



The Ballroom Technique

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The Imperial Society of Teachers of Dancing will always be indebted to the late Alex Moore MBE for his outstanding service and dedication to the Society.

Over a period spanning almost sixty years, he served the Society first as a Member of the Ballroom Faculty Committee — and it must be remembered that it was this Committee which formulated the Technique of Ballroom Dancing which was then followed worldwide — then as Chairman of that same Faculty for more than 30 years.

He continued as the Ballroom Faculty Chairman for many years, he served as Chairman of the Administrative Council and finally as President of the Society, which post he held until 1991.

In 1948 when the existing Technique was revised, his keen and analytical brain devised the chart form for our Technique Books which is used until this day. He painstakingly tabulated, proofed and printed the Technique which had been updated by the Ballroom Faculty of the ISTD.

In addition to this, the articles in his Monthly Letter Service explaining why many of the changes had been made were of immense value to the Students training for Professional Examinations, as were his various books of “Questions and Answers” on Ballroom Dancing.

This kind and gentle genius of dancing has gone, but has left behind a heritage of Dance which will last for ever.

BILL IRVINE MBE
Vice-President Imperial Society of Teachers of Dancing

Preface

Alex Moore's Revised Technique has for many years been the accepted technique of the Imperial Society of Teachers of Dancing and practically all other British Societies and by teaching organisations throughout the world.

With the development of the Ballroom style over recent years it has become necessary to update the technique and to introduce some popular figures whilst leaving out certain figures which have lost their popularity and are seldom danced.

Recently a technical committee of The Ballroom Faculty was formed to undertake the difficult task and after much time and deliberation have produced an updated Ballroom technique.

It will be noticed that a slightly different layout has been used which should help the Student when studying for Examinations.

Other important changes are the new and simplified wordings in the descriptions and that only permissible precedes and follows are given and not the suggested amalgamations previously given in Alex Moore's book.

Finally my personal thanks to the technical committee for their hard work and dedication in producing The Updated Technique of the Imperial Society.

ANTHONY HURLEY
Chairman Ballroom Faculty

Training for Professional Examinations

Teachers who are training professionals for examinations should aim for the following priorities:—

- 1) A good knowledge and understanding of the technical details.
- 2) Correct and well balanced solo demonstrations. The Ladies should pay particular attention to the poise when dancing as Man.
- 3) An understanding of musical requirements, i.e. Time Signatures, Tempi, Counting in beats and bars and beat values.
- 4) Simple teaching methods.
- 5) Good voice projection.
- 6) A professional approach.

Professional Syllabus Requirements

Note that requirements at all grades from Associate upwards include all Specified Figures for the lower grades, i.e. Associate requirements also include Student Teacher Specified Figures, Licentiate requirements also include Associate and Student Teacher Specified Figures and Fellow includes all figures listed, apart from those on the pages headed "Additional Figures".

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How to Study the Charts

The Technique has been issued in chart form, and it is necessary to understand the main headings. It is also important that the Student should understand the general principles.

Headings used in the Waltz, Foxtrot, and Quickstep are explained below.

It is necessary to treat the Tango as an entirely separate dance.

ABBREVIATIONS USED IN THE CHARTS

RF	Right Foot	NFR	No foot rise
LF	Left Foot	DW	Diagonally to wall
R	Right	DC	Diagonally to centre
L	Left	e/o	End of
LOD	Line of Dance	Com	Commence
PP	Promenade Position	Cont	Continue
CBMP	Contrary body movement position	OP	Outside partner
CBM	Contrary body movement	S	Slow (or "straight" referring to sway)
B	Ball of foot	Q	Quick
H	Heel	A	Associate
T	Toe	L	Licentiate
IE	Inside Edge	F	Fellow

POSITIONS OF THE FEET

These refer to the position of one foot in relation to the other.

Other terms included in the Feet Positions are as follows:

- 1) **CBMP (Contrary Body Movement Position)**
A foot position where the foot is placed on or across the line of the supporting foot, either in front or behind to maintain body line.
- 2) **PP (Promenade Position)**
A position where the Man's R side and the Lady's L side are in contact, and the opposite side of the body open to form a V shaped position.
- 3) **OP (Outside Partner)**
A step outside partner on the R side.
- 4) **SIDE LEADING**
Taking the same side of the body either forward or backward with the moving foot.

ALIGNMENT

The position of the feet in relation to the room.

Use Facing or Backing when the feet and body are in line, and Pointing when the foot is in a different alignment to the body.

AMOUNT OF TURN

This is measured between the feet.

RISE AND FALL

The elevation and lowering that is developed through the feet, legs and body.

NO FOOT RISE

No foot rise occurs when stepping back on the inside of most turns when the heel of the supporting foot will remain in contact with the floor until full weight is taken on to the next step. The rise is felt in the body and legs only.

FOOTWORK

Footwork refers to the part of the foot in contact with the floor, but it should be noted that in Waltz, Foxtrot and Quickstep the terms "Toe" and "Heel" are used. The term "Toe" is intended to include the "Ball" of foot. A step forward is given as "Heel", although it is understood that the whole foot is then used. It is not necessary to say "Heel" then "Flat". An important rule to remember is that when a foot closes to the other foot from a side position it will close with TOE in contact with the floor

CBM (CONTRARY BODY MOVEMENT)

A body action. The turning of the opposite side of the body towards the moving foot which is moving forward or back, generally to initiate turn.

SWAY

Sway is normally the inclination of the body away from the moving foot and towards the inside of the turn – e.g. step 2 of Waltz Natural Turn.

Sway can be towards the moving foot — e.g. step 1 of Hover Feather.

Broken Sway is from the waist upwards and is used on such figures as checked Tipple Chasse to R.

POISE

MAN

Stand in an upright position, body braced at the waist, with the weight held forward towards the balls of the feet, shoulders relaxed and head erect. The knees should be held very slightly flexed.

LADY

Stand in an upright position, body braced at the waist, upper part of body and head poised slightly back and a little to the left. Weight held over the balls of the feet with knees held very slightly flexed.

HOLDS

MAN

Stand facing the Lady with the Lady very slightly on the right side. Extend and raise both arms sideways until they are just below the shoulders. Bend the right elbow and place the right hand just below the Lady's left shoulder blade. Bend the left elbow and take the Lady's right hand, holding the joined hands approximately at eye level. The left forearm should be inclined slightly forward showing an unbroken line from elbow to hand.

LADY

Place the left hand on the Man's right arm just below the shoulder. Raise the right arm and place right hand in Man's left hand.

THE FORWARD WALK

Stand in an upright position with the feet together and the weight held slightly forward towards the balls of the feet.

Swing the leg forward from the hip with the ball of the foot in contact with the floor then with the heel lightly skimming the floor with the toe slightly raised. As soon as the front heel moves past the back toe, the back heel will be released from the floor and at the extent of the stride the weight will be equally divided between the heel of the front foot and the ball of the back foot with the front knee straight and the back knee slightly flexed. The front toe will then immediately lower as the weight of the body moves forward. The back foot commences to move forward with first the toe then the ball of foot skimming the floor until the feet are level and the back foot then continues forward into the next step.

THE BACKWARD WALK

Stand in an upright position with the feet together and the weight held forward over the balls of the feet.

Move the foot back with the ball of foot then the toe skimming the floor, then lower again onto the ball of the foot. As soon as the back foot moves past the front heel, the front toe will be released from the floor so that at the extent of the stride the weight will be equally divided between the ball of the back foot and the heel of the front foot, the back knee will be slightly flexed and the front knee straight. The front foot then commences to move back first with the heel and then with the ball of foot skimming the floor until the feet are level when the back heel will lower. IT IS MOST IMPORTANT THAT THE BACK HEEL LOWERS VERY SLOWLY AND WITH CONTROL.

HEEL TURN

A turn that is first commenced on the ball of the stepping foot and then continued on the heel, the closing foot being kept parallel throughout. The weight is transferred on to the foot that has closed as the turn is completed.

HEEL PULL

A type of Heel Turn. The turn to right is made on the heel of the supporting foot, and the moving foot is pulled back and to the side of the supporting foot (slightly apart), heel first, inside edge of foot, then flat.

TANGO

For all definitions relating to Tango, turn to the beginning of the Tango section of the book, page 98

SPECIAL NOTE

"NATURAL" AND "REVERSE" TURNS

Note that all "Natural" Turns turn to right and all "Reverse" Turns turn to left.

WALTZ

TIME SIGNATURE — $\frac{3}{4}$ with the first beat accented. Each step = 1 beat.
COUNTING IN BEATS AND BARS 1 2 3 2 3 3 2 3 4 2 3 etc.

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1 CLOSED CHANGE. NATURAL TO REVERSE.

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	RF fwd	Facing DC	Nil	Com to rise e/o 1
2	LF to side and slightly fwd	Facing DC	Nil	Cont to rise on 2 and 3
3	RF closes to LF	Facing DC	Nil	Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 TH.

CBM on 1 (slight). SWAY: SRR.

Note.— Although the amount of turn is given as “Nil”, a very slight turn to R may be made.

LADY				
1	LF back	Backing DC	Nil	Com to rise e/o 1 NFR
2	RF to side and slightly back	Backing DC	Nil	Cont to rise on 2 and 3
3	LF closes to RF	Backing DC	Nil	Lower e/o 3

FOOTWORK: 1 TH; 2 T; 3 TH.

CBM on 1 (slight). SWAY: SLL.

THE CLOSED CHANGE from Reverse to Natural is the normal opposite commencing DW with LF.

RF CLOSED CHANGE

Precede: A Natural Turn — 4-6 Natural Turn after Back Lock or Progressive Chassé to R.

L) Outside Spin taken after Open Impetus and Cross. Hesitation making a full turn to end
F) facing DC.

Follow: A) Any Reverse figure.
L)
F)

LF CLOSED CHANGE

Precede: A Reverse Turn — 4-6 Reverse Turn after Natural Spin Turn - Double Reverse Spin.
At corner — 4-6 Reverse Turn after underturned Natural Spin Turn or Closed Impetus — Hesitation Change.

L) 4-6 Reverse Turn after underturned Outside Spin.
F)

Follow: A) Any Natural figure.
L)
F)

2 NATURAL TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Com to rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Cont to rise on 2 and 3
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Lower e/o 3
4	LF back	Backing LOD	Com to turn R	Com to rise e/o 4
5	RF to side	Pointing DC	$\frac{3}{8}$ between 4-5 Body turns less	NFR Cont to rise on 5-6
6	LF closes to RF	Facing DC	Body completes turn	Lower e/o 6

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 T; 6 TH.

CBM on 1 and 4 SWAY: SRRSLL.

LADY				
1	LF back	Backing DW	Com to turn R	Com to rise e/o 1
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less	NFR Cont to rise on 2 and 3
3	LF closes to RF	Facing LOD	Body completes turn.	Lower e/o 3
4	RF fwd	Facing LOD	Com to turn R	Com to rise e/o 4
5	LF to side	Backing centre	$\frac{1}{4}$ between 4-5	Cont to rise on 5 and 6
6	RF closes to LF	Backing DC	$\frac{1}{8}$ between 5-6	Lower e/o 6

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HT; 5 T; 6 TH.

CMB on 1 and 4 SWAY: SLLSRR.

Precede: A LF Closed Change — Chassé from PP — Outside Change — Basic Weave.
At corner — Natural Turn.

4-6 Natural Turn can be preceded by Reverse Corté.

- L) Weave from PP — Closed Telemark — Outside Spin — Turning Lock — 4-6
F) Natural Turn can be preceded by Cross Hesitation.

Follow: A RF Closed Change. At corner — any Natural figure. A Natural Turn ended facing DC can be followed by 1-3 Natural Turn to end backing centre then followed by Outside Change turning $\frac{1}{8}$ to L.

- L) Back Whisk after 1-3 Natural Turn.
F)

3 REVERSE TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Com to rise e/o 1
2	RF to side	Backing DW	$\frac{1}{4}$ between 1-2	Cont to rise on 2 and 3
3	LF closes to RF	Backing LOD	$\frac{1}{8}$ between 2-3	Lower e/o 3
4	RF back	Backing LOD	Com to turn L	Com to rise e/o 4 NFR
5	LF to side	Pointing DW	$\frac{3}{8}$ between 4-5 Body turns less.	Cont to rise on 5 and 6
6	RF closes to LF	Facing DW	Body completes turn	Lower e/o 6

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 T; 6 TH.

CMB on 1 and 4 SWAY: SLLSRR.

LADY				
1	RF back	Backing DC	Com to turn L	Com to rise e/o 1 NFR
2	LF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less	Cont to rise on 2 and 3
3	RF closes to LF	Facing LOD	Body completes turn	Lower e/o 3
4	LF fwd	Facing LOD	Com to turn L	Com to rise e/o 4
5	RF to side	Backing wall.	$\frac{1}{4}$ between 4-5	Cont to rise on 5 and 6
6	LF closes to RF	Backing DW	$\frac{1}{8}$ between 5-6	Lower e/o 6

FOOTWORK: 1. TH; 2 T; 3 TH; 4 HT; 5 T; 6 TH.

CBM on 1 and 4. SWAY: SRRSLL.

Precede: A RF Closed Change — 4-6 Reverse Turn after underturned Natural Spin Turn or Closed Impetus — Hesitation Change — Double Reverse Spin ended DC — Reverse Pivot.

L Wing.

F Closed Wing. At corner — Fallaway Reverse and Slip Pivot.

Follow: A LF Closed Change — Whisk — Double Reverse Spin — Progressive Chassé to R can follow 4-6 Reverse Turn ended DC after underturned Natural Spin Turn or Closed Impetus. 1-3 Reverse Turn can be followed by Reverse Corté.

L Closed or Open Telemark can follow 4-6 Reverse Turn ended DC after underturned Natural Spin Turn or Closed Impetus.

F Contra Check — 1-3 Reverse Turn can be followed by Hover Corté.

4 NATURAL SPIN TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Com to rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Cont to rise on 2 and 3
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Lower e/o 3
4	LF back	Down LOD toe turned in.	$\frac{1}{2}$ to R on 4 (pivot)	—
5	RF fwd in CBMP	Facing LOD	Cont to turn.	Rise e/o 5
6	LF to side and slightly back	Backing DC	$\frac{3}{8}$ between 5-6	Up. Lower e/o 6

FOOTWORK: 1 HT; 2 T; 3 TH; 4 THT; 5 HT; 6 TH.

CBM on 1, 4 and 5. SWAY: SRRSSS.

Note.— Although the footwork on step 4 is THT the Heel is in contact with the floor during the actual turn. When the Natural Spin Turn is danced at a corner or underturned along the side of the room the amount of turn is $\frac{3}{8}$ on the pivot and $\frac{1}{4}$ between 5-6.

LADY				
1	LF back	Backing DW	Com to turn R	Com to rise e/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less	Cont to rise on 2 and 3
3	LF closes to RF	Facing LOD	Body completes turn	Lower e/o 3
4	RF fwd	Facing LOD	$\frac{1}{2}$ to R on 4 (pivoting action)	—
5	LF back and slightly to side	Backing LOD	Cont to turn.	Rise e/o 5
6	RF diag fwd having brushed to LF	Facing DC	$\frac{3}{8}$ between 5-6	Up. Lower e/o 6

FOOTWORK; 1 TH; 2 T; 3 TH; 4 HT; 5 T; 6 TH.

CBM on 1 and 4. SWAY; SLLSSS.

Note.— The Rise is taken from the ball of LF on step 5, and it is important to note that as the RF commences to move to brush to LF the ball of RF not the Heel is in contact with the floor. When the Natural Spin Turn is danced at a corner or underturned along the side of the room the amount of turn is $\frac{3}{8}$ on the pivoting action and $\frac{1}{4}$ between 5-6.

Precede: A)
L) As for Natural Turn.
F)

Follow: A 4-6 Reverse Turn – Reverse Corté – Reverse Pivot.

L Turning Lock – approaching a corner – Basic Weave.

F RF back into Left Whisk – Turning Lock to R after overturned Natural Spin Turn – Hover Corté.

5 WHISK

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF fwd	Facing DW	—	Com to rise e/o 1
2	RF to side and slightly fwd	Facing DW	—	Cont to rise on 2
3	LF crosses behind RF in PP	Facing DW	—	Up. Lower c/o 3

FOOTWORK: 1 HT; 2 T; 3 TH.

CBM on 1 (slight). SWAY: SLL.

Note.— The position of step 2 is consistent with step 2 of a Closed Change.

LADY				
1	RF back.	Backing DW	—	Com to rise c/o 1 NFR
2	LF diag back	Pointing DC	¼ to R between 1-2 Body turns less.	Cont to rise on 2
3	RF crosses behind LF in PP	Facing DC	Body completes turn.	Up. Lower e/o 3

FOOTWORK: 1 TH; 2 T; 3 TH.

CBM Nil. SWAY: SRR.

Note.— The feet complete the turn between 1-2.

WHISK — When man turns ¼ 'A' only at corner to end facing DW of new LOD 'L' and 'F', also at side of room to end facing DC.

Step	Feet Positions	Alignment	Amount of Turn
MAN			
1	LF fwd	Facing DW	Com to turn L
2	RF diag fwd R side leading.	Facing LOD	⅛ between 1-2
3	LF crosses behind RF in PP	Facing DW of new LOD	⅛ between 2-3
LADY			
2	LF back L side leading		

All other technical details remains as above. Lady does not turn.

For 'Precedes' and 'Follows' see page 15.

5 (cont) WHISK

WHISK – When Man turns $\frac{1}{8}$ at side of room in order to move DC on next figure.

Step	Feet Positions	Alignment	Amount of Turn
MAN			
1	LF fwd	Facing DW	Com to turn L
2	RF to side and slightly fwd	Facing LOD	$\frac{1}{8}$ between 1-2
3	LF crosses behind RF in PP	Facing LOD	
LADY			
1	RF back	Backing DW	Com to turn L
2	LF diag back	Backing LOD	$\frac{1}{8}$ between 1-2
3	RF crosses behind LF in PP	Facing centre	$\frac{1}{4}$ to R between 2-3

All other technical details remain the same as normal Whisk.

Precede: A) Reverse Turn — 4-6 Reverse Turn after Natural Spin Turn — Double Reverse Spin —
 L) Reverse Pivot. At corner — 4-6 Reverse Turn after underturned Natural Spin Turn or Closed Impetus — Hesitation Change.
 F Closed Wing facing DW — Fallaway Reverse and Slip Pivot.

Follows: A Chassé from PP.

L Weave from PP (steps 1-2 moving to centre after Whisk turned to face DC — or steps 1-2 moving DC after Whisk turned to face LOD) — Cross Hesitation — Wing.
 F Left Whisk — Chassé from PP moving DC to follow with Closed Wing.

WALTZ STUDENT TEACHER

6 CHASSE FROM PP

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	RF fwd and across in PP and CBMP	Facing DW (Moving along LOD)	—	Com to rise e/o 1
2	LF to side and slightly fwd	Facing DW	—	Cont to rise on 2 and 3
3	RF closes to LF	Facing DW	—	—
4	LF to side and slightly fwd	Facing DW	—	Up. Lower e/o 4
5	RF fwd in CBMP OP	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH; 5 H.

CBM on 1 (slight) and 5. SWAY: Nil. TIMING: 1 2 & 3 1. BEAT VALUE: 1, ½, ½, 1, 1.

LADY				
1	LF fwd and across in PP and CBMP	Facing DC (Moving along LOD)	Com to turn to L	Com to rise e/o 1
2	RF to side	Backing wall	¼ between 1-2	Cont to rise on 2 and 3
3	LF closes to RF	Backing DW	¼ between 2-3 Body turns less	—
4	RF to side and slightly back	Backing DW	—	Up. Lower e/o 4
5	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3, T; 4 TH; 5 T.

CBM on 1 and 5. SWAY: Nil. TIMING: 1 2 & 3 1. BEAT VALUE: 1, ½, ½, 1, 1.

Precede: A Whisk — Outside Change ended in PP — Back Whisk — Basic Weave ended in PP.

L Open Telemark — Weave from PP ended in PP — Turning Lock ended in PP
At Corner — Open Impetus.

F Open Impetus (side of room) — Contra Check — Turning Lock to R.

Follow: A) Any Natural figure.

L) Closed Wing.

7 CLOSED IMPETUS

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF back	Backing LOD	Com to turn R	—
2	RF closes to LF (Heel turn)	Facing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	LF to side and slightly back	Backing DC against the LOD	$\frac{1}{4}$ between 2-3	Up. Lower e/o 3
4	RF back	Backing DC against the LOD	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SLSS.

Note.— When commenced backing DW turn $\frac{3}{8}$ between 1-2 and $\frac{1}{8}$ between 2-3.

LADY				
1	RF fwd	Facing LOD	Com to turn R	—
2	LF to side	Backing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	RF diag fwd having brushed to LF	Facing DC against LOD	$\frac{1}{4}$ between 2-3	Up. Lower e/o 3
4	LF fwd	Facing DC against LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SRSS.

Precede: A 1-3 Natural Turn — Reverse Corté turning $\frac{1}{2}$ to end backing DW after underturned Natural Spin Turn or Closed Impetus at side of room — Back Lock — Progressive Chassé to R.

$\begin{pmatrix} L \\ F \end{pmatrix}$ Cross Hesitation turned to L to back DW.

Follow: A 4-6 Reverse Turn — Reverse Corté — Reverse Pivot.

L At corner — Turning Lock.

F RF back into Left Whisk — Hover Corté.

Note.— The Closed Impetus may be danced at a corner to end backing DC of new LOD. Follows as for Natural Spin Turn at corner.

8 HESITATION CHANGE

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Com to rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Cont to rise on 2 and 3
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Lower e/o 3
4	LF back	Backing LOD	Com to turn R	—
5	RF to side small step (Heel Pull)	Facing DC	$\frac{3}{8}$ between 4-5	—
6	LF closes to RF without weight	Facing DC	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 H; IE of foot, whole foot; 6 IE of T (LF).

CBM on 1 and 4. SWAY: SRRSLL.

Note.— When danced at a corner $\frac{1}{8}$ or $\frac{1}{4}$ turn could be made between 4-5.

LADY				
1	LF back	Backing DW	Com to turn R	Com to rise c/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less	Cont to rise on 2 and 3
3	LF closes to RF	Facing LOD	Body completes turn	Lower e/o 3
4	RF fwd	Facing LOD	Com to turn R	—
5	LF to side	Backing DC	$\frac{3}{8}$ between 4-5	—
6	RF closes to LF without weight	Backing DC	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HT; 5 TH; 6 IE of T (RF).

CBM on 1 and 4. SWAY: SLLSRR.

Precede: $\left. \begin{matrix} A \\ L \\ F \end{matrix} \right\}$ As for Natural Turn.

Follow: A Reverse Turn — Double Reverse Spin — Progressive Chassé to R. Facing DW of new LOD: LF Closed Change — Whisk. Facing new LOD: 1-3 Reverse Turn to back DW then Basic Weave.

L Closed or Open Telemark.

F Fallaway Reverse and Slip Pivot. At corner — Contra Check.

9 OUTSIDE CHANGE

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF back	Backing DC	—	Com to rise e/o 1 NFR
2	RF back	Backing DC	Com to turn L	Cont to rise on 2
3	LF to side and slightly fwd	Pointing DW	¼ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 H.

CBM on 2 and 4. SWAY: Nil.

LADY				
1	RF fwd	Facing DC	—	Com to rise e/o 1
2	LF fwd	Facing DC	Com to turn L	Cont to rise on 2
3	RF to side and slightly back	Backing DW	¼ between 2-3 Body turns less	Up. Lower e/o 3
4	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 T.

CBM on 2 and 4. SWAY: Nil.

- Precede:** A 1-3 Natural Turn to end backing DC (either underturned or commenced facing LOD).
At corner — Reverse Corté (step 1 of Outside Change in CBMP Lady OP).
- L Progressive Chassé to R to end backing DC. At corner — Cross Hesitation.
- F Left Whisk releasing LF on step 3 — Hover Corté with Outside Change ended DC into Closed Wing.

- Follow:** A) Any Natural figure.
- L) Any Natural figure.
- F Closed Wing.

9 (cont) OUTSIDE CHANGE ENDED IN PP

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
Technique of steps 1-2 as on previous page				
MAN				
3	LF to side in PP	Facing DW Moving along LOD	$\frac{1}{4}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd and across in PP and CBMP	Facing DW Moving along LOD	—	—
LADY				
3	RF side in PP	Facing DC Moving along LOD	—	Up. Lower e/o 3
4	LF fwd and across in PP and CBMP	Facing DC Moving along LOD	—	—

Follow: A Chassé from PP.

L Cross Hesitation — Wing (The foot position of step 3 Outside Change will be the same as step 3 Open Telemark relevant to the follow to be used) Refer pages 31/32.

F Left Whisk.

10 REVERSE CORTÉ

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back.	Backing LOD	Com to turn L	—
2	LF closes to RF without weight.	Backing DC against LOD	$\frac{3}{8}$ between 1-2	Rise on 2
3	Position held.	Backing DC against LOD	—	Up. Lower e/o 3

FOOTWORK: 1 TH; 2 H(LF) then Toes both feet; 3 TH(RF).

Note.— On step 2 turn may be made on ball of RF with foot flat. Footwork would then be: 1 THT: 2 Toes both feet; 3 TH(RF).

CBM on 1. SWAY: SRR.

Note.— Other alignments are:—

- (b) Backing LOD $\frac{1}{2}$ to L between 1-2.
- (c) Backing LOD $\frac{5}{8}$ to L between 1-2.
- (d) Backing DC $\frac{1}{4}$ to L between 1-2.

LADY				
1	LF fwd	Facing LOD	Com to turn L	Com to rise e/o 1
2	RF to side	Facing centre	$\frac{1}{4}$ between 1-2	Cont to rise on 2 and 3
3	LF closes to RF	Facing DC against LOD	$\frac{1}{8}$ between 2-3	Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 TH.

