

WALTZ

| | PROGRESSIVE CHASSE TO THE LEFT | Precede | Follow |
|---------------|--|-------------------------|--------------|
| Start | RF fwd (closed Position) | Quick Open Reverse Turn | Natural turn |
| Finish | LF side and slightly fwd (Closed Position) | | |
| Timing | 12&3 | | |
| Note | Quantity of Turn: may turn up to 3/8 to L | | |

| | OUTSIDE SWIVEL | Precede | Follow |
|---------------|--|----------------------|---|
| Start | LF back in CBMP (Outside Partner Position) | Passing Natural Turn | Timing 1,2,3 followed by Chasse from PP; Timing 1 followed by - Quick Wing (&23) |
| Finish | Weight on LF (Promenade Position) | | |
| Timing | 1(23) | | |
| | | | |

WALTZ

| | QUICK OPEN REVERSE TURN | Precede | Follow |
|---------------|--|--|--|
| Start | RF fwd in CBMP (Outside Partner Position) | *Chasse from PP, When started from PP: Open Impetus Turn | Progressive Chasse to the Left, Reverse Corte, Hover Corte |
| Finish | LF back in CBMP (Outside Partner Position) | | |
| Timing | 1&23; or 12&3 | | |
| Note | General: Dance Steps 1-4 of Quick Open Reverse Turn | | |
| Note | Couple Position: May start in Promenade Position | | |
| NOTE | *When two figures cannot be directly connected, a linking step may be used. | | |

| | BOUNCE FALLAWAY (Lilting Fallaway) | Precede | Follow |
|---------------|---|---------------------|--------------|
| Start | LF fwd and slightly to side (Closed Position) | 4-6 of Reverse Turn | Natural Turn |
| Finish | LF to side and slightly fwd (Closed Position) | | |
| Timing | 1&23, 123 | | |
| Note | General: Dance steps 1-4 of bounce fallaway followed by steps 4-6 of weave from PP | | |

WALTZ

| | RUNNING WEAVE FROM PP (Quick Natural Weave - Slow Foxtrott) | Precede | Follow |
|---------------|--|---|--------------------------------------|
| Start | RF fwd and across in CBMP (Promenade Position) | Open Impetus Turn; When started RF fwd in CBMP OP: Running Finish | Reverse Turn, Double Reverse Spin |
| Finish | RF crosses behind LF (Closed Position) | | |
| Timing | 1&23, 123 | | |
| Note | General: Steps 1-4 or 5-7 only may be used | | |
| Note | Foot Placement/Couple Position: May start RF fwd in CBMP in Outside Partner Position | | |
| Note | Timing: alternative Timing 12&3 may be used on steps 1 and 4 | | |

WALTZ

| | OVERTURNED RUNNING SPIN TURN* | Precede | Follow |
|---------------|--|--|--|
| Start | RF fwd (Closed Position) | | |
| Finish | LF closes to RF w/o weight, weight on RF (Wing Position) | LF Closed Change, Outside Spin. When started RF fwd OP (Man):any figure which includes OUTSIDE CHANGE ending. | Telemark or Progressive Chasse to the Right (from Wing Position) |
| Timing | 123 1&23 12&3 | | |
| Note | Timing: alternative timing of 12&3 may be used on steps 4 - 7 | | |
| Note | Foot Placement/Couple Position: May start RF fwd in CBMP in Outside Partner Position | | |
| Note | Couple Position/ Timing: From step 8 (instead of quick Wing) both partners may dance two steps fwd in Promenade Position with timing 2,3. | | |

* Ersetzt **Quick Natural Spin Turn** (Guy Howard page 49 Edition 2011)

TANGO

| | THE CHASE* | Precede | Follow |
|---------------|--|---|---|
| Start | LF to side (Promenade Position) | | |
| Finish | LF to side w/o weight (Promenade Position) | Progressive Link, Natural Promenade Turn (for further Precedes - your Guy Howard Edition) | Closed Promenade, Open Promenade..... (for further Follows - your Guy Howard Edition) |
| Timing | SQQ QQS& | | |
| Note | Follow/Timing: Chasse to the Right to end facing DC (Q&Q) follow with LF crossed behind RF in Fallaway Position (S) | | |
| Note | Position: May finish in closed Position Lady will turn only 5/8 to R between 3-6 and end square to the Man. | | |
| Note | Alternative Endings: 1. Whisk, fwd step to PP 2. Whisk, Promenade Link 3. Whisk, close step to PP 4. Progressive Link | | |

