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 | 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. Viennese Waltz
3. Foxtrot
4. 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. 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
4. 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 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 |
|  |  |  |  |

1. Samba
2. Paso Doble
3. Acro Rock ‘n’ Roll