CBM on 1. SWAY: SLL.

Note that the Lady commences to rise slightly earlier than the Man.

Note.— When alignments (b), (c), (d), are used, the Lady will turn:

- (b) Just over $\frac{1}{4}$ to L between 1-2, just under $\frac{1}{4}$ to L between 2-3.
- (c) $\frac{3}{8}$ to L between 1-2, $\frac{1}{4}$ to L between 2-3.
- (d) $\frac{1}{8}$ to L between 1-2, $\frac{1}{8}$ to L between 2-3.

10 (cont) REVERSE CORTÉ

Precede: A 1-3 Reverse Turn — Natural Spin Turn. An underturned Natural Spin Turn or Closed Impetus could precede ½ turn Reverse Corté to end backing DW.

L)
F) Underturned Outside Spin.

Follow: *Note.* Step 1 of all Follows will be in CBMP with Lady OP.

A 4-6 Natural Turn — Back Whisk. When Reverse Corté ends backing DW — 4-6 Natural Turn — Closed Impetus — Back Lock. At corner — Outside Change — Back Whisk with turn.

L When Reverse Corté ends backing DW — Back Whisk — Open Impetus — underturned Outside Spin.

F Outside Change into Closed Wing.

11 BACK WHISK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back in CBMP	Backing DC against LOD	—	Com to rise e/o 1 NFR
2	RF diag back	Backing DC against the LOD	—	Cont to rise on 2
3	LF crosses behind RF in PP	Facing DW	—	Up. Lower e/o 3

Note.— It is permissible for the man to commence to draw the LF back with the Toe or Heel in contact with the floor when moving back to cross behind RF on step 3.

FOOTWORK: 1 TH; 2 T; 3 TH.

CBM on 1 (slight). SWAY: SLL.

LADY				
1	RF fwd in CBMP, OP	Facing DC against the LOD	Com to turn to R	Com to rise e/o 1
2	LF to side.	Facing centre.	$\frac{1}{8}$ between 1-2	Cont to rise on 2
3	RF crosses behind LF in PP	Facing DC	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 TH.

CBM on 1. SWAY: SRR.

Precede: A Reverse Corté. At corner — Back Lock — Progressive Chassé to R*.
 L 1-3 Natural Turn (step 1 of Back Whisk taken in line) — Cross Hesitation.
 F Hover Corté.

Follow: A)
 L) As for Whisk.
 F)

*Note**.— If the Back Whisk is turned to R, the Foot Position for Man on step 2 will be "Side & slightly back". Man may turn $\frac{1}{4}$ or $\frac{3}{8}$ between 1-2, Body turns less, Body completes turn on 3. Lady will turn $\frac{1}{4}$ or $\frac{3}{8}$ between 1-2, $\frac{1}{4}$ between 2-3.

12 BASIC WEAVE. Taken after 1-3 Reverse Turn, ended backing DW

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back	Backing DW	—	—
2	LF fwd	Facing DC against LOD	Com to turn L	Rise e/o 2
3	RF to side.	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back in CBMP	Backing DC	$\frac{1}{8}$ between 3-4	Com to rise e/o 4 NFR
5	RF back.	Backing DC	Com to turn L	Cont to rise on 5
6	LF to side and slightly fwd	Pointing DW	$\frac{1}{4}$ between 5-6 Body turns less.	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 TH; 5 T; 6 TH; 7 H.

CBM on 1, 2, 5 and 7. SWAY: Nil.

LADY				
1	LF fwd	Facing DW	—	—
2	RF back	Backing DC against LOD	Com to turn L	Rise e/o 2
3	LF to side	Pointing DC	$\frac{1}{4}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DC	—	Com to rise e/o 4
5	LF fwd	Facing DC	Com to turn L	Cont to rise on 5
6	RF to side and slightly back	Backing DW	$\frac{1}{4}$ between 5-6 Body turns less	Up. Lower e/o 6
7	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 H; 2 T; 3 TH; 4 HT; 5 T; 6 TH; 7 T.

CBM on 1, 2, 5 and 7. SWAY: Nil.

Note.— More advanced Lady dancers may, if they wish, use ball of foot to whole foot on step 1 of this figure.

It is better to commence facing LOD for the 3 steps of the Reverse Turn preceding this figure.

Precede: A 1-3 Reverse Turn commenced facing LOD — 1-3 Reverse Turn to back LOD near a corner, then turn either $\frac{1}{8}$, $\frac{1}{4}$, $\frac{3}{8}$; or $\frac{1}{4}$, $\frac{1}{8}$, $\frac{1}{4}$ on Basic Weave to end DW of new LOD.

$\left(\begin{smallmatrix} L \\ F \end{smallmatrix} \right)$ Natural Spin Turn or underturned Outside Spin approaching a corner.

Follow: A) Any Natural Figure.

$\left(\begin{smallmatrix} L \\ F \end{smallmatrix} \right)$ Closed Wing.

Note.— The Basic Weave may be ended in PP.

13 DOUBLE REVERSE SPIN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing LOD	Com to turn L	Rise e/o 1
2	RF to side.	Backing DW	$\frac{3}{8}$ between 1-2	Up
3	LF closes to RF without weight (Toe Pivot)	Facing DW	$\frac{1}{2}$ between 2-3	Up. Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 T (LF) then TH (RF).

CBM on 1. SWAY: Nil.

Note.— The Double Reverse Spin may be commenced DC, DW or LOD

Amount of Turn may vary between $\frac{3}{4}$ and a whole turn, divided as follows:—

(a) $\frac{3}{4}$: $\frac{1}{4}$ between 1-2, $\frac{1}{2}$ between 2-3 or: $\frac{3}{8}$ between 1-2, $\frac{3}{8}$ between 2-3.

(b) $\frac{7}{8}$: Given in chart

(c) Complete turn: $\frac{3}{8}$ between 1-2, $\frac{5}{8}$ between 2-3.

LADY				
1	RF back	Backing LOD	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing LOD	$\frac{1}{2}$ between 1-2	Cont to rise on 2
3	RF to side and slightly back	Backing wall	$\frac{1}{4}$ between 2-3	Up
4	LF crosses in front of RF	Backing DW	$\frac{1}{8}$ between 3-4	Up. Lower e/o 4

FOOTWORK: 1 TH; 2 HT; 3 T; 4 TH.

CBM on 1. SWAY: Nil. TIMING: 1, 2 & 3. BEAT VALUE: 1, $\frac{1}{2}$, $\frac{1}{2}$, 1.

Advanced dancers often use the timing of 1, 2, 3, &. when the beat value would be: 1, 1, $\frac{1}{2}$, $\frac{1}{2}$.

Note.— When alignments (a) and (c) are used the Lady turns:—

(a) $\frac{3}{8}$ between 1-2, $\frac{1}{4}$ between 2-3, $\frac{1}{8}$ between 3-4.

(c) $\frac{1}{2}$ between 1-2, $\frac{3}{8}$ between 2-3, $\frac{1}{8}$ between 3-4.

Precede: A If commenced DC — RF Closed Change — 4-6 Reverse Turn after underturned Natural Spin Turn or Closed Impetus — Hesitation Change — Reverse Pivot.
If commenced LOD — 4-6 Reverse Turn after Natural Spin Turn or Closed Impetus — Double Reverse Spin — Reverse Pivot.
If commenced DW — Reverse Turn — 4-6 Reverse Turn after Natural Spin Turn — Reverse Pivot.

L Wing.

F Closed Wing — Fallaway Reverse and Slip Pivot.

Follow: A If ended DW — LF Closed Change — Whisk.
If ended LOD — Double Reverse Spin — 1-3 Reverse Turn into Basic Weave.
If ended DC — Any Reverse figure — Progressive Chassé to R.

L Closed or Open Telemark.

F Contra Check — Fallaway Reverse and Slip Pivot.

14 REVERSE PIVOT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN	Commence backing LOD			
1	RF back in CBMP (small step) LF held in CBMP	DC toe turned in	Up to ½ to L (Pivot)	—

FOOTWORK: 1 THT.

CBM on 1. SWAY: Nil. TIMING: "&".

LADY	Commence facing LOD			
1	LF fwd in CBMP (small step) RF held in CBMP	DC	Up to ½ to L (Pivot)	—

FOOTWORK: 1 TH.

CBM on 1. SWAY: Nil. TIMING: "&".

Note. — If the Reverse Pivot is commenced backing DC the alignment for the Pivot (Man) would be "To centre, toe turned in". Note also that this step is in CBMP owing to the body turning strongly to L as the RF slips back.

Precede: A 1-3 Reverse Turn — Natural Spin Turn — Closed Impetus.

L) Underturned Outside Spin.

Follow:

If ended DW

A) LF Closed Change — Whisk — Double Reverse Spin.

F Contra Check.

If ended LOD

A) Double Reverse Spin — 1-3 Reverse Turn into Basic Weave — Progressive Chassé to R (¾ turn).

F)

If ended DC

A Reverse Turn — Double Reverse Spin — Progressive Chassé to R.

L Closed or Open Telemark.

F Fallaway Reverse and Slip Pivot.

15 BACK LOCK

Technical details of the Back Lock are given in the Quickstep charts Figure 10. When danced in the Waltz it is counted 1, 2 & 3, 1. BEAT VALUE: 1, $\frac{1}{2}$, $\frac{1}{2}$, 1, 1.

Precede: A Reverse Corté after underturned Natural Spin Turn or Closed Impetus at side of room and ended backing DW — Progressive Chassé to R.

L Cross Hesitation turned to L to back DW.

F Hover Corté as alignment Reverse Corté above.

Follow: A 4-6 Natural Turn — Closed Impetus. At corner — Back Whisk with turn.

L Back Whisk — Open Impetus — underturned Outside Spin.
F

16 PROGRESSIVE CHASSE TO RIGHT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Com to rise e/o 1
2	RF to side	Backing wall	$\frac{1}{8}$ between 1-2	Cont to rise on 2 and 3
3	LF closes to RF	Backing DW	$\frac{1}{8}$ between 2-3 Body turns less	Up. Lower e/o 4
4	RF to side and slightly back	Backing DW	—	—
5	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH; 5 T.

CBM on 1 and 5. SWAY: Nil. TIMING: 1, 2 & 3, 1. BEAT VALUE: 1, $\frac{1}{2}$, $\frac{1}{2}$, 1, 1.

LADY

1	RF back	Backing DC	Com to turn L	Com to rise e/o 1 NFR
2	LF to side	Pointing DW	$\frac{1}{4}$ between 1-2 Body turns less.	Cont to rise on 2 and 3
3	RF closes to LF	Facing DW	Slight body turn	—
4	LF to side and slightly fwd	Facing DW	—	Up. Lower e/o 4
5	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 TH; 2 T; 3 T; 4 TH; 5 H.

CBM on 1 and 5. SWAY: Nil. TIMING: 1, 2 & 3, 1. BEAT VALUE: 1, $\frac{1}{2}$, $\frac{1}{2}$, 1, 1.

- Note.— A The Progressive Chasse to R could be commenced facing LOD and ended backing DW ($\frac{3}{8}$ turn) when the amounts of turn would be:—
 Man: $\frac{1}{4}$ between 1-2, $\frac{1}{8}$ between 2-3 (body turns less), no further turn.
 Lady: $\frac{3}{8}$ between 1-2 (body turns less), slight body turn to L on 3, no further turn.
- L) Commenced facing DC and ended backing LOD ($\frac{3}{8}$ turn), or commenced facing
 F) DC and ending backing DC ($\frac{1}{2}$ turn). If $\frac{1}{2}$ turn is made the amounts of turn will be:—
 Man: $\frac{1}{4}$ between 1-2, $\frac{1}{8}$ between 2-3, $\frac{1}{8}$ between 4-5.
 Lady: $\frac{3}{8}$ between 1-2 (body turns less). Body completes turn on 3, $\frac{1}{8}$ between 3-4 (body turns less).

Precede: A RF Closed Change — 4-6 Reverse Turn after Natural Spin Turn or Closed Impetus — Hesitation Change — Double Reverse Spin — Reverse Pivot.

L Wing.

F Closed Wing.

Follow: A 4-6 Natural Turn — Closed Impetus — Back Lock. At corner — Back Whisk with turn.

L) Back Whisk — Open Impetus — underturned Outside Spin. If ended DC — Outside
 F) Change.

17 WEAVE FROM PP Taken after a Whisk, ended facing DC

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd and across in PP and CBMP	Pointing to centre, Body facing DC	$\frac{1}{8}$ between preceding step and 1	Com to rise e/o 1
2	LF fwd	Facing centre	Cont to turn L	Cont to rise on 2
3	RF to side and slightly back	Backing LOD	$\frac{1}{4}$ between 2-3	Up. Lower e/o 3
4	LF back in CBMP	Backing DC	$\frac{1}{8}$ between 3-4	Com to rise e/o 4 NFR
5	RF back	Backing DC	Com to turn L	Cont to rise on 5
6	LF side and slightly fwd	Pointing DW	$\frac{1}{4}$ between 5-6 Body turns less	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 T; 6 TH; 7 H.

CBM on 2, 5 and 7. SWAY: Nil.

Note.— $\frac{1}{8}$ to L may be made between steps 2-3 so that 4-5 may be taken backing LOD.

LADY				
1	LF fwd in PP and CBMP	Facing DC against LOD	Com to turn L	Com to rise e/o 1
2	RF to side and slightly back	Backing DC	$\frac{1}{4}$ between 1-2	Cont to rise on 2
3	LF to side and slightly fwd	Pointing DC	$\frac{1}{2}$ between 2-3 Body turns less.	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DC	—	Com to rise e/o 4
5	LF fwd	Facing DC	Com to turn L	Cont to rise on 5
6	RF to side and slightly back	Backing DW	$\frac{1}{4}$ between 5-6 Body turns less	Up. Lower e/o 6
7	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 T; 6 TH; 7 T.

SWAY: Nil. CBM on 1, 5 and 7.

Note.— Less turn could be made on the Whisk to end facing LOD or the Open Impetus could be used as an entry, when the body would be facing LOD. The alignment of the Weave would then be as given in the Foxtrot section. Figure 18.

Precede: L Whisk — Outside Change ended in PP — Back Whisk — Open Telemark — Open Impetus — Turning Lock ended in PP.

F Contra Check — Turning Lock to R.

Follow: L Any Natural Figure.

F Closed Wing.

Note. The Weave from PP may be ended in PP.

18 CLOSED TELEMARCK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Almost backing LOD	Just under $\frac{3}{8}$ between 1-2	Up
3	LF to side and slightly fwd	Pointing DW	Just over $\frac{3}{8}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd in CBMP. OP	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLSS.

LADY				
1	RF back	Backing DC	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing LOD	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	RF to side and slightly back	Backing DW	$\frac{3}{8}$ between 2-3 Body turns less	Up. Lower e/o 3
4	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SRSS.

Precede: L RF Closed Change — 4-6 Reverse Turn after underturned Natural Spin Turn or Closed Impetus — Hesitation Change — Double Reverse Spin — Reverse Pivot — Wing.
F Closed Wing. At corner — Fallaway Reverse and Slip Pivot.

Follow: L Any Natural Figure.

F Closed Wing.

19 OPEN TELEMARK and CROSS HESITATION

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	$\frac{1}{4}$ between 1-2	Up
3	LF to side and slightly fwd in PP	Pointing DW Body facing wall	$\frac{1}{2}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd in PP and CBMP	Pointing DW Body facing wall	—	Com to rise e/o 4
5	LF closes to RF without weight	Facing DW	Body completes turn	Cont to rise on 5 and 6
6	Position held	Facing DW	—	Lower e/o 6

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 Toes of both feet; 6 TH (RF).

CBM on 1. SWAY: SLSSSS.

Note.— The Cross Hesitation can be used from other positions and may be overturned. If overturned, the position of the RF will be "forward and across". There is no foot swivel on step 4 unless the Cross Hesitation is overturned. Normal ending is a step back with Lady outside.

LADY				
1	RF back	Backing DC	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing LOD	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	RF diag. fwd in PP R side leading	Pointing to LOD	Slight body turn to L	Up. Lower e/o 3
4	LF fwd and across in PP and CBMP	Pointing to LOD (Moving DW)	Com to turn L	Com to rise e/o 4
5	RF to side	Backing wall	$\frac{1}{4}$ between 4-5	Cont to rise on 5 and 6
6	LF closes to RF	Backing DW	$\frac{1}{8}$ between 5-6	Lower e/o 6

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 T; 6 TH.

CBM on 1 and 4. SWAY: SRSSLL.

Precede: OPEN TELEMARK:

L) As for Closed Telemark.
F)

Follow: OPEN TELEMARK:

L Chasse from PP — Weave from PP — Cross Hesitation — Wing.
F Left Whisk.

Precede: CROSS HESITATION:

L Whisk — Outside Change ended in PP — Back Whisk — Basic Weave ended in PP — Weave from PP ended in PP — Open Telemark — Open Impetus — Turning Lock ended in PP.

F Contra Check — Turning Lock to R.

Follow: CROSS HESITATION:

L 4-6 Natural Turn — Outside Change — Back Whisk — Back Lock — Outside Spin.

20 OPEN TELEMAR, and WING

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	$\frac{1}{4}$ between 1-2	Up
3	LF to side and slightly back in PP	Pointing DW	$\frac{1}{2}$ between 2-3	Up. Lower e/o 3
4	RF fwd and across in PP and CBMP	Body facing wall Pointing to LOD	Body turns less $\frac{1}{8}$ between 3-4	—
5	LF com. to close to RF	Towards alignment of 6	Body turn on 5	Slight rise on 5 and 6 NFR
6	LF closes to RF without weight	Facing DC	$\frac{1}{8}$ between 5-6	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H; 5 and 6 Pressure on T of RF with foot flat, and pressure on IE of T (LF).

CBM on 1. SWAY: SLSSSS.

Note.— The Wing can be used from other positions. Less turn may be made on the Wing to end facing the LOD. Step 4 is a bold step. No foot swivel on step 5, but body turn only to face LOD. Foot swivel is used to end facing DC.

LADY				
1	RF back	Backing DC	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing LOD	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	RF fwd and slightly to R in PP R side leading	Pointing to LOD	Slight body turn to L	Up. Lower e/o 3
4	LF fwd in PP and CBMP	Facing DC	$\frac{1}{8}$ between 3-4	Com to rise e/o 4
5	RF fwd preparing to step OP on L side	Facing centre.	$\frac{1}{8}$ between 4-5	Cont to rise on 5
6	LF fwd in CBMP, OP on L side	Facing against LOD cont. to turn back DC	$\frac{1}{4}$ between 5-6, then cont to turn body to back DC	Up. Lower e/o 6

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 T; 6 TH.

CBM on 1 and 4. SWAY: SRSSLL.

Note.— There is no foot swivel on LF on step 6.

Precede: WING:

L Whisk — Outside Change ended in PP — Back Whisk — Basic Weave ended in PP — Weave from PP ended in PP — Open Telemark — Open Impetus — Turning Lock ended in PP.

F Contra Check — Turning Lock to R.

Follow: WING:

$\left(\begin{smallmatrix} L \\ F \end{smallmatrix} \right)$ Any Reverse figure taking step 1 in CBMP OP on L side. At corner — Whisk.

21 OPEN IMPETUS and CROSS HESITATION

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back	Backing LOD	Com to turn R	—
2	RF closes to LF (Heel Turn)	Facing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	LF diag. fwd in PP L side leading	Pointing DC Body facing LOD	Slight body turn to R	Up. Lower e/o 3
4	RF fwd in PP and CBMP	Pointing DC Body facing LOD	—	Com to rise e/o 4
5	LF closes to RF without weight	Facing DC	Body turn to L	Cont to rise on 5 and 6
6	Position held	Facing DC	—	Lower e/o 6

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 Toes of both feet; 6 TH (RF).

CBM on 1. SWAY: SLSSSS.

LADY				
1	RF fwd	Facing LOD	Com to turn R	—
2	LF to side	Backing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	RF to side in PP having brushed to LF	Pointing to centre (moving DC)	$\frac{3}{8}$ between 2-3 Body turns less	Up. Lower e/o 3
4	LF fwd and across in PP and CBMP	Pointing to centre (moving DC)	Com to turn L	Com to rise e/o 4
5	RF to side.	Backing LOD	$\frac{1}{4}$ between 4-5	Cont to rise on 5 and 6
6	LF closes to RF	Backing DC	$\frac{1}{8}$ between 5-6	Lower e/o 6

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 T; 6 TH.

CBM on 1 and 4. SWAY: SRSSLL.

Precede: OPEN IMPETUS:

$\begin{pmatrix} L \\ F \end{pmatrix}$ As for Closed Impetus.

Follow: OPEN IMPETUS:

L Chassé from PP — Weave from PP — Cross Hesitation — Wing.

F Left Whisk.

Precedes and Follows: CROSS HESITATION.

See notes "Open Telemark and Cross Hesitation" Figure 19.

22 OPEN IMPETUS and WING

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back	Backing LOD	Com to turn R	—
2	RF closes to LF (Heel Turn)	Facing DC	$\frac{3}{8}$ between 1-2	Rise c/o 2
3	LF diag. fwd in PP L side leading	Pointing DC Body facing LOD	Slight body turn to R	Up. Lower e/o 3
4	RF fwd in PP and CBMP	Pointing DC Body facing LOD	—	—
5	LF com. to close to RF	Towards alignment of 6	Body turn to L on 5	Slight rise on 5 and 6 NFR
6	LF closes to RF without weight	Facing DC	Body turn to L on 6	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 H; 5 and 6 Pressure on T of RF with foot flat, and pressure on IE of T (LF).

CBM on 1. SWAY: SLSSSS.

LADY				
1	RF fwd	Facing LOD	Com to turn R	—
2	LF to side	Backing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	RF to side in PP having brushed to LF	Pointing to centre (moving DC)	$\frac{3}{8}$ between 2-3 Body turns less	Up. Lower e/o 3
4	LF fwd in PP and CBMP	Facing DC against LOD	$\frac{1}{8}$ to L between 3-4	Com to rise e/o 4
5	RF fwd preparing to step OP on L side	Facing against LOD	$\frac{1}{8}$ between 4-5	Cont to rise on 5
6	LF fwd in CBMP, OP on L side	Facing DW against LOD	$\frac{1}{8}$ between 5-6	Up. Lower e/o 6

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 T; 6 TH.

CBM on 1 and 4. SWAY: SRSSLL.

Precedes and Follows: OPEN IMPETUS.

See notes "Open Impetus and Cross Hesitation" Figure 21.

Precedes and Follows: WING.

See notes "Open Telemark and Wing" Figure 20.

23 OUTSIDE SPIN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back in CBMP (small step)	DC against LOD toe turned in.	$\frac{3}{8}$ to R on 1 (pivot)	—
2	RF fwd in CBMP, OP	Facing against LOD	Cont to turn.	Rise e/o 2
3	LF to side ending with LF back	Facing DC End facing DW	$\frac{3}{8}$ between 2-3 $\frac{1}{4}$ on 3	Up. Lower e/o 3

FOOTWORK: 1 THT; 2 HT; 3 TH.

CBM on 1 and 2. SWAY: Nil.

LADY				
1	RF fwd in CBMP, OP	Facing DC against LOD	Com to turn R	Com to rise e/o 1
2	LF closes to RF	Facing wall	$\frac{5}{8}$ between 1-2	Cont to rise on 2
3	RF fwd ending in CBMP	Facing against LOD End backing DW	$\frac{1}{4}$ between 2-3 $\frac{1}{8}$ on 3	Up. Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 TH.

CBM on 1. SWAY: Nil.

Precede: L Reverse Corté — Cross Hesitation.

F Hover Corté.

Follow: $\begin{matrix} L \\ F \end{matrix}$ Any Natural figure.

Note.— The Outside Spin may be underturned to back DC. Amounts of turn would be:—

MAN $\frac{3}{4}$ from backing DW: $\frac{3}{8}$ on 1, $\frac{1}{8}$ between 2-3

$\frac{1}{2}$ from backing DW against LOD: $\frac{1}{4}$ on 1, $\frac{1}{4}$ between 2-3.

LADY $\frac{3}{4}$ from facing DW: $\frac{1}{2}$ between 1-2, $\frac{1}{4}$ between 2-3.

$\frac{1}{2}$ from facing DW against LOD: $\frac{3}{8}$ between 1-2, $\frac{1}{8}$ between 2-3.

When the Outside Spin is underturned, the foot position of step 3 will be 'side and slightly back' (Man) and 'diag. fwd' (Lady) as in step 6 Natural Spin Turn and step 3 Closed Impetus.

Precede: L) Reverse Corté turning $\frac{1}{2}$ after underturned Natural Spin Turn or Closed

F) Impetus at side of room — Back Lock — Progressive Chasse to R — Cross Hesitation.

Follow: L As for Natural Spin Turn.

F If ended backing LOD — Turning Lock to R.

24 TURNING LOCK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back R side leading	Backing DC	—	Com to rise e/o 1
2	LF crosses in front of RF	Backing DC	—	Cont to rise on 2 and 3
3	RF back and slightly rightwards	Backing DC	Com to turn L	—
4	LF to side and slightly fwd	Pointing DW	$\frac{1}{4}$ between 3-4 Body turns less	Up. Lower e/o 4
5	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 T; 2 T; 3 T; 4 TH; 5 H.

CBM on 5. SWAY: LLSSS. TIMING: 1 & 2, 3, 1 BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1, 1, 1.

Note.— Footwork of the last step of the preceding Natural Spin Turn will be the normal TH for Man and Lady.