*Page 41 Guy Howard (Edition 2011)

TANGO

THE CHASE

Start: LF to side (Promenade Position)

Finish: RF to side and slightly fwd, LF placed to side w/o weight (Promenade Position)

Timing: SQQ QQS

May finish in **CLOSED POSITION**

Lady will turn only 5/8 to R between 3-6 and end square to the Man

CHASE - 4 ALTERNATIVE ENDINGS

CHASE ALTERNATIVE ENDINGS - METHOD 1: WHISK, FWD STEP TO PP (Man) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------------|--|------------------|-------------|--------|---|
| | | | | | A | B |
| 9 | LF crosses behind RF | Facing new LOD, body almost Facing DW | | BH | S | 1 |
| | Weight on LF | | | | | |
| 10 | RF fwd and across in CBMP | Pointing LOD, Moving DC | | H | Q | |
| | Recover Body (slightly Recover LF) | | | | | |
| 11 | LF placed to side w/o weight | Facing LOD, body almost Facing DW (Next step: Pointing LOD, Moving DC) | | I/E of B | Q | |
| | Weight on RF | | | | | |

CHASE ALTERNATIVE ENDINGS - METHOD 1: WHISK, FWD STEP TO PP (Lady) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------------|--|--------------------------|-------------|--------|-----|
| | | | | | A | B |
| 9 | RF crosses behind LF | Facing C of new LOD, body almost Facing DC against LOD | 1/4 to R between 8 and 9 | BH | S | 1.2 |
| | Weight on RF | | | | | |
| 10 | LF fwd and across in CBMP | Pointing C, Moving DC | | H | Q | 3 |
| | Recover Body (slightly Recover RF) | | | | | |
| 11 | RF placed to side w/o weight | Facing C, body almost Facing DC against LOD (Next step: Pointing C, Moving DC) | | I/E of B | Q | 4 |
| | Weight on LF | | | | | |

CHASE ALTERNATIVE ENDINGS - METHOD 2: WHISK, PROMENADE LINK (Man) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------------|---------------------------------------|---------------------------|-------------|--------|-----|
| | | | | | A | B |
| 9 | LF crosses behind RF | Facing new LOD, body almost Facing DW | | BH | S | 1.2 |
| | Weight on LF | | | | | |
| 10 | RF fwd and across in CBMP | Pointing DC, Moving DC | 1/8 to L between 9 and 10 | H | Q | 3 |
| | Recover Body (slightly Recover LF) | | | | | |
| 11 | LF to side small step w/o weight | Facing DC | Body completes the turn | I/E of B | Q | 4 |
| | Weight on RF | | | | | |

CHASE ALTERNATIVE ENDINGS - METHOD 2: WHISK, PROMENADE LINK (Lady) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------------|--|----------------------------|-------------|--------|-----|
| | | | | | A | B |
| 9 | RF crosses behind LF | Facing C of new LOD, body almost Facing DC against LOD | | BH | S | 1.2 |
| | Weight on RF | | | | | |
| 10 | LF fwd and across in CBMP | Pointing C, Moving DC | | HB (F flat) | Q | 3 |
| | Recover Body (slightly Recover RF) | | | | | |
| 11 | RF to side small step w/o weight | Backing DC | 3/8 to L between 10 and 11 | I/E of B | Q | 4 |
| | Weight on LF | | | | | |

TANGO

CHASE ALTERNATIVE ENDINGS - METHOD 3: WHISK, CLOSE STEP TO PP (Man) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------|--|------------------|-------------|--------|-----|
| | | | | | A | B |
| 9 | LF crosses behind RF | Facing new LOD, body almost Facing DW | | BH | S | 1.2 |
| | Weight on LF | | | | | |
| 10 | RF closes to LF | Facing LOD, body almost Facing DW | | Whole F | Q | 3 |
| | Weight on RF | | | | | |
| 11 | LF placed to side w/o weight | Facing LOD, body almost Facing DW (Next step: Pointing LOD, Moving DC) | | I/E of B | Q | 4 |
| | Weight on RF | | | | | |

CHASE ALTERNATIVE ENDINGS - METHOD 3: WHISK, CLOSE STEP TO PP (Lady) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------|--|--------------------------|-------------|--------|-----|
| | | | | | A | B |
| 9 | RF crosses behind LF | Facing C of new LOD, body almost Facing DC against LOD | 1/4 to R between 8 and 9 | BH | S | 1.2 |
| | Weight on RF | | | | | |
| 10 | LF closes to RF | Facing C, body almost Facing DC against LOD | | Whole F | Q | 3 |
| | Weight on LF | | | | | |
| 11 | RF placed to side w/o weight | Facing C, body almost Facing DC against LOD (Next step: Pointing C, Moving DC) | | I/E of B | Q | 4 |
| | Weight on LF | | | | | |

