H.O.P. Spotlight

Smooth Operator

Hip Hop Dancer and Teacher Jonathan Lee shows you how to master floats, glides and slides.

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Photography by Nathan Seyers

Float

As the name implies, this step makes it seem like you’re floating across the floor thanks to the continuous smooth transfer of weight between your toes and heels as you move to one side.

Begin by standing in a neutral position with your feet hip width apart, keeping your upper body relaxed.

Lift your right heel and twist the balls of your feet to turn your toes in.

Simultaneously twist your left foot, bringing your heel in with your toes pointing out, and drop your right heel, lifting your right toes and twisting your right heel to point your toes out.

Then, drop your left heel. Drop your right toes as you lift your right heel and left toes. Twist your left heel and your right foot to point your toes in again. Continue moving to the right in this toe-ball-heel pattern for as long as you desire. You can also reverse it to the left.

Jonathan suggests starting with the float because it will help you get used to manipulating your feet from toe to heel. Then work your way up to the glide and the back slide.

Glide

Begin by standing in a neutral position with your feet hip width apart, keeping your upper body relaxed.

Time your feet so that your weight rests on the ball of your right foot with your right toes pointed in. Your left heel should be on the floor with your left toes flexed and pointed out.

Drop your right heel as you drop your left heel toward your right foot. When your left heel gets close to your right foot, slightly cross your left foot in front of your right foot as you step on the ball of your left foot to transfer your weight.

Press the ball of your right foot out to the right again, as you drop your right heel and lift your left toes.

Back Slide

Thank to Michael Jackson, many people think that this move is called "the moonwalk," but according to Lee, that’s another move altogether.

Begin with your feet together. Your left foot should be flat and the ball of your right foot should be on the floor.

Press your weight into the ball of your right foot as you slide your left leg back, keeping it flat on the floor.

Drop your left foot back to meet your right foot.

Press your weight into the ball of your left foot as you slide your right leg behind you, keeping it flat on the floor. Drop your left foot as your right leg completes the slide.

Press your weight into the ball of your right foot as you slide your right leg behind you, keeping it flat on the floor. Drop your left foot back to meet your right foot. Continue this pattern for as long as you desire.

Go to dancespirit.com to see Jonathan demonstrate these moves.