LADY				
1	LF fwd L side leading	Facing DC	—	Com to rise e/o 1
2	RF crosses behind LF	Facing DC	—	Cont to rise on 2 and 3
3	LF fwd and slightly leftwards	Facing DC	Com to turn L	—
4	RF to side and slightly back	Backing DW	$\frac{1}{4}$ between 3-4 Body turns less	Up. Lower e/o 4
5	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 T; 2 T; 3 T; 4 TH; 5 T.

CBM 5. SWAY: RRSSS. TIMING: 1 & 2, 3, 1. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1, 1, 1.

Precede: $\begin{matrix} L \\ F \end{matrix}$ Natural Spin Turn — Closed Impetus — underturned Outside Spin.

Follow: L Any Natural figure.

F Closed Wing.

Note.— The Turning Lock may be ended in PP. Refer to "Outside Change ended in PP", Figure 9 for technical details and Follows.

25 LEFT WHISK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd and across in PP and CBMP	Facing DW (Moving along LOD)	—	—
2	LF to side and slightly fwd	Pointing DW	Body com. to turn L	—
3	RF crosses behind LF	Facing DW	Body turn to L	—

FOOTWORK: 1 H; 2 TH; 3 T (Man's RH will lower as the next step is taken).

CBM Nil. SWAY: Nil.

Note.— The term "Facing" instead of "Pointing" on step 2 would be equally correct.

LADY				
1	LF fwd and across in PP and CBMP	Facing DC (Moving along LOD)	Com to turn L	—
2	RF to side and slightly back	Backing DW	¼ between 1-2	—
3	LF back in CBMP	Backing LOD	⅓ between 2-3	—

FOOTWORK: 1 HT; 2 TH; 3 TH.

CBM on 1. SWAY: Nil.

Note.— The Lady may overturn slightly to the L on step 3 and turn her head well to the L. The Man should look towards her face, not over her R shoulder.

MAN may commence RF back, backing LOD as follows:—

1	RF back	Backing LOD	Com to turn L	—
2	LF to side and slightly fwd	Pointing DW	⅓ between 1-2 Body turns less	—
3	RF crosses behind LF	Facing DW	Body continues to turn L	—

FOOTWORK: 1 TH; 2 TH; 3 T (Man's RH will lower as the next step is taken).

CBM on 1.

LADY may commence LF forward, facing LOD as follows:—

1	LF fwd	Facing LOD	Com to turn L	—
2	RF to side and slightly back	Backing DW	⅓ between 1-2	—
3	LF back in CBMP	Backing LOD	⅓ between 2-3	—

FOOTWORK: 1 HT; 2 TH; 3 TH.

CBM on 1.

Precedes and Follows — See page 38.

26 CONTRA CHECK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd in CBMP	DW Pointing almost to LOD	Body turn to L	Down, with knees slightly flexed
2	Transfer weight back to RF	Backing DC against LOD	Body turn to R	Rise e/o 2
3	LF to side in PP	Facing DW (Moving along LOD)	—	Up. Lower e/o 3

FOOTWORK: 1 H or Ball Flat.; 2 T; 3 TH.

CBM on 1. SWAY: Nil.

Note.— Some dancers prefer to step forward with the foot flat on step 1.

LADY				
1	RF back in CBMP	DW feet backing almost LOD	Body turn to L	Down, with knees slightly flexed
2	Transfer weight fwd to LF	Facing DC against LOD	Body turn to R	Rise e/o 2
3	RF to side in PP	Facing DC (Moving along LOD)	¼ to R between 2-3	Up. Lower e/o 3

FOOTWORK: 1 T; 3 T; 3 TH.

CBM on 1. SWAY: Nil.

Precede: F Reverse Turn — Hesitation Change — Double Reverse Spin — Reverse Pivot — Turning Lock to Left Whisk amalgamation as given in Left Whisk notes below — Fallaway Reverse and Slip Pivot.

Follow: F Chasse from PP — Weave from PP — Cross Hesitation — Wing — Left Whisk.

Note.— Turn may be made to L between 2-3 to end in PP moving DC.

25 (cont) LEFT WHISK – Precedes and Follows

Precede: F Whisk — Outside Change ended in PP — Back Whisk — Basic Weave ended in PP — Weave from PP ended in PP — Open Telemark — Open Impetus — Turning Lock ended in PP — Contra Check — Turning Lock to R. If commenced with RF back on step 1 — 1-3 Reverse Turn — Natural Spin Turn — Closed Impetus — underturned Outside Spin.

Follow: F Untwist on both feet for approximately ¾ turn to R whilst Lady runs round Man RLRL (12&3), follow with — Back Whisk — underturned Outside Spin — Closed or Open Impetus. Release LF and step back LF into Outside Change or Back Whisk.

Note.— Taking Left Whisk on 1st beat:—Dance Natural Spin Turn and 1-4 Turning Lock. End with LF to side pointing DW — then — 1. Cross RF behind LF into Left Whisk. 2. Replace weight to LF, Lady RF fwd. 3. RF to side and slightly fwd pointing DW against LOD, Lady in line. 1. LF fwd into Contra Check DW against LOD. Continue with steps 2-3 Contra Check turning ¼ to L.

27 CLOSED WING

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd in CBMP, OP	Facing DC	—	—
2	LF commences to close to RF	Facing DC	Slight body turn to L on 2 and 3	Slight rise on 2 and 3 NFR
3	LF closes to RF without weight	Facing DC	—	—

FOOTWORK: 1 H; 2 and 3 Whole foot, and pressure on IE of T of LF.

CBM: Nil. SWAY: Nil.

LADY				
1	LF back in CBMP	Backing DC	—	Com to rise c/o 1 NFR
2	RF to side and slightly back (small step)	Backing DC	—	Cont to rise on 2
3	LF fwd in CBMP, OP on L side	Facing DW against LOD	Slight body turn to L	Up. Lower c/o 3

FOOTWORK: 1 TH; 2 T; 3 TH.

CBM: Nil. SLIGHT SWAY to L on 2 and 3.

Note.— The Lady should keep her head turned well to the L on step 3, and keep her poise back.

Precede: F Chassé from PP — Outside Change — Basic Weave — Weave from PP — Closed Telemark — Turning Lock.

Follow: F Any Reverse figure taking step 1 in CBMP, OP on L side. If ended DW — Whisk.

28 TURNING LOCK TO RIGHT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back R side leading	Down LOD	—	Com to rise e/o 1
2	LF crosses loosely in front of RF	Facing centre	$\frac{1}{4}$ to R between 1-2	Cont to rise on 2 and 3
3	RF to side and slightly fwd small step, between partner's feet	Facing DC	$\frac{1}{8}$ between 2-3	—
4	LF diag. fwd, left side leading in PP	Pointing DC Body facing LOD	Slight body turn to R	Up. Lower e/o 4

FOOTWORK: 1 T; 2 T; 3 T; 4 TH.

CBM: Nil. SWAY: LLSS or RRSS. TIMING: 1 & 2, 3. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1, 1.

LADY				
1	LF fwd L side leading	Down LOD	—	Com to rise e/o 1
2	RF crosses loosely behind LF	Backing centre	$\frac{1}{4}$ to R between 1-2	Cont to rise on 2 and 3
3	LF to side and slightly back	Backing DC	$\frac{1}{8}$ between 2-3	—
4	RF to side in PP having brushed towards LF	Pointing to Centre Moving DC	$\frac{3}{8}$ between 3-4 Body turns less.	Up. Lower e/o 4

FOOTWORK: 1 T; 2 T; 3 T; 4 TH.

CBM: Nil. SWAY: RRSS or LLSS. TIMING: 1 & 2, 3. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1, 1.

Note.— The Lady will not brush on the preceding Natural Spin Turn, but brush *towards* when moving into step 4 of Turning Lock to R.

Precede: F Overturned Natural Spin Turn — underturned Outside Spin, both ended backing LOD.

Follow: F Chassé from PP — Weave from PP — Cross Hesitation — Wing — Left Whisk.

29 FALLAWAY REVERSE AND SLIP PIVOT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF back in Fallaway R side leading	Backing DW Moving down LOD	$\frac{1}{4}$ between 1-2	Up
3	LF back in CBMP and Fallaway	Backing LOD	$\frac{1}{8}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF back, LF held in CBMP	To centre, toe turned in, end facing LOD or DW	$\frac{1}{4}$ between 3-4 $\frac{1}{4}$ or $\frac{1}{8}$ on 4 (pivot)	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 THT.

CBM on 1 and 4. SWAY: Nil. TIMING: 1, 2, 3 & OR 1, 2 & 3.

BEAT VALUE: 1, 1, $\frac{1}{2}$, $\frac{1}{2}$ or 1, $\frac{1}{2}$, $\frac{1}{2}$, 1.

LADY				
1	RF back	Backing DC	—	Rise e/o 1 NFR
2	LF back in Fallaway L side leading	Backing DC Moving down LOD	—	Up
3	RF back in CBMP and Fallaway (small step) LF held in CBMP	Backing DC End facing centre	$\frac{5}{8}$ to L on 3 (Pivot)	Up. Lower e/o 3
4	LF fwd in CBMP, RF held in CBMP	To centre. End backing LOD or DW	$\frac{1}{4}$ or $\frac{1}{8}$ on 4 (pivot)	—

FOOTWORK: 1 TH; 2 T; 3 T; 4 TH.

CBM on 3 and 4. SWAY: Nil. TIMING: 1, 2, 3 & OR 1, 2 & 3.

BEAT VALUE: 1, 1, $\frac{1}{2}$, $\frac{1}{2}$ or 1, $\frac{1}{2}$, $\frac{1}{2}$, 1.

Precede: F 4-6 Reverse Turn — Hesitation Change — Double Reverse Spin — Reverse Pivot — Wing — Closed Wing.

Follow: F Whisk — Double Reverse Spin — Progressive Chasse to R — Closed or Open Telemark — Contra Check.

This figure may be danced into a corner, commencing DW or LOD to follow with a Reverse figure DC or LOD of new LOD.

30 HOVER CORTÉ

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back	Backing LOD	Com to turn L	Com to rise e/o 1 NFR
2	LF to side and slightly fwd	Pointing DW	$\frac{3}{8}$ between 1-2 Body turns less Cont to turn body on 2	Cont to rise on 2
3	Transfer weight to RF side and slightly back	Backing DC against LOD	—	Up. Lower e/o 3
4	LF back in CBMP	Backing DC against LOD	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SRSS.

LADY				
1	LF fwd	Facing LOD	Com to turn L	Com to rise e/o 1
2	RF to side and LF brushes towards RF	Facing centre to end facing DC against LOD	$\frac{1}{4}$ between 1-2 Cont to turn $\frac{1}{8}$ on 2	Cont to rise on 2
3	LF diag. fwd	Facing DC against LOD	—	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DC against LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLSS.

Note.— This figure may be danced using an extra bar of music in which case the technique will be:—

MAN				
1	RF back	Backing LOD	Com to turn L	Com to rise e/o 1 NFR
2	LF to side and slightly fwd	Pointing DW	$\frac{3}{8}$ between 1-2 Body turns less	Cont to rise on 2-5
3-5	RF moves towards LF	Towards alignment of 6	Body cont to turn	—
6	Transfer weight to RF side and slightly back	Backing DC against LOD	—	Up. Lower e/o 6
7	LF back in CBMP	Backing DC against LOD	—	—

FOOTWORK: 1 TH; 2-5 T LF and pressure on IE T RF; 6 TH; 7 T.

CBM on 1 and 7. SWAY: SRRRSS.

30 (cont) HOVER CORTE

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
LADY				
1	LF fwd	Facing L.O.D	Com to turn L	Com to rise e/o 1
2	RF to side	Facing centre	1/4 between 1-2	Cont to rise on 2-5
3-4	LF brushes towards RF	Towards alignment of 5	Cont to turn 1/8 between 3-5	—
5	LF brushes to RF	Facing DC against LOD	—	—
6	LF diag fwd	Facing DC against LOD	—	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DC against LOD	—	—

FOOTWORK: 1 HT; 2 T; 3-5 T(RF) and IE of T of LF; 6 TH; 7 H.

CBM 1 and 7. SWAY: SLLLLSS.

Precede: F 1-3 Reverse Turn — Natural Spin Turn — Closed Impetus — underturned Outside Spin.

Follow: F Outside Change — Back Whisk — Outside Spin.

FOXTROT

TIME SIGNATURE — 4/4 with the first and third beats accented.

“Slow” count = 2 beats. “Quick” count = 1 beat.

COUNTING IN BEATS AND BARS 1 234 2234 3234 4234 etc.

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TYPES OF FEATHER

- 1 A Feather Step
- 2 A Feather Finish – first step taken back – see also “Reverse Turn”
- 2a L Feather Finish commenced with partner OP on L side
- 3 L Feather Ending — first step taken in PP
- 4 L Hover Feather
- 5 L Feather Step commenced OP
- 6 F Curved Feather
- 7 F Back Feather

SPECIAL NOTE.—In the following charts it will be noted that on all Feather Finishes a note is given “Body turns less”, but there is no note “Body completes turn”. Although there is a slight turn to L on the penultimate step of a Feather Finish, the body does not really complete the turn until the last step.

1 FEATHER STEP

STUDENT TEACHER

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing LOD	—	Rise e/o 1
2	LF fwd preparing to step OP L side leading	Facing LOD	—	Up
3	RF fwd in CBMP, OP	Facing LOD	—	Up. Lower e/o 3
4	LF fwd	Facing LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SRRS. TIMING: SQQS.

Note.— The Feather Step may also be danced DW or DC.

LADY				
1	LF back	Backing LOD	—	Rise e/o 1 NFR
2	RF back R side leading	Backing LOD	—	Up. NFR,
3	LF back in CBMP	Backing LOD	—	Up NFR Lower e/o 3
4	RF back	Backing LOD	—	—

FOOTWORK: 1 TH; 2 TH; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SLLS. TIMING: SQQS.

Note.— It is important to release the toe of the front foot from the floor as it commences to move back towards the supporting foot.

Precede: A Natural Turn — Change of Direction.

L
F) Closed Telemark — Hover Telemark — Reverse Wave.

Follow: A Three Step — Reverse Turn — 1-4 Reverse Turn check and Basic Weave — Change of Direction.

L Closed or Open Telemark — Hover Telemark — Reverse Wave — check back after step 3 of Feather Step into Top Spin or Outside Swivel.

F Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending.

FOXTROT STUDENT TEACHER

2 THREE STEP

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing LOD	—	Rise e/o 1
2	LF fwd	Facing LOD	—	Up. Lower e/o 2
3	RF fwd	Facing LOD	—	—

FOOTWORK: 1 HT; 2 TH; 3 H

CBM on 3 SWAY: LLS RHYTHM: QQS

Note.— The Three Step may also be danced DW. When danced in this direction it may be ended facing DW or curved to L to end facing LOD.

Although not mentioned above, the figure should be danced with a slight R side lead on steps 1 and 2.

LADY				
1	LF back	Backing LOD	—	Rise e/o 1 NFR
2	RF back	Backing LOD	—	Up NFR Lower e/o 2
3	LF back	Backing LOD	—	—

FOOTWORK: 1 TH; 2 TH; 3 T.

CBM on 3. SWAY: RRS. TIMING: QQS.

Note.— A slight L side lead is used on steps 1 and 2.

It is important to release the toe of the front foot from the floor as it commences to move back towards the supporting foot.

Precede: A Feather Step — Reverse Turn — Closed Impetus and Feather Finish — Natural Weave — Basic Weave.

L Feather Ending — Top Spin — Weave from PP. At corner — Hover Feather — Natural Telemark.

F Natural Zig-Zag from PP — Bounce Fallaway with Weave Ending. At corner — Natural Twist Turn — Natural Hover Telemark.

Follow: A Natural Turn — Natural Weave.

L Natural Telemark — Hover Cross.

F Natural Twist Turn — Curved Feather to Back Feather — Natural Hover Telemark.

3 NATURAL TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing LOD	Com to turn R	Rise e/o 1
2	LF to side.	Backing DC	$\frac{3}{8}$ between 1-2	Up.
3	RF back.	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back.	Backing LOD	Com to turn R	—
5	RF to side small step (Heel Pull).	Facing DC	$\frac{3}{8}$ between 4-5	—
6	LF fwd	Facing DC	Body turn to L	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 H, IE of foot, whole foot, then IE of LF 6 H.

CBM on 1, 4 and 6. SWAY: SRRSLS. TIMING: SQQSSS.

Note.— Alignment. When the Natural Turn is commenced DW, $\frac{1}{4}$ will be made between 1-2 and $\frac{1}{8}$ between 2-3. If the figure is ended at a corner, turn $\frac{1}{4}$ between 4-5 to face the new LOD or $\frac{1}{8}$ to face DC of new LOD.

LADY				
1	LF back	Backing LOD	Com to turn R	Rise slightly e/o 1 NFR
2	RF closes to LF (Heel Turn)	Facing LOD	$\frac{1}{2}$ between 1-2	Cont to rise on 2
3	LF fwd	Facing LOD	—	Up. Lower e/o 3
4	RF fwd	Facing LOD	Com to turn R	—
5	LF to side	Backing DC	$\frac{3}{8}$ between 4-5	—
6	RF back, having brushed to LF	Backing DC	Body turn to L	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 TH then IE of T of RF; 6 T.

CBM on 1, 4 and 6. SWAY: SLLSRS. TIMING: SQQSSS.

Precede: A Three Step.

L Closed Telemark. At corner — Hover Telemark.

Follow: A Feather Step. At corner — Natural Weave.
Closed Impetus after step 3.

L Natural Weave (side of room). Open Impetus after step 3 — Hover Feather after step 5.

F At corner — Curved Feather to Back Feather.

FOXTROT STUDENT TEACHER

4 REVERSE TURN (INCORPORATING FEATHER FINISH)

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	¼ between 1-2	Up
3	LF back	Backing LOD	⅛ between 2-3	Up. Lower e/o 3
4	RF back	Backing LOD	Com to turn L	Rise e/o 4
5	LF to side and slightly fwd	Pointing DW	⅜ between 4-5 Body turns less	Up
6	RF fwd in CBMP, OP	Facing DW	—	Up. Lower e/o 6
7	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 THT; 5 T; 6 TH; 7 H.

CBM on 1, 4 and 7. **SWAY:** SLLSRRS. **TIMING:** SQQSQQS.

LADY				
1	RF back	Backing DC	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing LOD	⅜ between 1-2	Cont to rise on 2
3	RF fwd	Facing LOD	—	Up. Lower e/o 3
4	LF fwd	Facing LOD	Com to turn L	Rise e/o 4
5	RF to side	Backing wall	¼ between 4-5	Up.
6	LF back in CBMP	Backing DW	⅛ between 5-6 Body turns less	Up. NFR Lower e/o 6
7	RF back	Backing DW	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 TH; 6 TH; 7 T.

CBM on 1, 4 and 7. **SWAY:** SRRSLLS. **TIMING:** SQQSQQS.

Note.— It is important to remember that when the RF commences to move back for step 7, the Heel must be in contact with the floor.

Precede: A Feather Step — Closed Impetus and Feather Finish.

L Feather Ending — Top Spin — Hover Feather — Natural Telemark — Hover Cross.

F Natural Twist Turn — Natural Zig-Zag from PP — Natural Hover Telemark.

Follow: A Three Step — Change of Direction — overturned 1-4 Reverse Turn, check and Basic Weave.

L Hover Telemark — Reverse Wave. Check back after step 6 into Top Spin or Outside Swivel.

F At corner — Fallaway Reverse and Slip Pivot.

FEATHER FINISH

Steps 4-7 of the Reverse Turn are known as a Feather Finish and may be commenced in other alignments. Less turn may be made and the Feather Finish is also the ending to all Weaves, Top Spin, Hover Cross and Natural Zig-Zag from PP. Another precede to the Feather Finish is:—

F Curved Feather to Back Feather.

5 CLOSED IMPETUS AND FEATHER FINISH

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back	Backing LOD	Com to turn R	—
2	RF closes to LF (Heel Turn)	Facing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	LF to side and slightly back	Backing DC against the LOD	$\frac{1}{4}$ between 2-3	Up. Lower e/o 3
4	RF back	Backing DC against the LOD	Com to turn L	Rise e/o 4
5	LF to side and slightly fwd	Pointing DC	$\frac{1}{4}$ between 4-5 Body turns less	Up.
6	RF fwd in CBMP, OP	Facing DC	—	Up. Lower e/o 6
7	LF fwd	Facing DC	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 THT; 5 T; 6 TH; 7 H.

CBM on 1,4 and 7. SWAY: SLSSRRS. TIMING: SQSQSQS.

LADY				
1	RF fwd	Facing LOD	Com to turn R	—
2	LF to side	Backing DC	$\frac{3}{8}$ between 1-2	Rise e/o 2
3	RF diag fwd having brushed to LF	Facing DC against the LOD	$\frac{1}{4}$ between 2-3	Up. Lower e/o 3
4	LF fwd	Facing DC against the LOD	Com to turn L	Rise e/o 4
5	RF to side	Backing LOD	$\frac{1}{8}$ between 4-5	Up
6	LF back in CBMP	Backing DC	$\frac{1}{8}$ between 5-6 Body turns less	Up. NFR Lower e/o 6
7	RF back	Backing DC	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 TH; 6 TH; 7 T.

CBM on 1, 4 and 7. SWAY: SRSSLLS. TIMING: SQSQSQS.

Precede: A 1-3 Natural Turn.

L 1-6 Reverse Wave.

F Natural Twist Turn to end with 3-7 Closed Impetus and Feather Finish — Curved Feather.

Follow: $\left. \begin{matrix} A \\ L \\ F \end{matrix} \right\}$ As for Feather Step.

6 NATURAL WEAVE

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing LOD	Com to turn R	Rise e/o 1
2	LF to side	Backing almost DC	Just under $\frac{3}{8}$ between 1-2	Up
3	RF back, R side leading	Backing DC	Slight turn to R between 2-3	Up
4	LF back in CBMP	Backing DC	—	Up
5	RF back	Backing DC	Com to turn L	Up
6	LF to side and slightly fwd	Pointing DW	$\frac{1}{4}$ between 5-6 Body turns less	Up
7	RF fwd in CBMP, OP	Facing DW	—	Up. Lower e/o 7
8	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 H.

CBM on 1, 5 and 8. SWAY: SRSLRRS. TIMING: SQQQQQS.

Note. — The continuance of the turn between steps 2-3 is most important although less turn may be made between 1-2. The footwork of TH may be used on step 4. Rise will then be "Up NFR on step 5".

LADY				
1	LF back	Backing LOD	Com to turn R	Rise slightly e/o 1 NFR
2	RF closes to LF (Heel Turn)	Facing DC	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	LF fwd preparing to step OP, L side leading	Facing DC	—	Up
4	RF fwd in CBMP, OP	Facing DC	—	Up
5	LF fwd	Facing DC	Com to turn L	Up
6	RF to side	Backing wall	$\frac{1}{8}$ between 5-6	Up
7	LF back in CBMP	Backing DW	$\frac{1}{8}$ between 6-7 Body turns less	Up. NFR Lower e/o 7
8	RF back	Backing DW	—	—

FOOTWORK: 1 TH; 2 HT; 3 T; 4 T; 5 T; 6 TH; 7; TH; 8 T.

CBM on 1, 5 and 8. SWAY: SLRSLLS. TIMING: SQQQQQS.

Precede: A Three Step. At corner — Natural Turn — Change of Direction.

L Natural Turn and Change of Direction (side of room) — Closed Telemark. At corner — Hover Telemark.

F Natural Twist Turn to end with steps 3-8 Natural Weave.

Follow: A)
L) As for Reverse Turn.
F)

Note. — L and F The Natural Weave may be commenced in PP in which case the Lady would omit her Heel Turn and step diagonally forward RF on step 2. Precedes would be: Open Telemark — Hover Telemark to PP — Outside Swivel — Open Impetus.

7 CHANGE OF DIRECTION

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DW	Com to turn L	—
2	RF diag fwd R side leading, and close LF to RF slightly fwd without weight	DW R Toe pointing towards LOD End facing DC	¼ between 1-2	—
3	LF fwd in CBMP	Facing DC	—	—

FOOTWORK: 1 H; 2 IE of TH, then IE of T of LF; 3 H.

CBM on 1 and 3. SWAY: SLS. TIMING: SSS.

Note.— At a corner, $\frac{3}{8}$ or $\frac{1}{2}$ turn may be made.

LADY				
1	RF back	Backing DW	Com to turn L	—
2	LF diag. back, L side leading, and close RF to LF slightly back, without weight	Backing DW End backing DC	¼ between 1-2	—
3	RF back in CBMP	Backing DC	—	—

FOOTWORK: 1 TH; 2 T, IE of TH, then IE of T of RF; 3 T.

CBM on 1 and 3. SWAY: SRS. TIMING: SSS.

Precede: A Feather Step — Reverse Turn — Natural Weave — Basic Weave. At corner — Closed Impetus and Feather Finish.

L Feather Ending — Top Spin — Weave from PP. At corner — Hover Feather —
— Natural Telemark.

F Natural Zig-Zag from PP — Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending. At corner — Natural Twist Turn — Natural Hover Telemark.

Follow: A Feather Step. At corner — Natural Weave.

(
L
F) Natural Weave (side of room).

8 BASIC WEAVE

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC against LOD	Com to turn L	Rise e/o 1
2	RF to side	Backing LOD	1/8 between 1-2	Up
3	LF back in CBMP	Backing DC	1/8 between 2-3	Up
4	RF back	Backing DC	Com to turn L	Up
5	LF to side and slightly fwd	Pointing DW	1/4 between 4-5 Body turns less	Up
6	RF fwd in CBMP, OP	Facing DW	—	Up. Lower e/o 6
7	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 H.

CBM on 1, 4 and 7. SWAY: SLLSRRS. TIMING: QQQQQQS.