CHASE ALTERNATIVE ENDINGS - METHOD 4: PROGRESSIVE LINK (Man) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------------|--|------------------|---------------------------------|--------|---|
| | | | | | A | B |
| 9 | LF fwd in CBMP | Facing DW of new LOD ⁽¹⁾ | | H | Q | 1 |
| | Recover Body (slightly recover RF) | | | | | |
| 10 | RF to side and slightly bwd | Facing DW, body almost Facing W (Next step: Pointing DW, Moving LOD) | | I/E of F (RF) and I/E of B (LF) | Q | 2 |
| | Recover Body | | | | | |

NOTE - Alignment-Direction: ⁽¹⁾ The preceding step should be Facing DW of new LOD.

CHASE ALTERNATIVE ENDINGS - METHOD 4: PROGRESSIVE LINK (Lady) - Side 1

| Step Action | Foot Placement | Alignment - Direction | Quantity of Turn | Foot Action | Timing | |
|-------------|------------------------------------|--|---------------------------|----------------------------------|--------|---|
| | | | | | A | B |
| 9 | RF bwd in CBMP | Backing DW of new LOD ⁽¹⁾ | | BH | Q | 1 |
| | Recover Body (slightly Recover LF) | | | | | |
| 10 | LF to side and slightly bwd | Facing DC, body almost Facing C (Next step: Pointing DC, Moving LOD) | 1/4 to R between 9 and 10 | I/E of BH (LF) and I/E of B (RF) | Q | 2 |
| | Recover Body | | | | | |

NOTE - Alignment-Direction: ⁽¹⁾ The preceding step should be Backing DW of new LOD.

IN-OUT

When in Promenade Position the Man closes and opens his hips, Lady responds with the same action and the turn of the head

Timing: &S

| PRECEDE | FOLLOW |
|------------------------|-----------------------------|
| Any figure ended in PP | Any Figure starting from PP |

SLOW FOXTROTT

| | QUICK OPEN REVERSE TURN (2 BARS) | Precede | Follow |
|---------------|--|---|--------------------------|
| Start | RF fwd in CBMP (Outside Partner Position) | Running Finish, if commenced from PP: Open Impetus Turn | Three Step, Reverse Wave |
| Finish | Weight on RF (Outside Partner Position) | | |
| Timing | SQ&Q SQQ | | |
| Note | General: Steps 1-4 only may be used The figure can start from step 2 | | |
| Note | Couple Position: The The figure can start from Promenade Position. | | |
| Note | in Addition to: QUICK OPEN REVERSE TURN (1,5 bars) gem. Guy Howard Figure 21 - Edition 2011 | | |

| | HOVER CORTE | Precede | Follow |
|---------------|---|--------------------------------|--------------------|
| Start | RF back and slightly to side (Closed Position) | 1-4 Quick Open Reverse Turn | Any Reverse Figure |
| Finish | Transfer weight to RF (Closed Position) | | |
| Timing | SQQ | | |
| NOTE | alternative timing SSS | | |
| NOTE | Couple Position: may start in PP | | |
| NOTE | General: Follow with Weave Ending (3-6 Basic Weave) | | |

SLOW FOXTROTT

| | PROGRESSIVE CHASSE TO THE RIGHT | Precede | Follow |
|---------------|--|----------------|------------|
| Start | LF fwd and slightly to side (Closed Position) | Feather Finish | Three Step |
| Finish | RF to side and slightly bwd (Closed Position) | | |
| Timing | SQ&Q | | |
| Note | General: Follow with Weave Ending (3-6 Basic Weave) | | |

| | REVERSE TURN | Precede | Follow |
|---------------|--|--------------|-----------------------------|
| Start | LF fwd and slightly to side (Closed Position) | Feather Step | Hover Corte, Feather Finish |
| Finish | LF fwd and slightly to side (Closed Position) | | |
| Timing | SQQ | | |
| Note | in addition to Reverse Turn Guy Howard Edition 2011, Fig.2 Steps 1-3 only | | |

