

Routines

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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	TBC
Natural Spin Turn	1,4	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
V6 (2-5)			
Six Quick Runs	1	Nil	
Forward Lock			
Natural Turn (1-3)			
Tipple to R			
Natural Chasse to R			
Forward lock			

3. Tango

4. Viennese Waltz

5. Foxtrot

6. Cha

Step

Start in offset parallel

Slow Cuban break to R

Quick Cuban breaks, R x2, L x2

???

Hand to hand

Aida with spiral

In Place for 2,3 facing each other

Spot turn

New York

Quick Cuban breaks facing out x2, facing in x2

Quick new yorks x2

New York

Spot turn

Open hip twist

Fan

Hockey Stick

Top

Closed? hip twist

Alemana

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

11. Acrobatic Rock 'n' Roll

Move	Link	Comment	Safety Controls
Ticking Clock	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 3 seconds. Landing is mildly tricky.	Need mat or spotter for trials.
Soaring Eagle with fancy dismount	https://www.instagram.com/p/CnhyRxqjxE6/	Different intro into it and maybe more time on shoulder. 1st half easy to do.	Nil
Round the World	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 30 seconds. Very easy to do.	Unlikely, spotter could be useful.
Hip Jump	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 54 seconds	Nil
Kiss the Floor	https://www.instagram.com/p/Ck_N9W5J6B2/	You rely on your own arm strength	Mat or I can catch.
Jump the Wave	https://www.instagram.com/p/CoFbYaDjzgW/	Different intro into it.	Nil
Climbing Wall	https://www.instagram.com/reel/CnCXyB4OJ15/	Won't do the standing on one leg. Won't do the stand in hands.	TBH least likely to do this one. 2-3 Spotters and Mat
Mannequin Rotation	https://www.instagram.com/reel/Cm_4719oolT/	Different hold at top: more secure and less pervy	Nil
Low soaring into sweep the floor	https://www.instagram.com/p/Cj0fJxBjpVA/	Won't do the bit after they sweep the floor	Nil

12. Samba

13. Paso Doble

14. Acro Rock 'n' Roll