

Routines

Contents

1. Waltz.....	3
2. Quickstep	4
3. Tango	5
4. Viennese Waltz	6
5. Foxtrot	7
6. Cha	8
7. Jive	9
8. Rumba	10
9. Samba	11
10. Paso Doble	12

1. Waltz

Step	CBM	Sway	Comments
Natural Spin Turn	1,4,5	L: ST, R, R, ST, ST, ST F: ST, L, L, ST, ST, ST	L: Step 4, heel with contact with floor during pivoting F: Rise on step 5 is taken from ball of LF, and on step 6, ball of RF must remain in contract with floor as it moves towards the LF for brush action
4-6 Reverse Turn	4	L: ST, L, L F: ST, R, R	
Double Reverse Spin	1	Nil	Variation can start with diagonal to wall, instead of LOD.
Progressive Chasse to Right	1	Nil	
Outside Change	2	Nil	
1-3 Natural Turn	1	L: ST, R, R F: ST, L, L	
Open Impetus	1	L: ST, L, ST F: ST, R, ST	
Weave from PP	L: 2,5 F: 1,5	Nil	L: No foot rise on step 4, (TH), F does rise
1-3 Natural Turn	1	L: ST, R, R F: ST, L, L	
Hesitation Change	1	L: ST, L, L F: ST, R, R	
Reverse Turn (1-6)	1,4	L: ST, L, L, ST, R, R F: ST, R, R, ST, L, L	
Whisk	1 (slight)	L: ST, L, L (slight) F: ST, R, R (slight)	F: Step 2, LF is turned in to point diagonal to centre.
Chasse from PP	1 (slight)	NIL	

2. Quickstep

Step	CBM	Sway	Comments
V6	1,6,8	Nil	
Natural Spin Turn			
V6 (2-5)			
Six Quick Runs			
Forward Lock			
Natural Turn (1-3)			
Tipple to R			
Natural Chasse to R			
Forward lock			

3. Tango

4. Viennese Waltz

5. Foxtrot

6. Cha

7. Jive

Step	CBM	Sway	Comments
4 jive kicks towards each other			
Miami Special			
Hip Bump (x1)			
Underarm			
Catapult			
Jive walk			
Chicken walks			SSQQQQ
Fallaway throwaway			
Chicken walks			QQQQ
Underarm			
Chugging			
Mooch x2			
American Spin			
Stop and go			
Return to Miami Special			

8. Rumba

9. Samba

10. Paso Doble