

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

11.1. Lifts

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

11.2. Routine

Step	Comment
180° turn, 4 kicks	F starts left of L. L, starts with RF behind F: starts with LF behind Turn on beat 4, then kicks beats 1-4
Ticking Clock	F to be standing in front and slightly to right of L, F left hand to be on L right shoulder. L right arm on across both shoulders, their left arm on In last four counts, face opposite each other
Kiss the Floor	L, spin F under arm so they're facing away. L place right hand on F back of head. F interlace fingers on L's wrist. L step R foot forward, then lunge with L. Follower hold tight.
Swap Places	L's LH with F RH. L crosses in front of R L: LK, RK, LK, LK, RK, LK, LK, RK F: RK, LK, RK, RK, {LK, RK, LK, RK} – turn 360°
Soaring Eagle...	F holds arm of leader as going up (or shoulders but let go), spread arms when up.
...with fancy dismount	L places left arm across F's front. L's RH lets go, swing F across. As Follower swings across, towards left side, replace left arm with right. Grab legs with left arm. Then return to standing. As follower starts swinging, right arm on L's left shoulder, then left arm on L's right shoulder towards end of swing. Follower pose straight right leg, bent left leg after swing.
4 Kicks	L: LK, RK, LK, RK F: RK, LK, RK, LK L: Left arms, Right arms, left arms 90°, right arms 90° F: Right arms, Left arms, Right arms 90°, Left arms 90°
Low soaring into sweep the floor	Leader left arm under followers left leg (knee) (but not right), hand on top of followers right leg. Leaders right hand holding followers right wrist, which is behind their back. Follower left arm around leaders shoulders (L's left shoulder hold). Follower's right ankle cross against left ankle. Start spinning, follower let's go of shoulder and unravels, sticks arm out. Just before sweeping floor, they uncross leg. Sweep floor begins by gently landing on side.
Round the World	Follower both hands on leader's right shoulder
Kicks x2, slide to side	L: RK left, RK right, slide to right, jump and clap F: LK left, LK right, slide to left, jump and clap
Underarm, spin out, in	
Jump the Wave	Follower pivots on back of heels. Height controlled by leader. Leader steps across follower when on downwards, and second leg when on upwards.
Return to Ticking Clock	

11.2.1. Acronyms

L – Leader

F – Follower

LK – Left Kick

RK – Right Kick

LH – Left Hand

RH – Right Hand