Note.— On step 3 the footwork of TH may be used. This will often result in a softer and more flowing movement. Rise on 4 will then be “Up, NFR”.

LADY				
1	RF back	Backing DC against LOD	Com to turn L	Rise e/o 1 NFR
2	LF to side	Pointing DC	1/4 between 1-2 Body turns less.	Up
3	RF fwd in CBMP, OP	Facing DC	—	Up
4	LF fwd	Facing DC	Com to turn L	Up
5	RF to side.	Backing wall.	1/8 between 4-5	Up
6	LF back in CBMP	Backing DW	1/8 between 5-6 Body turns less	Up NFR Lower e/o 6
7	RF back	Backing DW	—	—

FOOTWORK: 1 TH; 2 T; 3 T; 4 T; 5 TH; 6 TH; 7 T.

CBM on 1, 4 and 7. SWAY: SRRSLLS. TIMING: QQQQQQS.

Note.— More advanced Lady dancers may, if they wish, use ball of foot to whole foot on the step preceding this figure.

Precede: A 1-4 Reverse Turn to end backing DW, check and Basic Weave — 1-4 Reverse Turn to end backing LOD approaching a corner, check and Basic Weave turning 1/8, 1/8, 3/8; or 1/4, 1/8, 1/4; to end DW of new LOD.

L Hover Telemark then LF forward in line with partner on toe into overturned Basic Weave — 1-4 Reverse Wave.

F At corner — Curved Feather to Back Feather — Fallaway Reverse and Slip Pivot.

Follow: A)
L) As for Reverse Turn.
F)

9 CLOSED TELEMAR

Technical details of the Closed Telemark are given in the Waltz charts, Figure 18. When danced in Foxtrot it is counted SQQS.

Precede: L) As for Reverse Turn.
F)

Follow: L Taking step 1 in CBMP, OP — Feather Step — Natural Turn — Natural Weave
— Natural Telemark. At corner — Hover Cross.

F Natural Twist Turn — Curved Feather to Back Feather — Natural Hover Telemark.

10 OPEN TELEMAR AND FEATHER ENDING

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	$\frac{1}{4}$ between 1-2	Up
3	LF to side and slightly fwd in PP	Pointing DW Body facing wall	$\frac{1}{2}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd in PP and CBMP	Pointing DW Body facing wall	—	Rise e/o 4
5	LF diag fwd preparing to step OP	Facing DW	—	Up
6	RF fwd in CBMP. OP	Facing DW	—	Up. Lower e/o 6
7	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 T; 6 TH; 7 H.

CBM on 1 and 7. SWAY: SLSSRRS. TIMING: SQQSQQS.

LADY

1	RF back	Backing DC	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing LOD	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	RF diag. fwd in PP R side leading	Pointing to LOD	Slight body turn on L	Up. Lower e/o 3
4	LF fwd and across in PP and CBMP	Pointing to LOD (Moving DW)	Com to turn L	Rise e/o 4
5	RF to side and slightly back	Backing wall	$\frac{1}{4}$ between 4-5	Up
6	LF back in CBMP	Backing DW	$\frac{1}{8}$ between 5-6 Body turns less	Up. NFR Lower e/o 6
7	RF back	Backing DW	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 TH; 6 TH; 7 T.

CBM on 1, 4 and 7. SWAY: SRSSLLS. TIMING: SQQSQQS.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Reverse Turn.

Follow: $\begin{matrix} L \\ F \end{matrix}$) As for Reverse Turn.

Note.— L and F Weave from PP may follow 1-3 Open Telemark. Man's first step, RF, will be pointing LOD and the amount of turn will be $\frac{1}{8}$ between preceding step and 1, $\frac{3}{8}$ between 2-3, $\frac{1}{8}$ between 3-4. Natural Weave from PP may also follow 1-3 Open Telemark.

F Natural Zig-Zag from PP moving along LOD may follow 1-3 Open Telemark.

11 TOP SPIN (At a corner, after 1-6 Reverse Turn)

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back in CBMP	Backing against LOD	1/8 to L between preceding step and 1	Up
2	RF back	Backing DW against LOD	1/8 between 1-2	Up
3	LF to side and slightly fwd	Pointing DC of new LOD	1/4 between 2-3 Body turns less	Up
4	RF fwd in CBMP, OP	Facing DC	—	Up. Lower e/o 4
5	LF fwd	Facing DC	—	—

FOOTWORK: 1 T; 2 T; 3 T; 4 TH; 5 H.

CBM on 2 and 5. SWAY: SSRRS. TIMING: QQQQS.

LADY				
1	RF fwd in CBMP, OP	Facing against LOD	1/8 to L between preceding step and 1	Up
2	LF fwd	Facing DW against LOD	1/8 between 1-2	Up
3	RF to side	Backing new LOD	1/8 between 2-3	Up
4	LF back in CBMP	Backing DC	1/8 between 3-4 Body turns less	Up. NFR Lower e/o 4
5	RF back	Backing DC	—	—

FOOTWORK: 1 T; 2 T; 3 TH; 4 TH; 5 T.

CBM on 2 and 5. SWAY: SSLLS. TIMING: QQQQS.

Notes.—On step 1 the footwork of TH may be used. This will often result in a softer and more flowing movement. When this footwork is used the rise will be "Up NFR" on step 2. On step 6 of the preceding Reverse Turn the RF and the body will be facing DW and the Lady will be backing DW with LF and body.

L and F Closed Impetus and Feather Finish may be danced, turning 1/2 on 1-3 to back against LOD and 1/8 on Feather Finish to face DC against LOD. Continue with Top Spin to face DW.

Open Telemark, Natural Turn to Outside Swivel may be danced, turning only 1/8 to R for Man, 1/8 for Lady on step 7 to follow with Feather Ending DC against LOD into Top Spin.

Precede: L) 1-6 Reverse Turn — 1-3 Feather Step — 1-3 Feather Finish — 1-3 Feather Ending
F) — 1-2 Hover Feather.

Follow: L If ended DC — Reverse Turn — Closed Telemark — Open Telemark. At corner — Reverse Wave.
If ended LOD or DW — Three Step — Change of Direction — Hover Telemark — Reverse Wave.
F Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending.

FOXTROT LICENTIATE

12 HOVER FEATHER (Taken after a Heel Pull)

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF diag fwd preparing to step OP L side leading	Facing DC	—	Rise e/o preceding Heel Pull. Up
2	RF fwd in CBMP. OP	Facing DC	—	Up. Lower e/o 2
3	LF fwd	Facing DC	—	—

FOOTWORK: 1 T 2 TH; 3 H.

CBM on 3. SWAY: LSS. TIMING: QQS.

Note.— Body will overturn slightly to R on preceding Heel Pull. The footwork of the Heel Pull will be:— 1 TH; 2 H; IE of foot, whole foot, then T of RF and pressure on IE of T of LF.

LADY				
1	RF diag back, R side leading	Backing DC	—	Rise e/o Brush step Up
2	LF back in CBMP	Backing DC	—	Up. NFR Lower e/o 2
3	RF back	Backing DC	—	—

FOOTWORK: 1 TH; 2 TH; 3 T.

CBM on 3. SWAY: RSS. TIMING: QQS.

Note.— Body will overturn to R on preceding Brush step. The Lady will rise from the ball of LF at the end of the Brush step. The L heel does not touch the floor.

Precede: $\begin{smallmatrix} L \\ F \end{smallmatrix}$) Heel Pull — 1-2 Hover Telemark counted SS.

Follow: $\begin{smallmatrix} L \\ F \end{smallmatrix}$) As for Feather Step.

13 HOVER TELEMAR

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DW	Com to turn L	Com to rise c/o 1
2	RF to side LF brushes towards RF	Facing LOD	$\frac{1}{8}$ between 1-2	Cont to rise on 2
3	LF to side and slightly fwd	Pointing DC	$\frac{1}{8}$ between 2-3 Body turns less	Up. Lower c/o 3
4	RF fwd in CBMP, OP	Facing DC		

FOOTWORK: 1 HT; 2 T (RF), then IE of T of LF; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLSS. TIMING: SQQS.

Note unusual type of rise.

LADY				
1	RF back	Backing DW	Com to turn L	Com to rise c/o 1 NFR
2	LF to side RF brushes towards LF	Backing LOD	$\frac{1}{8}$ between 1-2	Cont to rise on 2
3	RF to side and slightly back	Backing DC	$\frac{1}{8}$ between 2-3 Body turns less	Up. Lower c/o 3
4	LF back in CBMP	Backing DC		

FOOTWORK: 1 TH; 2 T (LF) then IE of T of RF; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SRSS. TIMING: SQQS.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Change of Direction.

Follow: L Feather Step (step 1 in CBMP OP) — LF fwd in line with partner on toe into overturned Basic Weave — Steps 1-2 of Hover Telemark counted SS can be followed by Hover Feather. At corner — any Natural figure (step 1 in CBMP, OP.)
F At corner, Curved Feather to Back Feather.

13 HOVER TELEMAR TO PP

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DW	Com to turn L	Com to rise e/o 1
2	RF to side LF brushes towards RF	Facing LOD	$\frac{1}{8}$ between 1-2	Cont to rise on 2
3	LF diag fwd L side leading in PP	Pointing DC Body facing LOD	$\frac{1}{8}$ between 2-3 Body turns less	Up. Lower e/o 3
4	RF fwd in PP and CBMP	Pointing DC Body facing LOD	—	—

FOOTWORK: 1 HT; 2 T (RF) then IE of T of LF; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLSS. TIMING: SQQS.

LADY				
1	RF back	Backing DW	Com to turn L	Com to rise e/o 1 NFR
2	LF to side. RF brushes towards LF	Backing LOD	$\frac{1}{8}$ between 1-2	Cont to rise on 2
3	RF to side in PP	Pointing to centre (moving DC)	$\frac{1}{4}$ to R Body turns less	Up. Lower e/o 3
4	LF fwd and across in PP and CBMP	Pointing to centre (Moving DC)	—	—

FOOTWORK: 1 TH; 2 T (LF) then IE of T of RF; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SRSS. TIMING: SQQS.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Hover Telemark.

Follow: L Overturned Natural Weave (commencing in PP) — Feather Ending — Weave from PP.

F Natural Zig-Zag from PP. At corner — Curved Feather to Back Feather (commencing in PP).

14 NATURAL TELEMAR

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	1/4 between 1-2	Up
3	RF side (small step)	Facing DC	1/2 between 2-3	Up
4	LF diag fwd, preparing to step OP, L side leading	Facing DC	—	Up
5	RF fwd in CBMP, OP	Facing DC	—	Up. Lower e/o 5
6	LF fwd	Facing DC	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 TH; 6 H.

CBM on 1 and 6. SWAY: SRSLS. TIMING: SQQQS.

Note.— 1/2 or 3/8 turn may be used at a corner. Amount of turn in each case will be 1/4 between 1-2, whether commenced facing LOD or DW.

LADY				
1	LF back	Backing DW	Com to turn R	Rise slightly e/o 1 NFR
2	RF closes to LF (Heel turn)	Facing LOD	3/8 between 1-2	Cont to rise on 2
3	LF to side RF brushes towards LF	Backing DC	3/8 between 2-3	Up
4	RF diag back R side leading	Backing DC	—	Up
5	LF back in CBMP	Backing DC	—	Up NFR. Lower e/o 5
6	RF back	Backing DC	—	—

FOOTWORK: 1 TH; 2 HT 3 T; 4 TH; 5 TH; 6 T.

CBM on 1 and 6. SWAY: SLSRSS. TIMING: SQQQS.

Note.— When underturned, the Lady will always turn 3/8 between 1-2.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Natural Turn.

Follow: L Reverse Turn — Closed Telemark — Open Telemark. At corner — Three Step — Change of Direction — Hover Telemark — Reverse Wave.

F Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending.

15 HOVER CROSS

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	1/4 between 1-2	Up
3	RF to side	Pointing DW of new LOD	1/2 between 2-3 Body turns less.	Up
4	LF fwd in CBMP, OP on L side	Facing DW of new LOD	Slight body turn to R	Up
5	Transfer weight back to RF in CBMP	Backing DC against LOD	Com to turn L	Up
6	LF to side and slightly fwd	Pointing DC	1/4 between 5-6 Body turns less	Up
7	RF fwd in CBMP, OP	Facing DC	—	Up. Lower e/o 7
8	LF fwd	Facing DC	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 H.

CBM on 1, 5 and 8. SWAY: SRSLRRS. TIMING: SQQQQQS.

Note.— A slight lowering may be used on step 4, but the L heel should not touch the floor. Do not allow body to overturn on 4.

LADY				
1	LF back	Backing DW	Com to turn R	Rise slightly e/o 1 NFR
2	RF closes to LF (Heel Turn)	Facing LOD	3/8 between 1-2	Cont to rise on 2
3	LF to side	Backing new LOD	1/4 between 2-3	Up
4	RF back in CBMP	Backing DW of new LOD	1/8 between 3-4 Body turns less	Up
5	Transfer weight fwd to LF in CBMP, O.P on L side	Facing DC against LOD	Com to turn L	Up
6	RF to side	Backing LOD	1/8 between 5-6	Up
7	LF back in CBMP	Backing DC	1/8 between 6-7 Body turns less	Up. NFR Lower e/o 7
8	RF back	Backing DC	—	—

FOOTWORK: 1 TH; 2 HT; 3 T; 4 T; 5 T; 6 TH; 7 TH; 8 T.

CBM on 1, 5 and 8. SWAY: SLRSLLS. TIMING: SQQQQQS.

Note.— The Lady may turn her head to R on steps 4-5.

Precede: $\begin{smallmatrix} L \\ F \end{smallmatrix}$ Three Step — Closed Telemark.

Follow: L Reverse Turn — Closed Telemark — Open Telemark.

F Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending.

16 OPEN TELEMAR, NATURAL TURN TO OUTSIDE SWIVEL AND FEATHER ENDING

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	¼ between 1-2	Up
3	LF sideways in PP	Facing DW against LOD	¼ between 2-3	Up. Lower e/o 3
4	RF fwd and across in PP and CBMP	Facing DW against LOD (Moving to wall)	Com to turn R	Rise e/o 4
5	LF to side	Backing LOD	⅛ between 4-5	Up
6	RF back R side leading	Backing DW	⅛ between 5-6	Up. Lower e/o 6
7	LF back in CBMP, RF crosses in front without weight. End in PP	DW Toe turned in End facing DC	¼ to R on 7	—
8	RF fwd and across in PP and CBMP	Facing DC (Moving to centre)	—	Rise e/o 8
9	LF diag fwd preparing to step OP L side leading	Facing DC	—	Up
10	RF fwd in CBMP, OP	Facing DC	—	Up. Lower e/o 10
11	LF fwd	Facing DC	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 HT; 5 T; 6 TH; 7 TH with pressure on T of RF; 8 HT; 9 T; 10 TH; 11 H.

CBM on 1, 4, 7, 8 and 11. SWAY: SLSSSSSRRS. TIMING: SQQSQSSQQS.

Note.— When the RF commences to move to cross in front on step 7, either the Heel or Toe may be in contact with the floor. It will finish with the Toe in contact with the floor and the Heel only slightly raised with the R leg almost straight.

The Weave from PP could follow step 7 in which case the alignment of the Weave from PP would be as in the Waltz. Figure 17.

When the Outside Swivel is danced at the side of the room to be followed by Feather Ending into Top Spin, ½ turn to R is made on step 7 and 8-10 will be taken DC against LOD. Weave from PP may also be danced following this underturned Outside Swivel, Man using the Basic Weave alignment. If dancing this underturned Outside Swivel at a corner steps 8-11 will be taken DC of new LOD. Follow as for Feather.

The Outside Swivel (steps 7-8) could be danced by checking OP on any Feather Movement taken DC and turning ¼ to R. Follow — L — Feather Ending — Natural Turn (when danced as steps 4-6 above) — Natural Weave from PP — F — Curved Feather to Back Feather from PP — Natural Zig-Zag from PP.

The Outside Swivel (steps 7-8) could also be danced by checking OP on any Feather taken DW without turn and followed as in the previous paragraph.

**16 (cont) OPEN TELEMAR, NATURAL TURN TO OUTSIDE SWIVEL
AND FEATHER ENDING**

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
LADY				
1	RF back	Backing DC	Com to turn L	Rise slightly at e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing DW	¼ between 1-2	Cont to rise on 2
3	RF diag fwd in PP	Facing DW	—	Up. Lower e/o 3
4	LF fwd and across in PP and CBMP	Facing DW (Moving to wall)	—	Rise e/o 4
5	RF fwd	Facing DW	—	Up
6	LF fwd preparing to step OP L side leading	Facing DW	—	Up. Lower e/o 6
7	RF fwd in CBMP, OP, LF closes slightly back, without weight. End in PP	Facing DW End facing DC against LOD	½ to R on 7	—
8	LF fwd and across in PP and CBMP	Facing DC against LOD (Moving to centre)	Com to turn L	Rise e/o 8
9	RF to side and slightly back	Backing LOD	¼ between 8-9	Up
10	LF back in CBMP	Backing DC	¼ between 9-10 Body turns less	Up. NFR Lower e/o 10
11	RF back	Backing DC	—	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 HT; 5 T; 6 TH; 7 HTH and pressure on IE of T of LF; 8 HT; 9 TH; 10 TH; 11 T.

CBM on 1, 7, 8 and 11. SWAY: SRSSSSSLLS. TIMING: SQQSQSSQSS.

Precede: L Feather Step — Feather Finish — Feather Ending — Hover Feather — Top Spin — Natural Telemark — Hover Cross.

F Natural Twist Turn — Natural Zig-Zag from PP — Natural Hover Telemark.

Follow: L Reverse Turn — Closed or Open Telemark. At corner — Three Step — Change of Direction — Hover Telemark — Reverse Wave. Weave from PP after step 7.

F Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending. Natural Zig-Zag from PP after step 7.

17 OPEN IMPETUS

Technical details of the Open Impetus are given in the Waltz charts, Figures 21 and 22. When danced in Foxtrot it is counted SQQS.

Precede: L 1-3 Natural Turn — 1-6 Reverse Wave.

F At corner — Curved Feather.

Follow: L Feather Ending — Weave from PP — Natural Weave from PP.

F Natural Zig-Zag from PP. At corner — Curved Feather to Back Feather (commencing in PP).

18 WEAWE FROM PP

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd in PP and CBMP	Pointing DC Body facing LOD	—	Rise e/o 1
2	LF fwd	Facing DC	Com to turn L	Up
3	RF to side and slightly back	Backing DW	1/4 between 2-3	Up
4	LF back in CBMP	Backing LOD	1/8 between 3-4	Up
5	RF back	Backing LOD	Com to turn L	Up
6	LF to side and slightly fwd	Pointing DW	3/8 between 5-6 Body turns less	Up
7	RF fwd in CBMP, OP	Facing DW	—	Up. Lower e/o 7
8	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 H.

CBM on 2, 5 and 8. SWAY: SSLLSRRS. TIMING: SQQQQQQS.

Note.— On step 4 the Footwork of TH may be used. The Rise on 5 will then be "Up NFR"
Alternative alignments for the Weave from PP may be found in the Waltz charts. Figure 17.

LADY				
1	LF fwd and across in PP and CBMP	Pointing to centre. (Moving DC)	Com to turn L	Rise e/o 1
2	RF to side and slightly back	Backing DC	3/8 between 1-2	Up
3	LF to side and slightly fwd	Pointing to LOD	3/8 between 2-3 Body turns less	Up
4	RF fwd in CBMP, OP	Facing LOD	—	Up
5	LF fwd	Facing LOD	Com to turn L	Up
6	RF to side	Backing wall	1/4 between 5-6	Up
7	LF back in CBMP	Backing DW	1/8 between 6-7 Body turns less	Up. NFR Lower e/o 7
8	RF back	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 TH; 8 T.

CBM on 1, 5 and 8. SWAY: SSRRSLLS. TIMING: SQQQQQQS.

Precede: L) Open Telemark — Hover Telemark ended in PP — Outside Swivel — Open Impetus.

Follow: L Three Step — Change of Direction — Hover Telemark — Reverse Wave.

F At corner — Fallaway Reverse and Slip Pivot.

19 REVERSE WAVE

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing LOD	Com to turn L	Rise e/o 1
2	RF to side	Backing wall	$\frac{1}{4}$ between 1-2	Up.
3	LF back	Backing DW	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	RF back	Backing DW	Com to turn L	—
5	LF back	Curving towards LOD	$\frac{1}{8}$ between 4-6	Rise e/o 5
6	RF back	Backing LOD	—	Up. Lower e/o 6
7	LF back	Backing LOD	Com turn R	—
8	RF to side small step (Heel Pull)	Facing DC	$\frac{3}{8}$ between 7-8	—
9	LF fwd	Facing DC	Body turn to L	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 T; 6 TH; 7 TH; 8 H IE of foot whole foot then IE of LF; 9 H.

Special Note.— Although the rise is taken from the T of LF on step 5, when the RF commences to move back for step 6 the R Heel must be in contact with the floor.

CBM on 1, 4, 7 and 9. SWAY: SLLSRRSL. TIMING: SQQSQSSS.

Note.— There are five important alignments of the Reverse Wave:—

- Facing LOD $\frac{3}{8}$ between 1-3, $\frac{1}{8}$ between 4-6, $\frac{3}{8}$ between 7-8 (or less at a corner).
 - Facing LOD $\frac{3}{8}$ between 1-3, $\frac{1}{4}$ between 4-6 to back DW of new LOD, $\frac{1}{4}$ between 7-8.
 - Facing DW $\frac{1}{2}$ between 1-3, then continue as in alignment (a).
 - Facing DW $\frac{1}{2}$ between 1-3, then continue as in alignment (b).
 - Facing DC $\frac{3}{8}$ between 1-3, $\frac{1}{4}$ between 4-6 to back the new LOD, $\frac{3}{8}$ between 7-8.
- Alignment (b) (d) and (e) are used round a corner.

LADY				
1	RF back	Backing LOD	Com to turn L	Rise slightly e/o 1 NFR
2	LF closes to RF (Heel Turn)	Facing DW	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	RF fwd	Facing DW	—	Up. Lower e/o 3
4	LF fwd	Facing DW	Com to turn L	—
5	RF fwd	Curving towards LOD	$\frac{1}{8}$ between 4-6	Rise e/o 5
6	LF fwd	Facing LOD	—	Up. Lower e/o 6
7	RF fwd	Facing LOD	Com to turn R	—
8	LF to side	Backing DC	$\frac{3}{8}$ between 7-8	—
9	RF back, having brushed to LF	Backing DC	Body turn to L	—

FOOTWORK: 1 TH; 2 HT; 3 TH; 4 H; 5 HT; 6 TH; 7 HT; 8 TH, then IE of T of RF; 9 T.

CBM on 1, 4, 7 and 9. SWAY: SRSLLSRS. TIMING: SQQSQSSS.

- Precede: L Feather — Feather Finish — Feather Ending — Hover Feather — Reverse Turn — Natural Weave — Basic Weave — Top Spin — Hover Cross — Weave from PP At corner — Natural Telemark.
- F Natural Zig-Zag from PP — Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending. At corner — Natural Twist Turn — Natural Hover Telemark.
- Follow: L Feather — Basic Weave after step 4 — Closed or Open Impetus after step 6 — Hover Feather after step 8.
- F At corner — Curved Feather.

20 NATURAL TWIST TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing LOD	Com to turn R	—
2	LF to side	Backing DC	$\frac{3}{8}$ between 1-2	—
3	RF crosses behind LF slightly back	Backing LOD	$\frac{1}{8}$ between 2-3	—
4-5	Twist on both feet End as in Heel Pull	Facing DC	$\frac{3}{8}$ on 4-5 Body turns slightly more	Rise on 5
6 7 8	Complete figure with a Hover Feather			

FOOTWORK: 1 HT; 2 TH; 3; T; 4 Twist on T of RF and H of LF with feet flat. End with weight on RF; 5 T (RF) with pressure on IE of T of LF; 6 T; 7 TH; 8 H.

CBM on 1 and 8. SWAY: SRRSLLSS. TIMING: SQ&QSQQS.

BEAT VALUE: 2, $\frac{1}{2}$, $\frac{1}{2}$, 1, 2, 1, 1, 2.

There is no upward swing (rise) on the first 3 steps.

Note the overturn of Body on 5.

LADY				
1	LF back	Backing LOD	Com to turn R	—
2	RF closes to LF (Heel Turn)	Facing LOD	$\frac{1}{2}$ between 1-2	—
3	LF fwd preparing to step OP L side leading	Facing almost DW	—	—
4	RF fwd in CBMP, OP	Facing DW	$\frac{1}{8}$ between 2-4 $\frac{1}{4}$ between 4-5	—
5	LF to side RF brushes to LF	Backing DC	Body turns slightly more	Rise on 5
6 7 8	Complete figure with a Hover Feather			

FOOTWORK: 1 TH; 2 HT; 3 T; 4 T; 5 T and IE of T of RF; 6 TH; 7 TH; 8 T.

CBM on 1, 4 and 8. SWAY: SLLSRRSS. TIMING: SQ&QSQQS.

BEAT VALUE: 2, $\frac{1}{2}$, $\frac{1}{2}$, 1, 2, 1, 1, 2.

Note the overturn of Body on 5.

Precede: F As for Natural Turn.

Follow: F As for Natural Telemark plus — after step 5 continue into — 3-8 Natural Weave —
3-7 Closed Impetus and Feather Finish — 3-4 Open Impetus — see next page.

