Routines

Contents

[1. Waltz 3](#_Toc126102953)

[2. Quickstep 4](#_Toc126102954)

[3. Tango 5](#_Toc126102955)

[4. Viennese Waltz 6](#_Toc126102956)

[5. Foxtrot 7](#_Toc126102957)

[6. Cha 8](#_Toc126102958)

[7. Jive 9](#_Toc126102959)

[8. Rumba 10](#_Toc126102960)

[9. Samba 11](#_Toc126102961)

[10. Paso Doble 12](#_Toc126102962)

[11. Acrobatic Rock ‘n’ Roll 13](#_Toc126102963)

[11.1. Lifts 13](#_Toc126102964)

[11.2. Routine 14](#_Toc126102965)

[11.2.1. Acronyms 15](#_Toc126102966)

1. Waltz
   1. Novice

|  |  |  |  |
| --- | --- | --- | --- |
| 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. |
| Double Reverse Spin | 1 | Nil | Variation can start with diagonal to wall, instead of LOD. |
| Reverse Fallaway with Slip pivot |  |  |  |
| 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 | 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 |  |  |  |

1. Tango
2. Foxtrot
3. 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 |
|  |

* 1. Open Cha

|  |
| --- |
| Step |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

Body rolls, chest pops, shimmies

Quick NYs

3 step turns

Cha walks & Locks

1. 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. Open Jive

|  |
| --- |
| Step |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

Kicks

Drunken sailors

Modified chicken walks

Step and points

Checks

Uber spins – follower constant under arms (360 per beat) while leader flick ball change

180 deg around each other (per beat)

1. Rumba
2. Samba
3. Paso Doble
4. Acrobatic Rock ‘n’ Roll
   1. Lifts

|  |  |  |  |
| --- | --- | --- | --- |
| Move | Link | Comment | Safety Controls |
| Ticking Clock | <https://www.facebook.com/1038175276273583/videos/239922783838357?__so__=permalink> | @ 3 seconds. Landing is mildly trickly. | 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_4719ooIT/> | 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 |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Move | Link | Comment | Safety Controls |
| Splits Flip | <https://www.instagram.com/p/Cs_f0zFJ03C/> | Only if follower is flexible | Mat |
| Chaos | <https://www.instagram.com/p/CpedUO7rF-T/> | Probs won’t do all of this | Mat and spotters |
| Right-angle aerial with spin dip | <https://www.instagram.com/p/CrJXy0utms8/> | Getting down will probs be different | Mat and spotters |
| Straddle flip into splits | <https://www.instagram.com/p/CrdwcENP9xd/> |  | Mat |
| Over the shoulder onto other shoulder | <https://www.instagram.com/p/CqGCRK1Mupg/> |  | Mat and spotters |
| Dip Flip | <https://www.instagram.com/p/CpazvqYgOx5/> |  |  |
| Over the shoulder | <https://www.instagram.com/p/CsqhronvCV4/> |  |  |
| Aerial pose | <https://www.instagram.com/p/Cq12tgvuEwp/> | Probs won’t end in one hand | Mat Spotters, build up into it. |
| Stand up challenge | <https://www.instagram.com/p/CpVZs3vA2EP/>  <https://www.instagram.com/p/CpOXeoKrneh/> | My poor back ☹ | Mat, Spotters, |
| Left right up swings | <https://www.instagram.com/p/CpOI5a2LEL9/> | This is a classic and fairly safe |  |
| Jump across Oblivian | <https://www.instagram.com/p/Cqgt2zPjKCG/> | Only do parts of this |  |
| Soaring through the air (practice) | <https://www.instagram.com/p/CsEo9SOg0gG/> | Only if joints are strong. Will have to just go for it | Long sleeves would be nice to avoid friction burns |
| Forward Hands between leg flip | <https://www.instagram.com/p/Cp2nfxog6C6/> |  | Mat |
| Backwars Hands between leg flip | <https://www.instagram.com/p/CsGQsZotl89/> |  | Mat |
| Rock the baby | <https://www.instagram.com/p/CqlgpGGsFTd/> |  |  |
| Round the shoulder (K-flip) | <https://www.instagram.com/p/CrkxG5DI0Ig/> |  |  |
| Straddle aerial | <https://www.instagram.com/p/Cp_QWk7vidY/> |  |  |
| Round the shoulder 2 | <https://www.instagram.com/p/Cr_d04nOrta/> |  |  |
| Forward Hands between leg flip into pose | <https://www.instagram.com/p/CsgLLZCv3N7/> |  |  |
| Classic aerial | <https://www.instagram.com/p/CsHHb8iNUNu/> |  |  |
| Wrestling flip | <https://www.instagram.com/p/CsRX1oNs3S9/> |  |  |
| Baby flip | <https://www.instagram.com/p/Crgih7dvGEm/> |  |  |
| Bench press | <https://www.instagram.com/p/Crk84GfvZyH/> |  |  |

* 1. 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.a  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 |  |

* + 1. Acronyms

L – Leader

F – Follower

LK – Left Kick

RK – Right Kick

LH – Left Hand

RH – Right Hand