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 |  |

1. 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 |  |  |  |

1. Tango
2. Viennese Waltz
3. Foxtrot
4. Cha
5. 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 |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. Rumba
2. Samba
3. Paso Doble