20 (cont) NATURAL TWIST TURN WITH NATURAL WEAVE ENDING

MAN	Steps 1-3	As for Natural Twist Turn	SQ&
	4 5	Twist on both feet ending with the RF fwd and slightly to the side — facing LOD	QS
	6	LF to side and slightly back — backing almost DC	Q
LADY	7-12	Continue with 3-8 of Natural Weave	QQQQQS
	Steps 1-4	As for Natural Twist Turn.	SQ&Q
	5	LF to side and slightly back — backing LOD	S
	6	RF diag. fwd — Facing DC	Q
	7-12	Continue with 3-8 of Natural Weave	QQQQQS

Precede: F As for Natural Twist Turn.

Follow: F As for Natural Weave.

Note.— The Sway will be omitted on step 5 of this figure.

20 (cont) NATURAL TWIST TURN WITH CLOSED IMPETUS AND FEATHER FINISH ENDING

MAN	Steps 1-5	As for Natural Twist Turn	SQ&QQ
	6	LF to side and slightly back — Backing DC against LOD	Q
	7-10	RF back into Feather Finish	SQQS
LADY	Steps 1-5	As for Natural Twist Turn	SQ&QQ
	6	RF diag fwd having brushed to LF — Facing DC against LOD	Q
	7-10	LF fwd into Feather Finish	SQQS

Precede: F As for Natural Twist Turn.

Follow: F As for Closed Impetus and Feather Finish.

20 (cont) NATURAL TWIST TURN WITH OPEN IMPETUS ENDING

MAN	Steps 1-5	As for Natural Twist Turn	SQ&QQ
	6	LF diag fwd in PP L side leading — pointing DC Body facing LOD	Q
	7	RF fwd in PP and CBMP — pointing DC Body facing LOD	S
LADY	Steps 1-5	As for Natural Twist Turn	SQ&QQ
	6	RF to side in PP — Pointing to centre (Moving DC)	Q
	7	LF fwd and across in PP and CBMP — Pointing to centre (Moving DC)	S

Precede: F As for Natural Twist Turn.

Follow: F As for Open Impetus.

21 CURVED FEATHER TO BACK FEATHER

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing LOD	Com to turn R	Rise e/o 1
2	LF diag fwd preparing to step OP L side leading	Facing DW	1/8 between 1-2	Up
3	RF fwd in CBMP, OP	Facing wall	1/8 between 2-3	Up. Lower e/o 3
4	LF back in CBMP	Backing DC	1/8 between 3-4	Com to rise e/o 4 NFR
5	RF back R side leading	Curving towards LOD	—	Cont to rise on 5
6	LF back in CBMP	Backing LOD	1/8 between 4-6	Up. Lower e/o 6
7	RF back	Backing LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 T; 6 TH; 7 T.

CBM on 1, 3, 4 and 7. SWAY: SRRSLLS. TIMING: SQQSQQS.

Note.— The gradual rise used in the Back Feather should be noted. The normal ending is a Feather Finish. Note, too, the foot positions and footwork of steps 2-3 as Man and Lady. The Lady could lower her R heel on step 2 and should lower late on 3.

LADY				
1	LF back	Backing LOD	Com to turn R	Rise e/o 1 NFR
2	RF back R side leading	Backing DW	1/8 between 1-2	Up.
3	LF back in CBMP	Backing wall	1/8 between 2-3	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DC	1/8 between 3-4	Com to rise e/o 4
5	LF fwd L side leading	Curving towards LOD	—	Cont to rise on 5
6	RF fwd in CBMP, OP	Facing LOD	1/8 between 4-6	Up. Lower e/o 6
7	LF fwd	Facing LOD	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HT; 5 T; 6 TH; 7 H.

CBM on 1, 3, 4 and 7. SWAY: SLLSRRS. TIMING: SQQSQQS.

Precede: F Three Step — Closed Telemark. At corner — Natural Turn — Change of Direction — Hover Telemark. Commencing the Curved Feather in PP at corner — Hover Telemark to PP — Outside Swivel — Open Impetus.

Follow: F Feather Finish. At corner — Basic Weave.

Note.— 1-3 Curved Feather may also be followed by Closed or Open Impetus.

22 NATURAL ZIG-ZAG FROM PROMENADE POSITION

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd and across in PP and CBMP	Facing DW (Moving along LOD)	Com to turn R	Rise e/o 1
2	LF to side.	Backing centre.	1/8 between 1-2	Up
3	RF back in CBMP	Backing centre	Com to turn L	Up
4	LF to side and slightly fwd	Pointing DW	1/8 between 3-4 Body turns less	Up
5	RF fwd in CBMP, OP	Facing DW	—	Up. Lower e/o 5
6	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 TH; 6 H.

CBM on 1, 3 and 6. SWAY: SSSRRS. TIMING: SQQQQS.

Note.— The different alignment used by Man and Lady on steps 3-4 should be noted.

LADY				
1	LF fwd and across in PP and CBMP	Facing DC (Moving along LOD)	—	Rise e/o 1
2	RF diag fwd preparing to step OP on L side	Facing DC	—	Up
3	LF fwd in CBMP, OP on L side	Facing DC	Com to turn L	Up
4	RF to side	Backing wall	1/8 between 3-4	Up
5	LF back in CBMP	Backing DW	1/8 between 4-5 Body turns less	Up. NFR Lower e/o 5
6	RF back	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH; 5 TH; 6 T.

CBM on 1 (slight) 3 and 6. SWAY: SSSLSS. TIMING: SQQQQS.

Precede: F Open Telemark — Hover Telemark ended in PP — Outside Swivel — Open Impetus.

Follow: F Three Step — Change of Direction — Hover Telemark — Reverse Wave. If ended DC — Reverse Turn — Closed or Open Telemark — Fallaway Reverse and Slip Pivot — Bounce Fallaway with Weave Ending. At corner — Reverse Wave.

23 FALLAWAY REVERSE AND SLIP PIVOT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF back in Fallaway R side leading	Backing DW (Moving down LOD)	¼ between 1-2	Up
3	LF back in CBMP and Fallaway	Backing LOD	⅓ between 2-3 Body turns less	Up. Lower e/o 3
4	RF back, LF held in CBMP	To centre, toe turned in, end facing LOD or DW	¼ between 3-4, ¼ or ⅓ on 4 (Pivot)	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 THT.

CBM on 1 and 4. SWAY: Nil. TIMING: SQQS, SQQ&, SQ&Q, S&QQ, QQQQ.

BEAT VALUE: 2, 1, 1, 2; 2, 1, ½, ½; 2, ½, ½, 1; 1½, ½, 1, 1; 1, 1, 1, 1.

Note.— When the RF moves on step 4 it should be pressed firmly into the floor. Note the footwork of step 2 If the R heel lowers, the weight is likely to move too far back.

LADY				
1	RF back	Backing DC	—	Rise e/o 1 NFR
2	LF back in Fallaway L side leading	Backing DC (Moving down LOD)	—	Up
3	RF back in CBMP and Fallaway (small step). LF held in CBMP	Backing DC, end facing centre	⅓ to L on 3 (Pivot)	Up. Lower e/o 3
4	LF fwd in CBMP, RF held in CBMP	To centre, end backing LOD or DW	¼ or ⅓ to L on 4 (Pivot)	—

FOOTWORK: 1 TH; 3 T; 3 T; 4 TH.

CBM on 3 and 4. SWAY: Nil. TIMING: SQQS, SQQ&, SQ&Q, S&QQ, QQQQ.

BEAT VALUE: 2, 1, 1, 2; 2, 1, ½, ½; 2, ½, ½, 1; 1½, ½, 1, 1; 1, 1, 1, 1.

Note.— A compact position on the Fallaway is easier if the Lady keeps her head turned to L.

Precede: F Feather Step — Feather Finish — Feather Ending — Hover Feather — Top Spin — Natural Telemark — Hover Cross — Natural Twist Turn — Natural Zig-Zag from PP — Fallaway Reverse and Slip Pivot — Natural Hover Telemark.
At corner — Reverse Turn — Natural Weave — Basic Weave — Weave from PP.

Follow: F Change of Direction — Hover Telemark — Reverse Wave — Fallaway Reverse and Slip Pivot. At corner — Basic Weave — Open Telemark.

Note.— When this figure is danced into a corner, commence DW or LOD to follow with a Reverse figure as above, DC of new LOD.

24 NATURAL HOVER TELEMARCK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Up. Lower e/o 2
3	RF to side (Heel Pull)	Facing DC	$\frac{1}{2}$ between 2-3	Down on 3. Rise e/o 3
4	L knee veers inwards	Facing DC	Slight body turn to R	Up
5	LF diag fwd preparing to step OP L side leading	Facing DC	—	Up
6	RF fwd in CBMP OP	Facing DC	—	Up. Lower e/o 6
7	LF fwd	Facing DC	—	—

FOOTWORK: 1 HT; 2 TH; 3 H; IE of foot whole foot; 4 T (RF) with pressure on IE of T of LF; 5 T; 6 TH; 7 H.

CBM on 1 and 7. SWAY: SRLLLSS. TIMING: SQQSQQS.

LADY				
1	LF back	Backing DW	Com to turn R	Rise slightly at e/o 1 NFR
2	RF closes to LF (Heel Turn)	Facing LOD	$\frac{3}{8}$ between 1-2	Cont to rise on 2 NFR
3	LF to side	Backing DC	$\frac{3}{8}$ between 2-3	Down on 3. Rise e/o 3
4	RF brushes to LF	Backing DC	Slight body turn to R	Up
5	RF diag. back R side leading	Backing DC	—	Up
6	LF back in CBMP	Backing DC	—	Up. NFR Lower e/o 6
7	RF back	Backing DC	—	—

FOOTWORK: 1 TH; 2 HT; 3 T; 4 T (LF) and IE of T of RF; 5 TH; 6 TH; 7 T.

CBM on 1 and 7. SWAY: SLRRRSS. TIMING: SQQSQQS.

Precede: F As for Natural Telemark.

Follow: F As for Natural Telemark.

FOXTROT FELLOW

25 BOUNCE FALLAWAY WITH WEAWE ENDING

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF back in Fallaway R side leading	Backing DW (Moving down LOD)	1/4 between 1-2	Up. Lower e/o 2
3	LF back in CBMP and Fallaway	Backing DW (Moving down LOD)	—	Down. Rise e/o 3
4	RF to side and slightly back	Backing DW	—	Up. Lower e/o 4
5	LF back in CBMP	Backing LOD	1/8 between 4-5	Down. Rise e/o 5

6-9 4-7 overturned Basic Weave.

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 T; 8 TH; 9 T.

CBM on 1, 6 and 9. SWAY: SSSSSRRS. TIMING: S&QQQQQQS.

BEAT VALUE: 1 1/2, 1/2, 1, 1, 1, 1, 1, 1, 2.

Note.— There is a slight flexing of the knees on steps 2 and 4. The heel lowers towards the floor and may lightly touch.

LADY				
1	RF back	Backing DC	—	Rise e/o 1
2	LF back in Fallaway L side leading	Backing DC (Moving down LOD)	—	Up. Lower e/o 2
3	RF back in CBMP and Fallaway	Backing DC (Moving down LOD)	Com to turn L	Down. Rise e/o 3
4	LF to side and slightly fwd	Pointing to LOD	3/8 between 3-4 Body turns less	Up. Lower e/o 4
5	RF fwd in CBMP, OP	Facing LOD	Slight body turn	Down. Rise e/o 5

6-9 4-7 overturned Basic Weave.

FOOTWORK: 1 THT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 TH; 9 T.

CBM on 3, 6 and 9. SWAY: SSSSSLLS. TIMING: S&QQQQQQS.

BEAT VALUE: 1 1/2, 1/2, 1, 1, 1, 1, 1, 1, 2.

See Man's note above.

Precede: F As for Fallaway Reverse and Slip Pivot.

Follow: F As for Reverse Turn.

QUICKSTEP

TIME SIGNATURE — 4/4 with the first and third beats accented.

“Slow” count = 2 beats. “Quick” count = 1 beat.

COUNTING IN BEATS AND BARS 1 234 2234 3234 4234 etc.

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QUICKSTEP STUDENT TEACHER

1 QUARTER TURN TO RIGHT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Com to rise e/o 1
2	LF to side	Backing centre.	$\frac{1}{8}$ between 1-2	Cont to rise on 2 and 3
3	RF closes to LF	Backing DC	$\frac{1}{8}$ between 2-3	—
4	LF to side and slightly back	Backing DC	—	Up. Lower e/o 4

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH.

CBM on 1. SWAY: SRRS. TIMING: SQQS.

Note.— If commenced facing LOD turn $\frac{1}{4}$ between 1-2 and $\frac{1}{8}$ between 2-3.

LADY				
1	LF back	Backing DW	Com to turn R	Com to rise e/o 1 NFR
2	RF to side	Pointing DC	$\frac{1}{4}$ between 1-2 Body turns less	Cont to rise on 2 and 3
3	LF closes to RF	Facing DC	Slight body turn	—
4	RF diag fwd	Facing DC	—	Up. Lower e/o 4

FOOTWORK: 1 TH; 2 T; 3 T; 4 TH.

CBM on 1. SWAY: SLLS. TIMING: SQQS.

Precede: A)
L) Any figure which leaves the RF free to move forward.
F)

Follow: A Progressive Chassé — Reverse Pivot.

L Four Quick Run — 2-12 V6.

F Six Quick Run — Hover Corté.

Note.— When following with 2-12 V6 or Six Quick Run the L heel should still lower on the preceding step.

2 NATURAL TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Up
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back	Backing LOD	Com to turn R	—
5	RF to side small step (Heel Pull)	Facing DW of new LOD	$\frac{3}{8}$ between 4-5	—
6	LF fwd	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 H IE of foot whole foot; 6 H.

CBM on 1, 4 and 6 (slight). SWAY: SRRSSS. TIMING: SQSSS.

Note.— The Heel Pull may be underturned to end facing new LOD.

LADY				
1	LF back.	Backing DW	Com to turn R	Rise e/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less.	Up
3	LF closes to RF	Facing LOD	Body completes turn.	Up. Lower e/o 3
4	RF fwd	Facing LOD	Com to turn R	—
5	LF to side	Backing new LOD	$\frac{1}{4}$ between 4-5	—
6	RF back	Backing DW	$\frac{1}{8}$ between 5-6	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HT; 5 TH; 6 T.

CBM on 1, 4 and 6 (slight). SWAY: SLLSSS. TIMING: SQSSS.

Note.— If $\frac{1}{4}$ is made between 4-6, the turn should be completed between 4-5.

Precede: A)
L) As for Quarter Turn to R.
F)

Follow: A Any Natural Figure.

L 1-5 Natural Turn ended DC may be followed by 2-5 Forward Lock and Quick Open Reverse. 1-5 Natural Turn ended DW of new LOD may be followed by 2-5 Forward Lock and any Natural figure.

F Rumba Cross.

3 NATURAL TURN WITH HESITATION

This may be danced along the side of the room or at a corner. Feet Positions are as Hesitation Change in Waltz. Figure 8.

TIMING: SQSSS. A sway to L, Lady to R on steps 5-6 is optional.

Precede: A)
L) As for Natural Turn.
F)

Follow: A)
L) Chassé Reverse Turn — Progressive Chassé to R — Double Reverse Spin.
F)

QUICKSTEP STUDENT TEACHER

4 NATURAL PIVOT TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Up
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back (RF held in CBMP)	Down LOD toe turned in	Up to $\frac{1}{2}$ to R on 4 (Pivot)	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 THT.

CBM on 1, 4. SWAY: SRRS. TIMING: SQQS.

Note.— $\frac{1}{2}$ is the maximum turn on a pivot. If danced at a corner, turn $\frac{3}{8}$ on the pivot to face DW of new LOD.

Footwork. Although footwork on step 4 is described as THT, the Heel is in contact with the floor while turn is made on the ball of foot.

LADY				
1	LF back	Backing DW	Com to turn R	Rise e/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less	Up
3	LF closes to RF	Facing LOD	Body completes turn	Up. Lower e/o 3
4	RF fwd	Facing LOD	Up to $\frac{1}{2}$ to R on 4 (Pivoting action)	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HTH.

CBM on 1 and 4. SWAY: SLLS. TIMING: SQQS.

Note.— LF is not held in CBMP for the pivoting action on step 4, but CBM will be used on the next step except when 5-6 Natural Spin Turn follows the pivot.

Footwork. Although footwork on step 4 is described as HTH, the Heel is kept in contact with the floor.

Precede: A)
L) As for Natural Turn.
F)

Follow: A)
L) Any Natural figure.
F Rumba Cross.

STUDENT TEACHER

5 NATURAL SPIN TURN

Technical details of the Natural Spin Turn are given in the Waltz charts, Figure 4. When danced in Quickstep the rise on steps 1-3 will be as in Natural Turn (Quickstep). The timing will be SQSSS.

Precede: A)
L) As for Natural Turn.
F)

Follow: A Progressive Chassé — Reverse Pivot.
L Four Quick Run — 2-12 V6.
F Six Quick Run — Hover Corté.

Note.— When following with 2-12 of V6 or Six Quick Run, the L heel should still lower on the previous step.

6 PROGRESSIVE CHASSÉ

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back	Backing DC	Com to turn L	Com to rise e/o 1 NFR
2	LF to side	Pointing DW	¼ between 1-2 Body turns less	Cont to rise on 2 and 3
3	RF closes to LF	Facing DW	Slight body turn	—
4	LF to side and slightly fwd	Facing DW	—	Up. Lower e/o 4
5	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 TH; 2 T; 3 T; 4 TH; 5 H.

CBM on 1 and 5. SWAY: Nil. TIMING: SQQSS.

Note. — If commenced backing LOD turn ¾ between 1-2 (Body turns less). Position of body on 2-5 should be facing between wall and DW.

LADY				
1	LF fwd	Facing DC	Com to turn L	Com to rise e/o 1
2	RF to side	Backing wall	⅛ between 1-2	Cont to rise on 2 and 3
3	LF closes to RF	Backing DW	⅛ between 2-3 Body turns less	—
4	RF to side and slightly back	Backing DW	—	Up. Lower e/o 4
5	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH; 5 T.

CBM on 1 and 5. SWAY: Nil. TIMING: SQQSS.

Note. — If commenced facing LOD turn ¼ between 1-2 and ⅛ between 2-3 (Body turns less).

Precede: A Quarter Turn to R — Natural Spin Turn — Chassé Reverse Turn — Closed Impetus.

$\left. \begin{matrix} L \\ F \end{matrix} \right\}$ Quick Open Reverse.

Follow: A Forward Lock — any figure commencing with RF fwd.

L Quick Open Reverse — Fishtail. At corner — LF back with Lady OP, TH, S, into Four Quick Run or 2-12 V6.

F Tipsy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH, S, into Six Quick Run.

QUICKSTEP STUDENT TEACHER

7 CHASSÉ REVERSE TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	¼ between 1-2	Up
3	LF closes to RF	Backing LOD	⅛ between 2-3	Up. Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 TH.

CBM on 1. SWAY: SLL. TIMING: SQQ.

LADY				
1	RF back	Backing DC	Com to turn L	Rise e/o 1 NFR
2	LF to side	Pointing to LOD	⅜ between 1-2 Body turns less	Up
3	RF closes to LF	Facing LOD	Body completes turn	Up. Lower e/o 3

FOOTWORK: 1 TH; 2 T; 3 TH.

CBM on 1. SWAY: SRR. TIMING: SQQ.

Precede: $\left. \begin{matrix} A \\ L \\ F \end{matrix} \right\}$ Natural Turn with Hesitation — Reverse Pivot — Double Reverse Spin.

Follow: A Progressive Chassé — Reverse Pivot.

L Four Quick Run.

F Hover Corté.

8 FORWARD LOCK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN OR LADY				
1	RF fwd in CBMP, OP	Facing DW	—	Com to rise e/o 1
2	LF diag fwd	Facing DW	—	Cont to rise on 2 and 3
3	RF crosses behind LF	Facing DW	—	—
4	LF diag fwd	Facing DW	—	Up. Lower e/o 4
5	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH; 5 H.

CBM on 1 (slight) and 5. SWAY: Nil. TIMING: SQQSS.

Note.— Although the figure travels DW throughout, the body should be facing between wall and DW.

Precede: A)
L) Any figure ending with the RF forward OP.
F)

Follow: A Any Natural figure.

L Quick Open Reverse — Fishtail. At corner — LF back with Lady OP, TH, S, into Four Quick Run or 2-12 V6.

F Tippy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady O.P., TH, S, into Six Quick Run.

ASSOCIATE

9 CLOSED IMPETUS

Technical details of the Closed Impetus are given in the Waltz charts, Figure 7. When danced in Quickstep it is counted SSSS.

Precede: A)
L) 1-3 Natural Turn — Back Lock — Progressive Chassé to R — Natural Turn and Back
F) Lock.

Follow: A Reverse Pivot (after step 3). At corner — Progressive Chassé.

L Progressive Chassé — Four Quick Run. At corner — 2-12 V6 (after step 3).

F Six Quick Run (after step 3) — Hover Corté.

Note.— When following with 2-12 V6 or Six Quick Run, the L heel should still lower on the previous step.

10 BACK LOCK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN OR LADY				
1	LF back in CBMP	Backing DW	—	Com to rise e/o 1 NFR
2	RF back	Backing DW	—	Cont to rise on 2 and 3
3	LF crosses in front of RF	Backing DW	—	—
4	RF diag back	Backing DW	—	Up. Lower c/o 4
5	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 TH; 2 T; .3 T; 4 TH; 5 T.

Note.— The Man (but not the Lady) may use Foot Rise on step 1. The Footwork would be THT, but L Heel must not rise abruptly. The Lady must release the toe of the LF from the floor as it commences to move back to become step 3.

CBM on 1 (slight) and 5. SWAY: Nil. TIMING: SQSS.

Note.— Body should be backing between wall and DW throughout.

Precede: A)
L) Progressive Chassé to R.
F)

Follow: A)
L) Closed Impetus — Tipple Chassé to R — Running Finish.
F) Topsy to R.

11 REVERSE PIVOT

Technical details of the Reverse Pivot are given in the Waltz charts Figure 14. When danced in Quickstep it is counted S or '&'.

Precede: A Quarter Turn to R — Natural Spin Turn — Chassé Reverse Turn —
1-3 Closed Impetus.

L)
F) 1-3 Quick Open Reverse.

Follow: A Chassé Reverse Turn — Progressive Chassé to R — Double Reverse Spin.

L Quick Open Reverse — Closed Telemark.

F Cross Swivel — Topsy to R (after a step fwd on LF).

ASSOCIATE

12 PROGRESSIVE CHASSÉ TO RIGHT

Technical details of the Progressive Chassé to R are given in the Waltz charts, Figure 16. When danced in Quickstep it is counted — SQQSS.

Precede: A)
L) Natural Turn with Hesitation — Reverse Pivot — Double Reverse Spin.
F)

Follow: A Closed Impetus — Back Lock — Tipple Chassé to R — Running Finish.

L When ended DC or LOD — Four Quick Run — 6-12 V6.

F Topsy to R. When ended DC — Six Quick Run.

13 TIPPLE CHASSÉ TO RIGHT (AT CORNER)

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back	Backing LOD	Com to turn R	Com to rise e/o 1 NFR
2	RF to side	Facing new LOD	¼ between 1-2	Cont to rise on 2 and 3
3	LF closes to RF	Facing LOD	—	—
4	RF to side and slightly fwd	Facing DW	⅓ between 3-4	Up (See note below)
5	LF diag fwd L side leading.	Facing DW	—	Up
6	RF crosses behind LF	Facing DW	—	Up
7	LF diag fwd preparing to step OP	Facing DW	—	Up. Lower e/o 7
8	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 TH; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 H.
CBM on 1 and 8. SWAY: Nil. TIMING: SQSQSQSS.

LADY				
1	RF fwd	Facing LOD	Com to turn R	Com to rise e/o 1
2	LF to side	Backing new LOD	¼ between 1-2	Cont to rise on 2 and 3
3	RF closes to LF	Backing LOD	—	—
4	LF to side and slightly back	Backing DW	⅓ between 3-4	Up (see note below)
5	RF back R side leading	Backing DW	—	Up
6	LF crosses in front of RF	Backing DW	—	Up
7	RF diag back	Backing DW	—	Up. Lower e/o 7
8	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 T
CBM on 1 and 8 SWAY: Nil TIMING: SQSQSQSS

Precede: A) 1-3 Natural Turn — Back Lock — Natural Turn and Back Lock.

F At corner: 2-8 Tipple Chassé to R can be preceded by Tippy to L.

Follows: A As for Forward Lock.

L When ended DC — as note below — Quick Open Reverse — Fishtail.

F 1-4 Tipple Chassé to R may be followed by Tippy to L

UNDERTURNED TIPPLE CHASSÉ

L) When dancing the Tipple Chassé after 1-3 Natural Turn at a corner, less turn may be made on step 4 to end facing new LOD. Step 4 will then be taken to the *side*. Knees will flex to check the turn. Continue with 2-5 Forward Lock, moving DC of new LOD. Step 5 as Lady must be taken *diag.* back when this alignment is used. Rise will then be: Slight rise on 2 and 3 — lower on 4 — commence to rise e/o 4, continue to rise on 5 and 6 — up on 7 — lower e/o 7

Footwork on step 4 will be TH and IE of T of LF

A Sway to the R with head turned to R (Lady to L) may be used.

The same amalgamation could be used along the side of the room turning ¾ on the Chassé to end DC. Follow with Quick Open Reverse or Fishtail.

**13 (cont) TIPPLE CHASSÉ TO RIGHT
(ALONG SIDE OF ROOM)**

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back in CBMP	Backing DW	Com to turn R	Com to rise c/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less.	Cont to rise on 2 and 3
3	RF closes to LF	Facing LOD	Body completes turn.	—
4	LF to side and slightly fwd	Facing DW	$\frac{1}{8}$ between 3-4	Up.

5-8 Continue with 2-5 Forward Lock as given in 5-8 on previous page.

FOOTWORK: 1 TH; 2 T; 3 T; 4 T; 5 T; 6; T; 7 TH; 8 H.

CBM on 1 and 8. SWAY: Nil. TIMING: SQQSQSS.

LADY				
1	RF fwd in CBMP, OP	Facing DW	Com to turn R	Com to rise c/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Cont to rise on 2 and 3
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	—
4	LF to side and slightly back	Backing DW	$\frac{1}{8}$ between 3-4	Up.

5-8 Continue with 2-5 Back Lock as given in 5-8 on previous page.

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 T; 7 TH; 8 T.

CBM on 1 and 8. SWAY: Nil. TIMING: SQQSQSS.

Precede: A) Back Lock — Progressive Chassé to R — Natural Turn and Back Lock.
L)

F Cross Swivel — Hover Corté.

Follow: A As for Forward Lock.

L At corner — LF back with Lady OP, TH, S, into Four Quick Run or 2-12 V6.

F Tipsy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH, S, into Six Quick Run.

14 RUNNING FINISH

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back in CBMP	Backing DW	Com to turn R	Rise e/o 1
2	RF to side and slightly fwd	Pointing to LOD	$\frac{3}{8}$ between 1-2	Up
3	LF fwd preparing to step OP L side leading	Facing LOD	Body turns less	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing LOD	—	—

FOOTWORK: 1 T; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLLS. TIMING: QQSS or SQQS.

LADY				
1	RF fwd in CBMP, OP	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Up
3	RF back R side leading	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back in CBMP	Backing LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SRRS. TIMING: QQSS or SQQS.

Precede: A) Back Lock — Progressive Chassé to R — Natural Turn and Back Lock.
 L) Cross Swivel — Hover Corté.

Follow: A As for Forward Lock.
 L Quick Open Reverse — Fishtail. At corner — LF back with Lady OP, TH, S, into Four Quick Run or 2-12 V6.
 F Tippy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH, S, into Six Quick Run.

Notes.—The Running Finish may be commenced in other alignments. Man may turn $\frac{1}{4}$ between 1-2, when a facing alignment would be used. Lady would turn $\frac{1}{8}$ between 1-2, $\frac{1}{8}$ between 2-3.

15 NATURAL TURN AND BACK LOCK

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Up
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back	Backing LOD	—	Com to rise e/o 4 NFR
5	RF back R side leading	Backing LOD	—	Cont to rise on 5 and 6
6	LF crosses in front of RF	Backing LOD	—	—
7	RF diag back	Backing LOD	—	Up. Lower e/o 7
8	LF back in CBMP	Backing LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 TH; 5 T; 6 T; 7 TH; 8 T.

CBM on 1, 4, and 8. SWAY: SRRSSSS. TIMING: SQQSQQSS.

Note.— On step 7 the R side retains its position from step 5.

The Man may use foot rise on step 4 — see “Back Lock”. Figure 10.

LADY				
1	LF back	Backing DW	Com to turn R	Rise e/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2 Body turns less	Up
3	LF closes to RF	Facing LOD	Body completes turn	Up. Lower e/o 3
4	RF fwd	Facing LOD	—	Com to rise e/o 4
5	LF fwd L side leading	Facing LOD	—	Cont to rise on 5 and 6
6	RF crosses behind LF	Facing LOD	—	—
7	LF diag fwd preparing to step OP	Facing LOD	—	Up. Lower e/o 7
8	RF fwd in CBMP, OP	Facing LOD	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HT; 5 T; 6 T; 7 TH; 8 H.

CBM on 1, 4, and 8. SWAY: SLLSSSS. TIMING: SQQSQQSS.

Precede: A)
L) Any figure which leaves the RF free to move forward.
F)

Follow: A)
L) Closed Impetus — Tiple Chassé to R — Running Finish.
F) Tipsy to R.

Note.— At corner — 1-3 Natural Turn may be danced to end backing DW of new LOD to follow with Back Lock.

QUICKSTEP ASSOCIATE

16 DOUBLE REVERSE SPIN

Technical details of the Double Reverse Spin are given in the Waltz charts Figure 13.
When danced in Quickstep it is counted SSQQ.

Precede: A)
L) Natural Turn with Hesitation — Reverse Pivot — Double Reverse Spin.
F)

Follow: A Chassé Reverse Turn — Progressive Chassé to R — Double Reverse Spin.
L Quick Open Reverse — Closed Telemark.
F Cross Swivel — LF fwd, H, S, into Topsy to R.

LICENTIATE

17 QUICK OPEN REVERSE

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing LOD	Com to turn L	Rise e/o 1
2	RF to side	Backing DW	$\frac{3}{8}$ between 1-2	Up
3	LF back in CBMP	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	RF back	Backing LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SLLS. TIMING: SQQS.

Note.— If commenced DC turn $\frac{1}{4}$ between 1-2. A Reverse Pivot may be used on step 4.

LADY				
1	RF back	Backing LOD	Com to turn L	Rise e/o 1 NFR
2	LF to side and slightly fwd	Pointing to LOD	$\frac{1}{2}$ between 1-2	Up.
3	RF fwd in CBMP, OP	Facing LOD	Body turns less	Up. Lower e/o 3
4	LF fwd	Facing LOD	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SRRS. TIMING: SQQS.

Note.— When the Progressive Chassé is danced after an underturned Natural Spin Turn or an Impetus Turn as an entry to the Quick Open Reverse, the normal alignment of the Progressive Chassé will be: 1 Backing DC against LOD 2 Pointing DC 3,4,5 Facing DC. When the Progressive Chassé is taken after a Natural Spin Turn danced with normal alignment it will be: 1 Backing DC 2 Pointing to LOD 3,4,5 Facing LOD.

Precede: L Progressive Chassé — Reverse Pivot — Underturned Tipple Chassé to R — Double Reverse Spin — Overtuned V6 — 1-5 Natural Turn at side of room into 2-5 Forward Lock.

F Topsy to R into 2-5 Forward Lock.

Follow: L Progressive Chassé — Reverse Pivot (after step 3) — Four Quick Run.

F Hover Corté.

18 FISHTAIL

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd in CBMP, OP	Facing DC	Com to turn R	Rise e/o 1
2	LF crosses behind RF	Facing LOD	$\frac{1}{8}$ between 1-2	Up
3	RF fwd and slightly to side (small step)	Facing DW	$\frac{1}{8}$ between 2-3	Up
4	LF diag fwd L side leading	Facing DW	—	Up
5	RF crosses behind LF	Facing DW	—	Up
6	LF diag fwd	Facing DW	—	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 H.

CBM on 1 and 7. SWAY: SRSSSSS. TIMING: SQQQQSS.

Notes.—The Fishtail may be danced DW with no turn.

Step 3 is just outside partner's LF.

LADY				
1	LF back in CBMP	Backing DC	Com to turn R	Rise e/o 1
2	RF crosses in front of LF	Backing LO.D	$\frac{1}{8}$ between 1-2	Up
3	LF back and slightly to side (small step)	Backing DW	$\frac{1}{8}$ between 2-3	Up
4	RF diag back R side leading	Backing DW	—	Up
5	LF crosses in front of RF	Backing DW	—	Up
6	RF diag back	Backing DW	—	Up. Lower e/o 6
7	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 T; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 T.

CBM on 1 and 7. SWAY: SLSSSSS. TIMING: SQQQQSS.

Note.—When the RF commences to cross in front of LF on 2 the Heel should be in contact with the floor.

Precede: L Progressive Chassé — Forward Lock — Tipple Chassé — Running Finish
— Running Right Turn — Four Quick Run — V6 — Closed Telemark.

F Cross Swivel — Six Quick Run.

Follow: L Any figure commencing with RF fwd. At corner — LF back with Lady OP, TH, S, into Four Quick Run or 2-12 V-6.

F Tipsy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH S, into Six Quick Run.

19 RUNNING RIGHT TURN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF fwd	Facing DW	Com to turn R	Rise e/o 1
2	LF to side	Backing DC	$\frac{1}{4}$ between 1-2	Up
3	RF closes to LF	Backing LOD	$\frac{1}{8}$ between 2-3	Up. Lower e/o 3
4	LF back	Down LOD toe turned in	$\frac{1}{2}$ to R on 4 (Pivot)	—
5	RF fwd in CBMP	Facing LOD	Cont to turn.	Rise e/o 5
6	LF to side	Backing DC	$\frac{3}{8}$ between 5-6	Up
7	RF back R side leading	Backing LOD	$\frac{1}{8}$ between 6-7	Up. Lower e/o 7
8	LF back in CBMP	Backing LOD	Cont to turn.	Rise e/o 8
9	RF to side and slightly fwd	Facing new LOD	$\frac{1}{4}$ between 8-9	Up
10	LF fwd preparing to step OP L side leading	Facing LOD	—	Up. Lower e/o 10
11	RF fwd in CBMP, OP	Facing LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 THT; 5 HT; 6 T; 7 TH; 8 T; 9 T; 10 TH; 11 H.

CBM on 1, 4, 5, 8 and 11. SWAY: SRRSSRRSLLS. TIMING: SQQSSSSQSS.

Note.— Other alignments are:— Across corner (b) $\frac{3}{8}$ on pivot, $\frac{1}{2}$ on Nat Turn, $\frac{3}{8}$ on Running Finish. Two corners (c) $\frac{3}{8}$ on pivot, $\frac{3}{8}$ on Nat Turn, $\frac{1}{4}$ on Running Finish.

Side of room (d) $\frac{1}{2}$ on pivot, $\frac{1}{2}$ on Nat Turn, $\frac{3}{8}$ on Running Finish. When $\frac{3}{8}$ turn is made between 8-9 "Pointing" instead of "Facing" will be used on step 9 (alignment).

LADY				
1	LF back	Backing DW	Com to turn R	Rise e/o 1 NFR
2	RF to side	Pointing to LOD	$\frac{3}{8}$ between 1-2. Body turns less	Up
3	LF closes to RF	Facing LOD	Body completes turn	Up. Lower e/o 3
4	RF fwd	Facing LOD	$\frac{1}{2}$ to R on 4 (Pivoting action)	—
5	LF back	Backing LOD	Cont to turn	Rise slightly e/o 5 NFR
6	RF closes to LF (Heel Turn).	Facing LOD	$\frac{1}{2}$ between 5-6	Cont to rise on 6
7	LF fwd preparing to step OP, L side leading.	Facing LOD	—	Up. Lower e/o 7
8	RF fwd in CBMP, OP	Facing LOD	Commence to turn R	Rise e/o 8
9	LF to side	Backing DC of new LOD	$\frac{1}{8}$ between 8-9	Up
10	RF back R side leading	Backing new LOD	$\frac{1}{8}$ between 9-10	Up. Lower e/o 10
11	LF back in CBMP	Backing LOD	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 HTH; 5 TH; 6 HT; 7 TH; 8 HT; 9 T; 10 TH; 11T.

CBM on 1, 4, 5, 8 and 11. SWAY: SLLSSLLSRRS. TIMING: SQQSSSSQSS.

Precede: L Any figure which leaves the RF free to move forward.

F 5-11 Running Right Turn can be preceded by Rumba Cross.

Follow: L Any figure commencing with RF fwd. When ended DC — Quick Open Reverse — Fishtail.

F Tipsy to L into 2-12 V6 DC or 2-5 Back Lock down LOD.

Note.— The alternative timing of SQQ may be used on 5-7, in which case the alternative timing of SQQS will be used on the Running Finish.

20 FOUR QUICK RUN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back	Backing LOD	Com to turn L	Rise e/o 1
2	LF to side and slightly fwd	Pointing DW	$\frac{3}{8}$ between 1-2 Body turns less	Up
3	RF fwd in CBMP, OP	Facing DW	Slight body turn to L	Up
4	LF diag fwd	Facing DW	—	Up
5	RF crosses behind LF	Facing DW	—	Up
6	LF diag fwd	Facing DW	—	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 THT; 2 T; 3 T; 4; T; 5 T; 6; TH; 7 H.

CBM on 1 and 7. SWAY: Nil. TIMING: SQQQQSS.

LADY				
1	LF fwd	Facing LOD	Com to turn L	Rise e/o 1
2	RF to side	Backing wall.	$\frac{1}{4}$ between 1-2	Up
3	LF back in CBMP	Backing DW	$\frac{1}{8}$ between 2-3 Body turns less.	Up
4	RF diag back	Backing DW	—	Up
5	LF crosses in front of RF	Backing DW	—	Up
6	RF diag back	Backing DW	—	Up. Lower e/o 6
7	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 T.

CBM on 1 and 7. SWAY: Nil. TIMING: SQQQQSS.

Precede: L) Quarter Turn to R — Natural Spin Turn — Chassé Reverse Turn — Progressive Chassé
F) to R ended LOD or DC — Quick Open Reverse. At corner — Closed Impetus
— LF back with Lady OP, TH, S, after any figure which has ended with RF fwd OP.

Follow: L Any figure commencing with RF fwd — At corner — LF back with Lady OP, TH, S, into 2-12 V6.
F Tippy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH, S, into Six Quick Run.

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF back	Backing DC	—	Com to rise e/o 1 NFR
2	RF back R side leading	Backing DC	—	Cont to rise on 2 and 3
3	LF crosses in front of RF	Backing DC	—	—
4	RF back	Backing DC	—	Up. Lower e/o 4
5	LF back in CBMP	Backing DC	—	Com to rise e/o 5 NFR
6	RF back	Backing DC	Com to turn L ¼ between 6-7 Body turns less	Cont to rise on 6
7	LF to side and slightly fwd	Pointing DW		Up. Lower e/o 7
8	RF fwd in CBMP, OP	Facing DW	—	—

9-12 Continue with 2-5 Forward Lock.

FOOTWORK: 1 TH; 2 T; 3 T; 4 TH; 5 TH; 6 T; 7 TH; 8 H.

CBM on 1, 6 and 8. SWAY: Nil. TIMING: SQSSQSS.

Note.— The Man may use foot rise on step 1 – see “Back Lock”. Figure 10.

LADY				
1	RF fwd	Facing DC	—	Com to rise e/o 1
2	LF fwd L side leading	Facing DC	—	Cont to rise on 2 and 3
3	RF crosses behind LF	Facing DC	—	—
4	LF fwd preparing to step OP	Facing DC	—	Up. Lower e/o 4
5	RF fwd in CBMP, OP	Facing DC	—	Com to rise e/o 5
6	LF fwd	Facing DC	Com to turn L ¼ between 6-7 Body turns less.	Cont to rise on 6
7	RF to side and slightly back.	Backing DW		Up. Lower e/o 7
8	LF back in CBMP	Backing DW	—	—
9-12	Continue with 2-5 Back Lock.			

FOOTWORK: 1 HT; 2 T; 3 T; 4 TH; 5 HT; 6 T; 7 TH; 8 T.

CBM on 1, 6 and 8. SWAY: Nil. TIMING: SQSSQSS.

Precedes: L 1-3 Natural Turn ended backing DC. 2-12 V6 can be preceded by — Quarter Turn to R — Natural Spin Turn. At corner — Closed Impetus.

F 2-12 V6 can be preceded by — Tipsy to L. At corner — Hover Corté.

Follow: L Any figure commencing with RF fwd. 6-8 V6 overturned to LOD can be followed by Quick Open Reverse. At corner — LF back with Lady OP, TH, S, into Four Quick Run.

F Tipsy to L into 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH, S, into Six Quick Run.

Note.— The rise and fall of the V6 when preceded by Quarter Turn to R, Natural Spin Turn or Closed Impetus will be:— Com to rise NFR on last step of preceding figure — continue from step 2 as written.

22 CLOSED TELEMAR

Technical details of the Closed Telemark are given in the Waltz charts, Figure 18. When danced in Foxtrot the timing will be: SSSS, SQQS or QQSS (after a Reverse Pivot).

Precede: $\begin{matrix} L \\ F \end{matrix}$ Reverse Pivot — Double Reverse Spin.

Follow: L Any figure commencing with RF fwd. At corner — LF back with Lady OP, TH, S, into Four Quick Run — 2-12 V6.

F At corner — LF back with Lady OP, TH, S, into Six Quick Run.

23 CROSS SWIVEL

FELLOW

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd	Facing DW	Com to turn L	—
2	RF closes (or nearly closes) to LF slightly back without weight	Facing DC	$\frac{1}{4}$ between 1-2	—
3	RF fwd in CBMP, OP	Facing DC	—	—

FOOTWORK: 1 H; Pressure on T of LF with foot flat and pressure on IE of T of RF; 3 H.

CBM on 1 and 3. SWAY: SLS. TIMING: SSS.

LADY				
1	RF back	Backing DW	Com to turn L	—
2	LF closes to RF slightly fwd without weight	Backing DC	$\frac{1}{4}$ between 1-2	—
3	LF back in CBMP	Backing DC	—	—

FOOTWORK: 1 TH; 2 H then IE of T; 3 T.

CBM on 1 and 3. SWAY: SRS. TIMING: SSS.

Note. — The Heel of RF on step 1 does not lower until the turn is completed.

Precede: F Reverse Pivot — Double Reverse Spin.

Follow: F Tipple Chassé to R — Running Finish — Fishtail — LF back with Lady OP, TH, S, into Tippy to R.

24 SIX QUICK RUN

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back	Backing DC	Com to turn L	Rise e/o preceding step. NFR Up.
2	LF to side and slightly fwd	Pointing DW	1/4 between 1-2 Body turns less.	Up
3	RF fwd in CBMP, OP	Facing DW	—	Up
4	LF diag fwd	Facing DW	—	Up
5	RF crosses behind LF	Facing DW	—	Up
6	LF diag fwd	Facing DW	—	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 T; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 H.

CBM on 1 and 7. SWAY: Nil. TIMING: QQQQQQS.

LADY				
1	LF fwd	Facing DC	Com to turn L	Rise e/o preceding step. Up
2	RF to side and slightly back	Backing DW	1/4 between 1-2 Body turns less	Up
3	LF back in CBMP	Backing DW	—	Up
4	RF diag back	Backing DW	—	Up
5	LF crosses in front of RF	Backing DW	—	Up
6	RF diag back	Backing DW	—	Up. Lower e/o 6
7	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 T; 2 T; 3 T; 4 T; 5 T; 6 TH; 7 T.

CBM on 1 and 7. SWAY: Nil. TIMING: QQQQQQS.

Note.— Lady completes her turn with the feet between 1-2, thus making the 2nd step “side and slightly back”.

Precede: F Progressive Chasse to R (1/2 turn) — 1-5 V6. At corner — LF back with Lady OP, TH, S, after any figure which has ended with RF fwd OP.

Follow: F Any figure commencing with RF fwd OP — Topsy to L into 2-12 V6 DC or 2-5 Back Lock down LOD. At corner — LF back with Lady OP, TH, S, into Four Quick Run or 2-12 V6.

25 RUMBA CROSS

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF fwd long step	Facing LOD	Slight turn to R at end of step	Rise e/o 1
2	RF crosses behind LF	Facing wall	1/4 to R between 1-2	Up
3	LF to side and slightly back. End with RF fwd in CBMP	Backing LOD End facing LOD	1/4 between 2-3 Cont to turn 1/2 on 3	Up. Lower e/o 3

FOOTWORK: 1 HT; 2 T; 3 THT.

CBM Nil. SWAY: SRS (See note below). TIMING: QQS.

Note.— If preceding the Rumba Cross with 1-5 Natural Turn, a sway to L would be used on step 5 which could be held at the beginning of step 1 of the Rumba Cross. The Rumba Cross may be danced twice.

LADY				
1	RF back long step	Backing LOD	Slight turn to R at end of step	Rise c/o 1
2	LF crosses in front of RF	Backing wall	1/4 between 1-2	Up
3	RF fwd between partner's feet. End with LF back	Facing LOD End backing LOD	1/4 between 2-3 Continuc to turn 1/2 on 3 (Pivoting action)	Up. Lower e/o 3

FOOTWORK: 1 T; 2 T; 3 TH.

CBM Nil. SWAY: SLS. TIMING: QQS.

Precede: F RF fwd down LOD, S, after Natural Pivot Turn or Rumba Cross.
At corner — 1-5 Natural Turn to face new LOD.

Follow: F 5-11 Running Right Turn — RF fwd, S, into Tipsy to L — Rumba Cross.

26 TIPSY TO RIGHT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF to side (small step)	According to preceding figure	Nil or up to $\frac{3}{8}$ to R or L (See note)	Slight rise on 1 and 2
2	Move LF halfway towards RF			Lower e/o 2
3	RF to side (small step).			Down, with sharp flexing of the knees

Continue with 2-5 Forward Lock QQSS.

FOOTWORK: 1 T; 2 T; 3 IE of T and IE of T of LF.

CBM Nil. SWAY: SLL or SSR. TIMING: Q & Q. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1.

LADY				
1	LF to side (small step)	According to preceding Figure	Nil or up to $\frac{3}{8}$ to R or L (See note)	Slight rise on 1 and 2
2	Move RF halfway towards LF			Lower e/o 2
3	LF to side (small step)			Down, with sharp flexing of the knees

Continue with 2-5 Back Lock QQSS.

FOOTWORK: 1 T; 2 T; 3 IE of T and IE of T of RF.

CBM Nil. SWAY: SRR or SSL. TIMING: Q & Q. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1.

Precede: F 1-4 Natural Turn — Back Lock — Progressive Chasse to R — Reverse Pivot or Double Reverse Spin followed by a step forward on LF, S — Cross Swivel followed by a step back on LF, S — Topsy to L — Hover Corté.

Follow: F 2-5 Forward Lock — Topsy to L.

Note.— When a Topsy is danced after a forward step on the LF any turn made will be to L. When it is danced after a step back on LF any turn made will be to R.

26 (cont) TIPSY TO LEFT

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	LF to side, small step	According to preceding Figure	Nil or up to $\frac{3}{8}$ to R	Slight rise on 1 and 2
2	Move RF halfway towards LF			Lower e/o 2
3	LF to side small step			Down with sharp flexing of the knees

FOOTWORK: 1 T; 2 T; 3 IE of T and IE of T of RF.

CBM Nil. SWAY: SLL or SSR TIMING: Q & Q. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1.

Note.— Precede with a step forward on RF, OP in CBMP.

LADY				
1	RF to side, small step	According to preceding Figure	Nil or up to $\frac{3}{8}$ to R	Slight rise on 1 and 2
2	Move LF halfway towards RF			Lower e/o 2
3	RF to side small step			Down with sharp flexing of the knees

FOOTWORK: 1 T; 2 T; 3 IE of T and IE of T of LF.

CBM Nil. SWAY: SRR or SSL. TIMING: Q & Q. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1.

Precede: F Any figure which leaves the RF free to move forward — 1-4 Tipple Chassé to R — Tippy to R.

Follow: F 2-5 Back Lock — 2-8 Tipple Chassé — 2-12 V6 — Tippy to R.

27 HOVER CORTE

Step	Feet Positions	Alignment	Amount of Turn	Rise and Fall
MAN				
1	RF back	Backing LOD	Com to turn L	Com to rise e/o 1 NFR
2	LF to side and slightly fwd	Pointing DW	$\frac{3}{8}$ between 1-2 Body turns less. Cont to turn body on 2	Cont to rise on 2
3	Transfer weight to RF, side and slightly back	Backing DC against LOD	—	Up. Lower e/o 3
4	LF back in CBMP	Backing DC against LOD	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SRSS. TIMING: SSSS.

Note. — If commenced backing DC either $\frac{1}{4}$ or $\frac{3}{8}$ turn could be made.

LADY				
1	LF fwd	Facing LOD	Com to turn L	Com to rise e/o 1
2	RF to side LF brushes towards RF	Facing centre end facing DC against LOD	$\frac{1}{4}$ between 1-2 Cont to turn $\frac{1}{8}$ on 2	Cont to rise on 2
3	LF diag fwd	Facing DC against LOD	—	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DC against LOD	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLSS. TIMING: SSSS.

Precede: F Quarter Turn to R — Natural Spin Turn — Chassé Reverse Turn — Closed Impetus — Quick Open Reverse.

Follow: F Tipple Chassé to R — Running Finish — Tippy. At corner — Four Quick Run — 2-12 V6 — Six Quick Run.

TANGO

TIME SIGNATURE — 2/4 with both beats accented.

"Slow" count = 1 beat. "Quick" count = 1/2 beat.

COUNTING IN BEATS AND BARS 1&2& 2&2& 3&2& 4&2& etc.

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TANGO

THE TANGO POSITION AND HOLD

To understand the commencing position, stand with feet together facing wall, then keeping feet flat turn $\frac{1}{8}$ to L, at the same time slip RF 5-8 cms (2-3 inches) back so that the toe of the RF is approximately level with the instep of the LF

The hold is similar to the hold in the moving dances, but is more compact:-

- 1 The Man holds the Lady slightly more on his R side — although care must be taken not to exaggerate this position.
- 2 The Man's R hand will be placed slightly further across the Lady's back — the tips of his fingers reaching slightly beyond the Lady's spine, the line of the forearm sloping slightly downwards.
- The Lady's L hand will be placed on the Man's back just under the Man's R armpit and her R hand will be placed in Man's L hand.

THE TANGO WALK

The differences in the Tango Walk as compared to the other dances are:-

- 1 There is no Rise and Fall.
- 2 The knees are held very slightly flexed but tone is maintained in the leg muscles.
- 3 Because of the Tango position, the LF Walk is taken in CBMP and the RF Walk is taken with a R side lead. In a similar way, the RF Walk back is taken in CBMP and the LF Walk back with a L side lead. The Walk will normally curve to L.
- 4 The feet are slightly lifted and placed on each step — rather than gliding to position as in the other dances.
- 5 The feet are moved with a sharp or staccato action and the back foot on a Forward Walk is delayed as long as the music will allow. The Backward Walk is danced with a similar action.
- 6 When stepping forward in CBMP on LF and taking into account the curve to the L, it is important that the L heel is placed on, not across, the line of the RF. When stepping back in CBMP on RF, in a similar way the R toe is placed on, not across, the line of the LF.
- 7 Whenever the Man steps back LF with a L side lead, the R heel will be released as RF commences to move back into the following step. At the commencement of all other back steps the toe of the front foot will be released. When the Lady steps back on either foot the front toe will be released.

SPECIAL NOTES

DIRECTION AND ALIGNMENT

All forward and backward steps are Directional with the exception of two steps*. All others are Alignments. Some are both — such as Promenade and Fallaway positions.

PRECEDES AND FOLLOWS

Where it is stated that a figure can be preceded by “Any Closed Finish”, this includes Closed Promenade or the Closed Finish to any Reverse Turn, Back Corté or Rock Turn.

METHODS OF PRECEDING ANY PROMENADE FIGURE

- 1 A Progressive Link
- 2 A Walk on RF and place LF to side without weight turning Lady to PP, count &
- 3 A Natural Twist Turn
- 4 A Natural Promenade Turn
- 5 A From Closed Finish — keep feet in place and turn Lady to PP at end of the last step, count &
- 6 A From Open Finish — as no. 2 above
- 7 L Four Step
- 8 L Fallaway Promenade
- 9 F Fallaway Four Step
- 10 F Oversway endings 1, 2, 3, 5, 6 and 7
- 11 F Chase and endings 1, 3 and 4
- 12 F Five Step
- 13 F Contra Check

* Lady — step 2, Rock Turn

Lady — step 3, Fallaway Promenade

1 OPEN FINISH

An Open Finish may be danced at any time instead of a Closed Finish and the technique of the last 2 steps will be:-

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side and slightly fwd	Pointing between wall and DW	IE of foot
2	RF fwd in CBMP, OP	Between wall and DW	H
LADY			
1	RF to side and slightly back	Backing between wall and DW	IE of BH
2	LF back in CBMP	Between wall and DW	B (but will always become BH)

AMOUNT OF TURN: Slightly less turn to L will be made on a figure when changing a Closed Finish to an Open Finish, although normal turn will be made when following with a curve or turn to L, e.g. Walk on LF or Outside Swivel turning L from Open Finish (Method 2). See also Open Promenade. Figure 10.

Other Alignments and Directions may be used.

FOLLOWS: Follow by moving forward, back, or to side. When stepping forward from an Open Finish, step 1 will not be taken in CBMP.

Forward into:-

- A Walk on LF — Progressive Side Step — Progressive Link. When ended DC — any Reverse Turn.
- L Four Step — Reverse Outside Swivel — Four Step Change — Brush Tap.
- F Fallaway Four Step — Oversway — Fallaway Reverse and Slip Pivot — Five Step.

Back into:-

- A Back Corté, step 1 in CBMP with Lady OP — LF Rock in CBMP with Lady OP, no turn or up to $\frac{1}{4}$ to R.

$\begin{matrix} L \\ F \end{matrix}$) Outside Swivel.

Side into:-

- $\begin{matrix} A \\ L \\ F \end{matrix}$) Any Promenade figure having placed LF to side without weight leading lady to turn to PP count &.

2 PROGRESSIVE SIDE STEP

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	According to previous figure	H
2	RF to side and slightly back	—	IE of foot
3	LF fwd in CBMP	—	H

CBM Nil. TIMING: QQS.

AMOUNT OF TURN: A slight turn to L can be made, in which case slight CBM would be used on 1 and 3.

LADY			
1	RF back in CBMP	According to previous figure	BH
2	LF to side and slightly fwd	—	IE of BH
3	RF back in CBMP	—	B

CBM Nil. TIMING: QQS.

AMOUNT OF TURN: A slight turn to L can be made, in which case slight CBM would be used on 1 and 3.

Precede: A Walk on RF — Closed Promenade or any Closed Finish — Open Promenade or any Open Finish.

L Promenade Link — Outside Swivel — Brush Tap.

F Fallaway Reverse and Slip Pivot.

Follow: A)
L) Walk on RF — Rock Turn.
F)

3 PROGRESSIVE LINK

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DW	H
2	RF to side and slightly back in PP	Facing DW	IE of foot and IE of B of LF

CBM Nil: TIMING: QQ.

Note. — As the 2nd step is taken, the R side should move slightly back.

LADY			
1	RF back in CBMP	DW	BH
2	LF to side and slightly back in PP	Facing DC	IE of BH and IE of B of RF

AMOUNT OF TURN: $\frac{1}{4}$ to R

CBM Nil. TIMING: QQ.

Note. — The position of the 2nd step is slightly back in relation to the body, not the LOD. The turn on Ball of RF on step 1 is made before R Heel lowers.

Precede: A)
 L) As for Progressive Side Step
 F)

Follow: A Closed Promenade — Open Promenade — Natural Twist Turn — Natural Promenade Turn.

L Promenade Link — Back Open Promenade — Fallaway Promenade.

F Chase.

4 CLOSED PROMENADE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD pointing DW	H
3	LF to side and slightly fwd	Pointing DW	IE of foot
4	RF closes to LF slightly back	Facing DW	Whole foot

CBM Nil. TIMING: SQQS. AMOUNT OF TURN: Nil.

Note.— The Man may turn square to Lady on step 3, to end Backing DC. Footwork for Man would then be "IE of BH" and for the Lady "IE of foot".

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Along LOD pointing DC	H
3	RF to side and slightly back	Backing DW	IE of BH
4	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 2. TIMING: SQQS. AMOUNT OF TURN: $\frac{1}{4}$ to L between 2-3.

Precede: A A Progressive Link — Walk on RF or Closed or Open Promenade or any Closed or Open Finish turning to PP (see 'Methods of preceding any Promenade figure', page 99) — Natural Twist Turn — Natural Promenade Turn.

L Four Step — Fallaway Promenade.

F Fallaway Four Step — Endings 1, 2, 3, 5, 6, 7 to Oversway — Chase and endings 1, 3, 4 — Five Step — Contra Check.

Follow: A Walk on LF — Progressive Side Step — Progressive Link — Back Corté — LF Rock. If ended DC — Any Reverse Turn.

L Four Step — Outside Swivel — Four Step Change — Brush Tap.

F Fallaway Four Step — Oversway — Fallaway Reverse and Slip Pivot — Five Step — Contra Check.

TANGO STUDENT TEACHER

5 ROCK TURN

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	RF fwd	DW	H
2	LF to side and slightly back	Backing centre	IE of BH
3	Transfer weight forward to RF R side leading	DW against LOD	IE of BH
4	LF back small step L side leading	DC	IE of BH
5	RF back in CBMP	To centre	BH
6	LF to side and slightly fwd	Pointing DW	IE of foot
7	RF closes to LF slightly back	Facing DW	Whole foot

CBM on 1 (slight) and 5. TIMING: SQQSQQS.

AMOUNT OF TURN: ¼ to R between 1-3, ¼ to L between 4-6.

LADY			
1	LF back	DW	BH
2	RF fwd and slightly rightwards	Facing centre	H
3	LF back and slightly leftwards, L side leading	DW against the LOD	IE of BH
4	RF fwd, small step, R side leading	DC	H
5	LF fwd in CBMP	To centre	H
6	RF to side and slightly back	Backing DW	IE of BH
7	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 1 (slight) and 5. TIMING: SQQSQQS.

AMOUNT OF TURN: ¼ to R between 1-3, ¼ to L between 4-6.

Precede: A) Walk on LF — Progressive Side Step — Natural Promenade Turn omitting the
 L) placing of LF to side without weight and not turning Lady to PP, then
 F) dancing from step 2 of Rock Turn.

Follow: A)
 L) As for Closed Promenade.
 F)

6 OPEN REVERSE TURN, LADY OUTSIDE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF to side	Backing DW	BH
3	LF back in CBMP	Down LOD	BH
4	RF back	Down LOD	BH
5	LF to side and slightly fwd	Pointing DW	IE of foot
6	RF closes to LF slightly back	Facing DW	Whole foot

CBM on 1 and 4. TIMING: QQSQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to L.**LADY**

1	RF back in CBMP	DC	BH
2	LF to side and slightly fwd	Pointing down LOD	Whole foot
3	RF fwd in CBMP, OP	Down LOD	H
4	LF fwd	Down LOD	H
5	RF to side and slightly back	Backing DW	IE of BH
6	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 1 and 4. TIMING: QQSQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to L.

Precedes: A Walk on RF — Closed or Open Promenade or any Closed or Open Finish ended DC

L Reverse Promenade Link — Outside Swivel ended DC — Four Step Change — Brush Tap ended DC.

F Fallaway Reverse and Slip Pivot.

Follow: A Walk on LF — Progressive Side Step — Progressive Link — Back Corté — LF Rock — any Promenade figure, see "Methods of preceding any Promenade figure" page 99. See also description of Open Finish page 100.

L Four Step — Outside Swivel — Four Step Change — Brush Tap.

F Fallaway Four Step — Five Step — Contra Check.

TANGO STUDENT TEACHER

7 BACK CORTÉ

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF back L side leading	Down new LOD	IE of BH
2	RF back in CBMP	DC	BH
3	LF to side and slightly fwd	Pointing DW	IE of foot
4	RF closes to LF slightly back	Facing DW	Whole foot

CBM on 2. TIMING: SQQS.

AMOUNT OF TURN: $\frac{1}{4}$ to L between 2-3.

LADY			
1	RF fwd R side leading	Down new LOD	H
2	LF fwd in CBMP	DC	H
3	RF to side and slightly back	Backing DW	IE of BH
4	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 2. TIMING: SQQS.

AMOUNT OF TURN: $\frac{1}{4}$ to L between 2-3.

Note.— This figure may also be danced at side of room.

Precede: A Closed or Open Promenade or any Closed or Open Finish — 1-4 Progressive Side Step Reverse Turn — Rock on RF — Natural Twist Turn overturned.

$\left. \begin{matrix} L \\ F \end{matrix} \right\}$ Promenade Link — Brush Tap.

Follow: $\left. \begin{matrix} A \\ L \\ F \end{matrix} \right\}$ As for Closed Promenade.

8 OPEN REVERSE TURN, LADY IN LINE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF to side and slightly back	Backing LOD	BH
3	LF back L side leading	Down LOD	IE of BH
4	RF back in CBMP	DC	BH
5	LF to side and slightly fwd	Pointing DW	IE of foot
6	RF closes to LF slightly back	Facing DW	Whole foot

CBM on 1 and 4. TIMING: QQSQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to L.

LADY			
1	RF back in CBMP	DC	BH
2	L Heel closes to R Heel	Toe pointing down LOD	Whole foot
3	RF fwd R side leading	Down LOD	H
4	LF fwd in CBMP	DC	H
5	RF to side and slightly back	Backing DW	IE of BH
6	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 1 and 4. TIMING: QQSQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to L.

Precede: A)
 L) As for Open Reverse Turn, Lady Outside.
 F)

Follow: A)
 L) As for Open Reverse Turn, Lady Outside.
 F)

9 PROGRESSIVE SIDE STEP REVERSE TURN

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF to side and slightly back	Facing DC against LOD	IE of foot
3	LF fwd in CBMP	Almost against LOD	H
4	RF fwd R side leading	Against LOD	H
5	Transfer weight back to LF L side leading	Down LOD	IE of BH
6	Transfer weight fwd to RF R side leading	Against LOD	H
7	LF back small step L side leading	Down LOD	IE of BH
8	RF back in CBMP	DC	BH
9	LF to side and slightly fwd	Pointing DW	IE of foot
10	RF closes to LF slightly back	Facing DW	Whole foot

CBM on 1, 3 and 8. TIMING: QQSSQQSQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to L.

Note.— After steps 1-4 the following endings may be used:—

1 Back Corté SQQS.

2 Rock on LF, Rock on RF, Back Corté QQS, QQS, SQQS.

LADY

1	RF back in CBMP	DC	BH
2	LF to side and slightly fwd	Backing DC against LOD	IE of foot
3	RF back in CBMP	Almost against LOD	BH
4	LF back L side leading	Against LOD	IE of BH
5	Transfer weight fwd to RF R side leading	Down LOD	H
6	Transfer weight back to LF L side leading	Against LOD	IE of BH
7	RF fwd small step R side leading	Down LOD	H
8	LF fwd in CBMP	DC	H
9	RF to side and slightly back	Backing DW	IE of BH
10	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 1, 3 and 8. TIMING: QQSSQQSQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to L.

Precede: A

L) As for Open Reverse Turn Lady Outside.

Follow: F

10 OPEN PROMENADE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD pointing DW	H
3	LF to side and slightly fwd	Pointing between wall and DW	IE of foot
4	RF fwd in CBMP, OP	Between wall and DW	H

CBM Nil. TIMING: SQQS.

AMOUNT OF TURN: Slight turn to R between 2-3.

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Along LOD pointing DC	H
3	RF to side and slightly back	Backing between wall and DW	IE of BH
4	LF back in CBMP	Between wall and DW	B

CBM on 2. TIMING: SQQS.

AMOUNT OF TURN: Just under $\frac{1}{4}$ to L between 2-3.

Precede: A)
L) As for Closed Promenade.
F)

Follows: Follow by moving forward, back or to side.

Forward into:-

A Walk on LF — Progressive Side Step — Progressive Link — When ended DC — any Reverse Turn.

L Four Step — Reverse Outside Swivel — Four Step Change — Brush Tap.

F Fallaway Four Step — Oversway — Fallaway Reverse and Slip Pivot — Five Step.

Back into:-

A Back Corté, step 1 in CBMP with Lady OP using CBM on 1 and 2 — LF Rock in CBMP with Lady OP, no turn or up to $\frac{1}{4}$ to R.

L)
F) Outside Swivel.

Side into:-

A)
L) Any Promenade figure having placed LF to side without weight, leading Lady to turn to PP count &
F)

11 ROCK BACK ON RF

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	RF back in CBMP	Down LOD	BH
2	Transfer weight fwd to LF in CBMP	Against LOD	H
3	RF back small step in CBMP	Down LOD	BH

CBM Nil. TIMING: QQS. AMOUNT OF TURN: Nil.

LADY			
1	LF fwd in CBMP	Down LOD	H
2	Transfer weight back to RF in CBMP	Against LOD	BH
3	LF fwd small step in CBMP	Down LOD	H

CBM Nil. TIMING: QQS. AMOUNT OF TURN: Nil.

ALIGNMENT: Rocks may be danced down LOD or DC

Note.— When a RF Rock follows a LF Rock, the first step of the RF Rock will be down LOD. When a Closed Finish follows a LF Rock the first step of the Closed Finish will be DC.

Precede: A) Follow: A)
 L) Walk back on LF — LF Rock. L) Back Corté — LF Rock.
 F) F)

ROCK BACK ON LF

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF back L side leading.	Down LOD	IE of BH
2	Transfer weight fwd to RF R side leading	Against LOD	H
3	LF back small step L side leading	Down LOD	IE of BH

CBM Nil. TIMING: QQS. AMOUNT OF TURN: Nil.

LADY			
1	RF fwd R side leading	Down LOD	H
2	Transfer weight back to LF L side leading	Against LOD	IE of BH
3	RF fwd small step R side leading	Down LOD	H

CBM Nil. TIMING: QQS. AMOUNT OF TURN: Nil.

Precede: A)
 L) As for Back Corté.
 F)

Follow: A)
 L) Closed or Open Finish — RF Rock.
 F)

Note.— When following an Open Finish the LF Rock will be danced in CBMP with Lady outside and up to ¼ turn to R may be made.

12 NATURAL TWIST TURN

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD Pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD Pointing DW	H
3	LF to side	Backing DC	BH
4	RF crosses behind LF	Backing LOD	B
5	Com to twist to R allowing feet to uncross	Towards the alignment of 6	Com on B of RF, H of LF
6	Feet almost closed weight on RF in PP	Facing DW	End of whole of RF, IE of B of LF

CBM on 2. TIMING: SQQSQQ.

AMOUNT OF TURN: A complete turn to R.

Notes. — $\frac{7}{8}$ to R could be made to end facing LOD. The following Promenade would move DC. $\frac{3}{4}$ to R could be made at a corner or at the side of the room to end facing DC. The following Promenade would move to centre. When following with Back Corté or LF Rock Man will turn a further $\frac{1}{4}$ to face partner.

LADY			
1	RF to side in PP	Along LOD Pointing DC	H
2	LF fwd and across in PP and CBMP	Pointing down LOD	H
3	RF fwd between partner's feet	Down LOD	H
4	LF fwd preparing to step outside partner L side leading	Down LOD pointing DW	H
5	RF fwd in CBMP, OP	To wall	HB
6	LF to side small step in PP	Facing DC	BH & IE of B of RF

CBM on 3 and 5. TIMING: SQQSQQ.

AMOUNT OF TURN: A complete turn to R.

Precede: A)
L) As for Closed Promenade.
F)

Follow: A)
L) Any Promenade figure — Back Corté — LF Rock.
F)

13 NATURAL PROMENADE TURN

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd in PP and CBMP	DW	H
3	LF to side and slightly back	Backing LOD	BHB
4	RF fwd in CBMP. LF placed to side without weight in PP	DW of new LOD. End facing DW	H then IE of B of LF

CBM on 2 and 4. TIMING: SQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to R. If the Promenade Turn is danced along the side of the room $\frac{3}{4}$ is still made. The following Promenade would be taken to the centre, or a slight body turn to R may be used as the LF is placed to side of RF to enable the following Promenade to be taken DC. When the Promenade Turn is followed by the Rock Turn the 4th step of the Promenade Turn will become the 1st step of the Rock Turn, taken DW of the new LOD in CBMP and the placing of the LF to side of RF will be omitted. If danced along the side of the room into a Rock Turn the Rock Turn will be commenced DC and if the normal amount of turn is used, will end facing DC. It is however better to turn $\frac{1}{2}$ to R between 1-3 of the Rock Turn and end facing DW.

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Pointing down LOD	H
3	RF fwd between partner's feet	Down LOD	H
4	LF to side and slightly back. RF placed to side without weight in PP	Backing DW of new LOD End facing DC	BH then IE of B of RF

CBM on 3. TIMING: SQQS.

AMOUNT OF TURN: $\frac{3}{4}$ to R.

Note.— When 2-7 Rock Turn follows the Promenade Turn the placing of the RF to side on step 4 will be omitted.

Precede: A)
L) As for Closed Promenade.
F)

Follow: A)
L) Any Promenade figure — 2-7 Rock Turn.
F)

L) Natural Promenade Turn following the Fallaway Promenade.
F)

MAN	alignment:	1	DW Pointing to W.
	or direction	2	To Wall.
		3	Backing DW.
		4	Down LOD end facing LOD.
LADY	alignment:	1	DW pointing LOD.
	or direction	2	Pointing DW.
		3	DW.
		4	Backing LOD to end facing C.

14 PROMENADE LINK

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD pointing DW	HB (Foot flat)
3	LF placed to side small step without weight	Facing wall	IE of B

AMOUNT OF TURN: $\frac{1}{8}$ to R. CBM on 2. TIMING: SQQ.

Note.— In addition to the above alignment the following could be used:—

- Commence facing DW and moving along LOD. Man makes no turn, Lady turns $\frac{1}{4}$ to L
- Commence facing LOD and moving DC. (Reverse Promenade Link) Man turns $\frac{1}{8}$ to L between 1-2, Lady turns $\frac{3}{8}$ to L between 2-3. Follow with a Reverse figure. When alignment (b) is used the RF will point DC on the 2nd step. Feet and body face DC on 3. When the Promenade Link is turned to the L, it is known as the Reverse Promenade Link.

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Along LOD pointing DC	HB (Foot flat)
3	RF placed to side small step without weight	Backing wall	IE of B

AMOUNT OF TURN: $\frac{1}{8}$ to L. CBM on 2. TIMING: SQQ.

When alignment (b) is used, Lady's alignment will be "moving DC, pointing to centre" on steps 1 and 2 She will turn to back DC between 2-3.

Precede: $\begin{smallmatrix} L \\ F \end{smallmatrix}$) As for Closed Promenade.

Follow: $\begin{smallmatrix} L \\ F \end{smallmatrix}$) As for Closed Promenade.

15 FOUR STEP

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	To wall	H
2	RF to side and slightly back	Backing DC against the LOD	BH
3	LF back in CBMP	DC against the LOD	BH
4	RF closes to LF slightly back in PP	Facing DW	BH

AMOUNT OF TURN: $\frac{1}{8}$ to L between 1-2.

CBM on 1. TIMING: QQQQ.

LADY			
1	RF back in CBMP	To wall	BH
2	LF to side and slightly fwd	Pointing DC against the LOD	Whole foot
3	RF fwd in CBMP, OP	DC against LOD	HB (Foot flat)
4	LF closes to RF slightly back in PP	Facing DC	BH

AMOUNT OF TURN: $\frac{1}{8}$ to L between 1-2, $\frac{1}{4}$ to R between 3-4.

CBM on 1 and 3. TIMING: QQQQ.

Precede: $\begin{pmatrix} L \\ F \end{pmatrix}$ As for Progressive Side Step.

Follow: $\begin{pmatrix} L \\ F \end{pmatrix}$ Any Promenade figure.

Notes.—If the Four Step is commenced facing DW the direction of the first step will be DW. The Man could then make no turn between 1-2 and end facing DW, or turn $\frac{1}{8}$ to L between 1-2 to end facing LOD to follow with a Promenade figure moving DC, or $\frac{1}{4}$ to end facing DC to move to centre.

When facing DW near a corner, Man could turn $\frac{1}{4}$ to L between 1-2 to end facing DW of new LOD to follow with a Promenade figure along new LOD, or he could turn $\frac{1}{8}$ to L between 1-2 to face wall to follow with a Promenade figure moving DW of new LOD.

The Four Step could be commenced DC and turn:—

1 $\frac{1}{2}$ to L to end facing DW against LOD.

2 $\frac{3}{8}$ to L to end facing wall.

3 $\frac{3}{4}$ to L to end facing DW.

The Outside Swivel could be danced after 1-2 Four Step.

16 BACK OPEN PROMENADE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD pointing DW	H
3	LF to side and slightly back	Backing DC	BH
4	RF back	DC	BH

CBM on 2. TIMING: SQQS.

AMOUNT OF TURN: $\frac{1}{4}$ to R between 2-3 Body turns to L on 4.

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Along LOD pointing DC	H
3	RF to side and slightly fwd	Pointing DC	BH
4	LF fwd	DC	BH

CBM Nil. TIMING: SQQS.

AMOUNT OF TURN: Body turns to L on 4.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Closed Promenade.

Follow: L Four Step — Reverse Outside Swivel — Four Step Change — Brush Tap.

F Fallaway Four Step — Five Step.

TANGO LICENTIATE

17 OUTSIDE SWIVEL METHOD 1 Taken after an Open Finish and incorporating the Promenade Link

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF back in CBMP, RF crosses in front of LF without weight. End in PP	Between centre and DC against the LOD toe turned in. End facing wall	BH with pressure on B of RF
2	RF fwd and across in PP and CBMP	Pointing DW	H
3	LF placed to side small step without weight	Facing DW	IE of B

AMOUNT OF TURN: Just under $\frac{1}{8}$ to R on 1, $\frac{1}{8}$ to L between 1-2.

CBM on 1. TIMING: SQQ.

Note.— Most advanced dancers do not cross the RF in front on step 1, but leave it forward.

LADY			
1	RF fwd in CBMP, OP LF closes slightly back without weight. End in PP	Between centre and DC against the LOD. End facing LOD	HB (Foot flat) and IE of B of LF
2	LF fwd and across in PP and CBMP	DW Pointing down LOD	HB (Foot flat)
3	RF placed to side small step without weight	Backing DW	IE of B

AMOUNT OF TURN: Just over $\frac{1}{4}$ to R on 1, $\frac{3}{8}$ to L between 2-3.

CBM on 1 and 2. TIMING: SQQ.

Note.— Advanced dancers often lift the LF from the floor on step 1, making sure to keep the knees in contact while this "flick" of the foot is danced.

17 OUTSIDE SWIVEL METHOD 2 Turning to Left after an Open Finish which has ended DW

MAN			
1	LF back in CBMP, RF moves leftwards in front of LF without weight. End in PP	Against LOD End facing LOD	BH with pressure on B of RF
2	RF fwd and across in PP and CBMP	Pointing DC	H
3	LF placed to side small step without weight	Facing DC	IE of B

CBM Nil. TIMING: SQQ. AMOUNT OF TURN: $\frac{1}{4}$ to L.

LADY			
1	RF fwd in CBMP, OP, LF closes slightly back without weight. End in PP	Against LOD End facing centre	HB (Foot flat) and IE of B of LF
2	LF fwd and across in PP and CBMP	DC Pointing to centre	HB (Foot flat)
3	RF placed to side small step without weight	Backing DC	IE of B

CBM on 1 and 2. TIMING: SQQ. AMOUNT OF TURN: $\frac{1}{8}$ to L between the preceding step and 1, $\frac{1}{4}$ to R on 1, $\frac{3}{8}$ to L between 2-3.

Precede: L) Open Promenade or any Open Finish — Closed Promenade or any Closed Finish — 1-2 Four Step.

Follow: L If ended DW — as for Closed Promenade. If ended DC — any Reverse Turn — Overturned Four Step.
F Oversway — Fallaway Reverse and Slip Pivot — Five Step.

17 REVERSE OUTSIDE SWIVEL METHOD 3

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF to side	Backing DW	BH
3	LF back in CBMP, RF moves leftwards in front of LF without weight in PP	DC End facing DW against LOD	BH with pressure on B of RF
4	RF fwd and across in PP and CBMP	Pointing to wall	H
5	LF placed to side small step without weight	Facing wall	IE of B

CBM on 1. TIMING: QQSQQ.

AMOUNT OF TURN: $\frac{1}{2}$ to L between 1-3, $\frac{1}{8}$ between 3-4.

LADY			
1	RF back in CBMP	DC	BH
2	LF to side and slightly fwd	Pointing down LOD	Whole foot
3	RF fwd in CBMP, OP LF closes slightly back without weight in PP	DC End facing DW	HB (Foot flat) and IE of B of LF
4	LF fwd and across in PP and CBMP	To wall pointing DW	HB (Foot flat)
5	RF placed to side small step without weight	Backing wall	IE of B

CBM on 1, 3 and 4. TIMING: QQSQQ.

AMOUNT OF TURN: $\frac{1}{2}$ to L between 1-3, $\frac{1}{4}$ to R on 3, $\frac{3}{8}$ to L between 4-5.

17 METHOD 4

On step 3 above, more turn could be made so that the LF moves back DC with L toe pointing to wall. End facing wall.

Note.— There is a sharp Foot Swivel on RF as the LF moves DC on step 3. Lady will turn only $\frac{1}{8}$ to R on step 3.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Open Reverse Turn, Lady outside.

Follow: $\begin{matrix} L \\ F \end{matrix}$) As for Closed Promenade.

18 FALLAWAY PROMENADE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD pointing DW	H
3	LF to side in PP	Backing almost DC	BH
4	RF back in Fallaway R side leading	To centre backing DC	IE of BH
5	LF back in CBMP and Fallaway	To centre LF pointing to wall	BH
6	RF closes to LF slightly back in PP	Facing wall	BH

The following Promenade moves DW.

AMOUNT OF TURN: $\frac{1}{4}$ to R between 1-4, $\frac{1}{8}$ to L between 4-5 body completing turn on 6. CBM on 2. TIMING: SQQSQQ.

Note.— More turn may be made between 1-4 but the above alignment is best for normal use.

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Pointing down LOD	H
3	RF fwd in PP and CBMP	Facing almost DW	H
4	LF back in Fallaway L side leading	To centre backing DC against the LOD	IE of BH
5	RF back in CBMP and Fallaway	To centre backing DC against the LOD	BH
6	LF closes to RF slightly back in PP	Facing LOD	Whole foot

AMOUNT OF TURN: $\frac{1}{4}$ to R between 1-4, $\frac{1}{8}$ to L between 5-6.

CBM on 3 and 5. TIMING: SQQSQQ.

Note.— On step 5 the turn is made on the ball of RF ending with foot flat. The 3rd step commences to move down the LOD, but ends with RF and body facing almost DW. This results in the step ending in CBMP.

Precede: $\begin{pmatrix} L \\ F \end{pmatrix}$ As for Closed Promenade.

Follow: L Closed or Open Promenade — Natural Twist Turn — Natural Promenade Turn — Reverse Promenade Link.

F Chase.

19 FOUR STEP CHANGE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DW	H
2	RF to side and slightly back	Facing DC	BH
3	LF closes to RF	Facing DC	Whole foot
4	RF back very small step	DW against LOD	BH

AMOUNT OF TURN: $\frac{1}{4}$ to L between 1-2.

CBM on 1. TIMING: QQQQ or QQ&S. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$ or $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, 1.

Note.— The LF could close slightly forward on step 3.

LADY			
1	RF back in CBMP	DW	BH
2	LF to side and slightly fwd	Backing DC	Whole foot
3	RF closes to LF	Backing DC	Whole foot
4	LF fwd very small step	DW against LOD	BH

AMOUNT OF TURN: $\frac{1}{4}$ to L between 1-2.

CBM on 1. TIMING: QQQQ or QQ&S. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$ or $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, 1.

Note.— The RF could close slightly back on step 3.

Precede: $\begin{pmatrix} L \\ F \end{pmatrix}$ As for Progressive Side Step — Back Open Promenade.

Follow: L Walk on LF — any Reverse Turn — Four Step — Reverse Outside Swivel. At corner — Progressive Link.

F Oversway — Fallaway Reverse and Slip Pivot — Five Step.

20 BRUSH TAP

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DW	H
2	RF to side	Facing LOD	BH
3	LF brushes to RF without weight	Facing LOD	Foot slightly off the floor
4	LF placed to side small step without weight	Facing LOD	IE of B

AMOUNT OF TURN: $\frac{1}{8}$ to L between 1-2.

CBM on 1. TIMING: QQ&S. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, 1.

Note — When the LF is placed on step 4 the L knee should veer inwards.

LADY			
1	RF back in CBMP	DW	BH
2	LF to side	Backing LOD	Whole foot
3	RF brushes to LF without weight	Backing LOD	Foot slightly off the floor
4	RF placed to side small step without weight	Backing LOD	IE of B

AMOUNT OF TURN: $\frac{1}{8}$ to L between 1-2.

CBM on 1. TIMING: QQ&S. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, 1.

Note — This figure may be danced without turn.

Precede: $\begin{matrix} L \\ F \end{matrix}$) As for Progressive Side Step — Back Open Promenade.

Follow: L Walk on LF — Progressive Link — Back Corté — LF Rock — Four Step — Four Step Change. If ended DC — Walk on LF — Any Reverse Turn — Reverse Outside Swivel.

F Fallaway Four Step — Oversway — Fallaway Reverse and Slip Pivot — Contra Check.

21 FALLAWAY FOUR STEP

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	Down LOD	H
2	RF to side and slightly back in Fallaway	To wall backing DW against LOD	BH
3	LF back in CBMP and Fallaway	To wall backing DW against LOD	BH
4	RF closes to LF slightly back in PP	Facing DW of new LOD	BH

AMOUNT OF TURN: $\frac{1}{8}$ to L between 1-2.

CBM on 1. TIMING: QQQQ.

LADY			
1	RF back in CBMP	Down LOD	BH
2	LF to side and slightly back in Fallaway	To wall backing DW	BH
3	RF back in CBMP and Fallaway	To wall backing DW	BH
4	LF closes to RF slightly back in PP	Facing DC of new LOD	BH

AMOUNT OF TURN: $\frac{1}{8}$ to R between 1-2.

CBM: Nil. TIMING: QQQQ.

Precede: F As for Progressive Side Step — Back Open Promenade.

Follow: F Any Promenade figure.

Note. — This figure can also be danced at side of room. At a corner the Man can turn $\frac{1}{4}$ from DW, Lady making no turn to end in alignment as chart.

22 OVERSWAY

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF to side and slightly back	Backing LOD	BH
3	LF back and sideways	Down then along LOD, L toe pointing between wall and DW	IE of B
4	Position held. L knee flexes	R toe pointing DW against LOD	H (LF) and IE of B of RF

AMOUNT OF TURN: Almost $\frac{3}{4}$ to L between 1-3. Body turns slightly more on 4. CBM on 1. TIMING: QQSS.

Note.— The Footwork of step 3 is given as IE of B to indicate that the Heel lowers late.

LADY			
1	RF back in CBMP	DC	BH
2	L heel closes to R heel	L toe pointing down LOD	Whole foot
3	RF fwd and sideways	Down then along LOD. End backing wall	BH
4	Position held. R knee flexes	L toe pointing DC against LOD	IE of B of LF

AMOUNT OF TURN: $\frac{5}{8}$ to L between 1-3. Body turns more on 4.

CBM on 1. TIMING: QQSS.

Precede: F As for Open Reverse Turn Lady outside.

ENDINGS:

- 1 Transfer weight to RF and place LF to side in PP without weight, QQ.
- 2 Close RF to LF and place LF to side in PP without weight, & S.
- 3 Chasse to R, RLR, cross LF behind RF in PP into Whisk, RF fwd and across in PP and CBMP, place LF to side in PP without weight, Q&QSQQ or Q&QQQS.
- 4 Chasse and Whisk as no. 3 above, 2-3 Promenade Link, Q&QSQQ or Q&QQQS.
- 5 Chasse and Whisk as no. 3 above then close RF to LF and place LF to side in PP without weight, Q&QS&S.
- 6 Spin to R, RLR, up to a complete turn, then place LF to side in PP without weight, QQQQ.
- 7 Spin to R, RL, then continue as no. 3 above, QQQ&QSQQ or QQQ&QQQS — no. 4 above, QQQ&QSQQ or QQQ&QQQS — no. 5 above, QQQ&QS&S.

DROP OVERSWAY. This advanced method of dancing the Oversway is to dance steps 1-3 and hold the position, keeping quite still, body tilted slightly to L, Lady to R with her head to R, QQS. Keep the feet in place and change abruptly to a R sway, lowering into L knee also lowering R shoulder and turning head slightly to R, Lady to L, S.

23 BASIC REVERSE TURN

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF to side and slightly back	Backing LOD	BH
3	LF crosses in front of RF	Backing LOD	Whole foot
4	RF back	Down LOD	BH
5	LF to side and slightly fwd	Pointing DW	IE of foot
6	RF closes to LF slightly back	Facing DW	Whole foot

CBM on 1 and 4. TIMING: QQSQQS or QQ&QQS. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1, $\frac{1}{2}$, $\frac{1}{2}$, 1 or $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$, 1. AMOUNT OF TURN: $\frac{3}{4}$ to L.

LADY			
1	RF back in CBMP	DC	BH
2	LF to side and slightly fwd	Pointing down LOD	Whole foot
3	RF closes to LF slightly back	Facing LOD	Whole foot
4	LF forward	Down LOD	H
5	RF to side and slightly back	Backing DW	IE of BH
6	LF closes to RF slightly fwd	Backing DW	Whole foot

CBM on 1 and 4. TIMING: QQSQQS or QQ&QQS. BEAT VALUE: $\frac{1}{2}$, $\frac{1}{2}$, 1, $\frac{1}{2}$, $\frac{1}{2}$, 1 or $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$, 1. AMOUNT OF TURN: $\frac{3}{4}$ to L.

Precede: F As for Open Reverse Turn, Lady outside.

Follow: F As for Open Reverse Turn, Lady outside.

24 THE CHASE

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF to side in PP	Along LOD pointing DW	H
2	RF fwd and across in PP and CBMP	Along LOD pointing DW	H
3	LF to side and slightly fwd	Facing wall.	IE of BH
4	RF fwd in CBMP, OP	Almost against LOD	BH
5	LF back in CBMP	Almost DW	BH
6	RF to side, small step in PP	Facing DC	BH and IE of B of LF

AMOUNT OF TURN: $\frac{3}{4}$ to R between 2-6.

CBM on 2, 4 and 5. TIMING: SQQQQS.

Note.— A sharp body turn to R is used on step 4.

LADY			
1	RF to side in PP	Along LOD pointing DC	H
2	LF fwd and across in PP and CBMP	Along LOD pointing DC	H
3	RF to side and slightly back	Backing wall	IE of BH
4	LF back in CBMP	Almost against LOD	BH
5	RF fwd in CBMP, OP	Almost DW	H
6	LF to side. RF placed to side without weight in PP	Backing DC. End facing DC against LOD	BH, and IE of B of RF

AMOUNT OF TURN: $\frac{1}{8}$ to L between 2-3, $\frac{7}{8}$ turn to R between 3-6.

CBM on 2, 4 and 5. TIMING: SQQQQS.

Note.— The Lady may turn only $\frac{3}{8}$ to R between 3-6 and end square to Man.

Precede: F As for Closed Promenade.

Follow: F Any Promenade figure. If ended in Line — Progressive Link.

ALTERNATIVE ENDINGS AFTER STEP 5

Note that the Chasses below will turn to R — the amount according to the alignment of the following steps.

- 1 Chasse to R, RLR, cross LF behind RF in PP into Whisk, RF fwd and across in PP and CBMP, place LF to side in PP without weight. Q&QSQQ or Q&QQQS.
- 2 Chasse and Whisk as no. 2 above, steps 2-3 of Promenade Link, Q&QSQQ or Q&QQQS.
- 3 Chasse and Whisk as no. 2 above, close RF to LF and place LF to side in PP without weight, Q&QS&S.
- 4 Chasse to R, RLR, Progressive Link, Q&QQQ — could be danced at corner.

25 FALLAWAY REVERSE AND SLIP PIVOT

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DC	H
2	RF back in Fallaway, R side leading	Backing DW, moving down LOD	IE of BH
3	LF back in CBMP and Fallaway	Down LOD	BH
4	RF back, LF held in CBMP	To centre toe turned in End LOD or DW	BHB

AMOUNT OF TURN: $\frac{7}{8}$ or $\frac{3}{4}$ to L.

CBM: on 1 and 4. TIMING: QQQQ.

LADY			
1	RF back in CBMP	DC	BH
2	LF back in Fallaway, L side leading	Backing DC, moving down LOD	IE of BH
3	RF back in CBMP and Fallaway (small step), LF held in CBMP	DC to end facing centre	B
4	LF fwd in CBMP, RF held in CBMP	To centre to end LOD or DW	BH

AMOUNT OF TURN: $\frac{7}{8}$ or $\frac{3}{4}$ to L.

CBM: on 3 and 4. TIMING: QQQQ.

Precede: F As for Open Reverse Turn, Lady Outside.

Follow: F If ended LOD — Any Reverse Turn — overturned Four Step — Reverse Outside Swivel — Fallaway Four Step — Oversway — Fallaway Reverse and Slip Pivot — overturned Five Step. If ended DW — Progressive Link — Four Step — Four Step Change — Brush Tap — Five Step — Contra Check.

This figure may be danced into a corner, commencing DW or LOD to follow with a Reverse figure DC of new LOD.

26 FIVE STEP

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP	DW	H
2	RF to side and slightly back	Backing DW against LOD	BH
3	LF back in CBMP	DW against LOD	BH
4	RF back and slightly rightwards	DW against LOD	B
5	LF placed to side without weight in PP	Facing DW of new LOD	H (RF) and IE of B of LF

AMOUNT OF TURN: $\frac{1}{4}$ to L between 1-2. Body turns to R on 5.

CBM on 1. TIMING: QQQS or QQS&S. BEAT VALUE: $\frac{1}{2}, \frac{1}{2}, \frac{1}{2}, \frac{1}{2}, 1$
or $\frac{1}{2}, \frac{1}{2}, \frac{3}{4}, \frac{1}{4}, 1$.

LADY			
1	RF back in CBMP	DW	BH,
2	LF to side and slightly fwd	Pointing DW against LOD	Whole foot.
3	RF fwd in CBMP, OP	DW against LOD	H
4	LF fwd and slightly leftwards	DW against LOD	B
5	RF placed to side without weight in PP	Facing DC of new LOD	H (LF) and IE of B of RF

AMOUNT OF TURN: $\frac{1}{4}$ to L between 1-2, $\frac{1}{4}$ to R on 5.

CBM on 1. TIMING: QQQS or QQS&S. BEAT VALUE: $\frac{1}{2}, \frac{1}{2}, \frac{1}{2}, \frac{1}{2}, 1$
or $\frac{1}{2}, \frac{1}{2}, \frac{3}{4}, \frac{1}{4}, 1$.

Note.— The heel of RF (Man) and LF (Lady) does not lower until Lady has completed her turn on 5.

Precede: F As for Four Step.

Follow: F As for Four Step.

Note.— For other alignments and amounts of turn — see below.

The Five Step could be commenced DC and turn:—

- 1 $\frac{1}{2}$ to L to end facing DW against LOD.
- 2 $\frac{3}{4}$ to L to end facing wall.
- 3 $\frac{3}{4}$ to L to end facing DW.

27 CONTRA CHECK

Step	Feet Positions	Alignment or Direction	Footwork
MAN			
1	LF fwd in CBMP slightly flexing the knees	DW pointing almost down LOD	B (Flat)
2	Transfer weight back to RF	DC against LOD	BH
3	LF placed to side without weight in PP	Facing DW	IE of B of LF

AMOUNT OF TURN: Body turns to L on 1. Body turns to R on 2.
CBM on 1. TIMING: SQQ.

LADY			
1	RF back in CBMP slightly flexing the knees	DW feet backing almost LOD	B
2	Transfer weight fwd to LF	DC against LOD	BH
3	RF placed to side without weight in PP	Facing DC	B LF with foot flat and IE of B of RF

AMOUNT OF TURN: Body turns to L on 1. Body turns to R on 2, $\frac{1}{4}$ to R between 2-3.
CBM on 1. TIMING: SQQ.

Precede: F Closed Promenade or Closed Finish — Promenade Link — Outside Swivel ended DW
— Brush Tap — Fallaway Reverse and Slip Pivot.

Follow: F Any Promenade figure.

ADDITIONAL FIGURES

The following figures may be danced in Medal Tests and in the practical section of Professional Examinations in the Grades as indicated:-

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HEEL PIVOT (QUARTER TURN TO LEFT)

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	RF back	Backing DC	Com to turn L	—
2	LF closes towards RF	Towards alignment of 3	Cont to turn on R heel (Heel Pivot)	Slight rise between 1-3 NFR
3	LF closes to RF slightly fwd without weight	Facing DW	1/4 between 1-3	—
4	LF fwd	Facing DW	—	—

FOOTWORK: 1 TH; 2 H; 3 H(RF) with pressure on T of LF; 4 H.

CBM on 1 and 4. SWAY: SRRS. TIMING: SQQS.

LADY				
1	LF fwd	Facing DC	Com to turn L	Rise e/o 1
2	RF to side	Backing wall	1/8 between 1-2	Up
3	LF closes to RF	Backing DW	1/8 between 2-3	Up. Lower e/o 3
4	RF back	Backing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SLLS. TIMING: SQQS.

Note.— 3/8 turn may be made on this figure.

Precede: A Quarter Turn to R — Natural Spin Turn — Chasse Reverse Turn — Closed Impetus.

L
F) 1-3 Quick Open Reverse.

Follow: A Any Natural figure — Cross Chasse — Change of Direction. If Heel Pivot is ended DC after underturned Natural Spin Turn or Closed Impetus — Chasse Reverse Turn — Progressive Chasse to R — Double Reverse Spin.

L From DC as above — Quick Open Reverse — Closed Telemark.

F Cross Swivel — Topsy to R.

QUICKSTEP

ZIG-ZAG, BACK LOCK AND RUNNING FINISH

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF fwd	Facing LOD	Com to turn L	—
2	RF to side	Backing wall	$\frac{1}{4}$ between 1-2	—
3	LF back in CBMP	Backing DW	$\frac{1}{8}$ between 2-3 Body turns less	Com to rise e/o 3 NFR
4	RF back	Backing DW	—	Cont to rise on 4 and 5
5	LF crosses in front of RF	Backing DW	—	—
6	RF diag back	Backing DW	—	Up. Lower e/o 6
7	LF back in CBMP	Backing DW	Com to turn R	Rise e/o 7
8	RF to side and slightly fwd	Pointing to LOD	$\frac{3}{8}$ between 7-8 Body turns less	Up
9	LF fwd preparing to step OP L side leading	Facing LOD	Body turn to R	Up. Lower e/o 9
10	RF fwd in CBMP, OP	Facing LOD	—	—

FOOTWORK: 1 HT; 2 TH; 3 TH; 4 T; 5 T; 6 TH; 7 T; 8 T; 9 TH; 10 H.

SWAY: SSSSSSLLS. CBM on 1, 3 (slight), 7 and 10.

TIMING: SSSQQSQSS (SQSS may be used on 7-10).

Note.— No "R side lead" is needed on steps 4 and 6 as the body is already in the correct position for the Back Lock when the "Body turns less" between steps 2-3.

LADY				
1	RF back	Backing LOD	Com to turn L	—
2	LF closes to RF (Heel Turn)	Facing DW	$\frac{3}{8}$ between 1-2 Body turns less	—
3	RF fwd in CBMP, OP	Facing DW	—	Com to rise e/o 3
4	LF diag fwd	Facing DW	—	Cont to rise on 4 and 5
5	RF crosses behind LF	Facing DW	—	—
6	LF diag fwd	Facing DW	—	Up. Lower e/o 6
7	RF fwd in CBMP, OP	Facing DW	Com to turn R	Rise e/o 7
8	LF to side	Backing DC	$\frac{1}{4}$ between 7-8	Up
9	RF back, R side leading	Backing LOD	$\frac{1}{8}$ between 8-9	Up. Lower e/o 9
10	LF back in CBMP	Backing LOD	—	—

FOOTWORK: 1 TH; 2 H; 3 HT; 4 T; 5 T; 6 TH; 7 HT; 8 T; 9 TH; 10 T.

SWAY: SSSSSRRS. CBM on 1, 3 (slight), 7 and 10.

TIMING: SSSQQSQSS (SQSS may be used on 7-10).

Precede: A
L) Heel Pivot — Reverse Pivot — Double Reverse Spin. The last step of the
F) Natural Turn and Change of Direction could be used.

Follow: A Any Natural figure — Forward Lock.

L)
F) Quick Open Reverse.

CROSS CHASSE

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF fwd	Facing DW	—	Rise e/o 1
2	RF to side	Facing DW	—	Up
3	LF closes to RF	Facing DW	—	Up. Lower e/o 3
4	RF fwd in CBMP, OP	Facing DW	—	—

FOOTWORK: 1 HT; 2 T; 3 TH; 4 H.

CBM on 1 and 4. SWAY: SLLS. TIMING: SQQS.

LADY				
1	RF back	Backing DW	—	Rise e/o 1 NFR
2	LF to side	Backing DW	—	Up
3	RF closes to LF	Backing DW	—	Up. Lower e/o 3
4	LF back in CBMP	Backing DW	—	—

FOOTWORK: 1 TH; 2 T; 3 TH; 4 T.

CBM on 1 and 4. SWAY: SRRS. TIMING: SQQS.

Precede: A) Heel Pivot — Reverse Pivot — Double Reverse Spin. The 6th step of a Natural
L) Turn can be used as an entry.
F)

Follow: A Any Natural figure — Forward Lock.

L) Fish Tail.
F)

QUICKSTEP

CHANGE OF DIRECTION

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF fwd	Facing DW	Com to turn L	—
2	RF diag fwd R side leading	DW R toe pointing towards LOD	¼ between 1-3	—
3	LF closes to RF slightly fwd without weight	Facing DC	—	—
4	LF fwd in CBMP	Facing DC	—	—

FOOTWORK: 1 H; 2 IE of TH; 3 IE of T (LF); 4 H.

CBM on 1 and 4. SWAY: SSLS. TIMING: SSSS.

Note. — Up to ½ turn may be made when the figure is danced at a corner.

LADY				
1	RF back	Backing DW	Com to turn L	—
2	LF diag back, L side leading	Backing DW	¼ between 1-3	—
3	RF closes to LF slightly back without weight	Backing DC	—	—
4	RF back in CBMP	Backing DC	—	—

FOOTWORK: 1 TH; 2 T IE of TH; 3 IE of T (RF); 4 T.

CBM on 1 and 4. SWAY: SSRS. TIMING: SSSS.

Precede: A)
L) Heel Pivot, Reverse Pivot, Double Reverse Spin.
F)

Follow: A)
L) Chasse Reverse Turn — Progressive Chasse to R. At corner — Cross Chasse.
F)

Note. — The 4th step would not be taken in CBMP when a Progressive Chasse to R follows the Change of Direction.

DRAG HESITATION

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF fwd	Facing LOD	Com to turn L	—
2	RF to side	Backing wall	$\frac{1}{4}$ between 1-2	Rise c/o 2
3	LF closes to RF without weight	Backing DW	$\frac{1}{8}$ between 2-3	Up. Lower c/o 3

FOOTWORK: 1 HT; 2 T; 3 T (both feet) then TH (RF).

CBM on 1. SWAY: Nil.

Notes.—The following step is taken back with Lady OP. May also be commenced DC or DW.

LADY				
1	RF back	Backing LOD	Com to turn L	—
2	LF to side	Pointing between W and DW	Just over $\frac{1}{4}$ between 1-2	Rise c/o 2
3	RF closes to LF without weight	Facing DW	Just under $\frac{1}{8}$ between 2-3	Up. Lower c/o 3

FOOTWORK: 1 TH; 2 T; 3 T (both feet), then TH (LF).

CBM on 1. SWAY: Nil.

Note.—The Lady gets a slight foot swivel between 2-3 and her body will turn slightly less than $\frac{3}{8}$.

Precede: L) RF Closed Change — Reverse Turn — 4-6 Reverse Turn after Natural Spin Turn or
F) Closed Impetus — Hesitation Change — Double Reverse Spin — Wing.

Follow: L) 4-6 of Natural Turn — Back Whisk — Back Lock — Closed or Open Impetus —
F) underturned Outside Spin turning $\frac{3}{4}$.

WALTZ

THE FALLAWAY WHISK

Step	Feet Positions	Alignment	Amount of Turn	Rise & Fall
MAN				
1	LF back	Backing LOD	Com to turn R	Com to rise c/o 1 NFR
2	RF to side and slightly back	Pointing DC	$\frac{3}{8}$ between 1-2 Body turns less	Cont to rise on 2
3	LF crosses loosely behind RF in Fallaway	Facing DC	Body continues to turn R	Lower on 3

FOOTWORK: 1 TH; 2 TH; 3 TH.

CBM on 1. SWAY: SSR.

Notes.—Some Men prefer to use the Footwork of “T” on step 2. Both are correct. A Back Whisk, with normal Whisk rise, may be used instead of the Fallaway Whisk.

LADY				
1	RF fwd	Facing LOD	Com to turn R	Com to rise c/o 1
2	LF to side	Backing DC	$\frac{3}{8}$ between 1-2	Cont to rise on 2
3	RF crosses loosely behind LF in Fallaway	Facing DC against LOD	$\frac{1}{4}$ between 2-3 Body continues to turn R	Lower on 3

FOOTWORK: 1 HT; 2 TH; 3 TH.

CBM on 1. SWAY: SSL.

Note.—The Lady's head may be turned to the L or R on step 3. Both are correct.

Precedes and Follows: F As for Back Whisk.