QUICKSTEP

| | ZIG ZAG | Precede | Follow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--|---------------------|---|---------------------|------------------|-------------|---------------------|------------------|-------------|--------|---|---|---|-----------------------------|------------|------------------------|--------|---|-----|---|------------|---|------------|-----------|--------------------------|----|---|-----|---|------------------------------------|---|----------------|------------|---|----|---|-----|---|------------|---|--------|------------|--|---|---|---|---|--------------|---|---------------------------|------------|--|---|---|---|--------------|---|-------------|------------|--|----|---|-----|---|------------|--|--|
| START | Left Foot fwd and slightly to side (closed Position) | Double Reverse Spin | Running Finish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FINISH | RF diag bwd (closed Position) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TIMING | SS SQQS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| NOTE | General: Steps 1 - 2 only may be used | Double Reverse Spin | Running Finish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HERR | <table border="1"> <thead> <tr> <th rowspan="2">Step Action</th> <th rowspan="2">Foot Placement</th> <th rowspan="2">Alignment-Direction</th> <th rowspan="2">Quantity of Turn</th> <th rowspan="2">Foot Action</th> <th colspan="3">Timing</th> </tr> <tr> <th>A</th> <th>B</th> <th>C</th> </tr> </thead> <tbody> <tr> <td rowspan="2">1</td> <td>LF fwd and slightly to side</td> <td rowspan="2">Facing LOD</td> <td rowspan="2">Com. to turn to L on 1</td> <td rowspan="2">H Flat</td> <td rowspan="2">S</td> <td rowspan="2">1.2</td> <td rowspan="2">1</td> </tr> <tr> <td>Recover RF</td> </tr> <tr> <td rowspan="2">2</td> <td>RF to side</td> <td rowspan="2">Backing W</td> <td rowspan="2">1/4 to L between 1 and 2</td> <td rowspan="2">BH</td> <td rowspan="2">S</td> <td rowspan="2">3.4</td> <td rowspan="2">2</td> </tr> <tr> <td>Recover Body (slightly recover LF)</td> </tr> <tr> <td rowspan="2">3</td> <td>LF bwd in CBMP</td> <td rowspan="2">Backing DW</td> <td rowspan="2">1/8 to L between 2 and 3 Body turns less</td> <td rowspan="2">TH</td> <td rowspan="2">S</td> <td rowspan="2">5.6</td> <td rowspan="2">3</td> </tr> <tr> <td>Recover RF</td> </tr> <tr> <td rowspan="2">4</td> <td>RF bwd</td> <td rowspan="2">Backing DW</td> <td rowspan="2"></td> <td rowspan="2">T</td> <td rowspan="2">Q</td> <td rowspan="2">7</td> <td rowspan="4">4</td> </tr> <tr> <td>Recover Body</td> </tr> <tr> <td rowspan="2">5</td> <td>LF crosses in front of RF</td> <td rowspan="2">Backing DW</td> <td rowspan="2"></td> <td rowspan="2">T</td> <td rowspan="2">Q</td> <td rowspan="2">8</td> </tr> <tr> <td>Weight on LF</td> </tr> <tr> <td rowspan="2">6</td> <td>RF diag bwd</td> <td rowspan="2">Backing DW</td> <td rowspan="2"></td> <td rowspan="2">TH</td> <td rowspan="2">S</td> <td rowspan="2">1.2</td> <td rowspan="2">5</td> </tr> <tr> <td>Recover LF</td> </tr> </tbody> </table> | Step Action | Foot Placement | Alignment-Direction | Quantity of Turn | Foot Action | Timing | | | A | B | C | 1 | LF fwd and slightly to side | Facing LOD | Com. to turn to L on 1 | H Flat | S | 1.2 | 1 | Recover RF | 2 | RF to side | Backing W | 1/4 to L between 1 and 2 | BH | S | 3.4 | 2 | Recover Body (slightly recover LF) | 3 | LF bwd in CBMP | Backing DW | 1/8 to L between 2 and 3 Body turns less | TH | S | 5.6 | 3 | Recover RF | 4 | RF bwd | Backing DW | | T | Q | 7 | 4 | Recover Body | 5 | LF crosses in front of RF | Backing DW | | T | Q | 8 | Weight on LF | 6 | RF diag bwd | Backing DW | | TH | S | 1.2 | 5 | Recover LF | | |
| Step Action | Foot Placement | | | | | | Alignment-Direction | Quantity of Turn | Foot Action | Timing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | A | B | C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | LF fwd and slightly to side | Facing LOD | Com. to turn to L on 1 | H Flat | S | 1.2 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Recover RF | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | RF to side | Backing W | 1/4 to L between 1 and 2 | BH | S | 3.4 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Recover Body (slightly recover LF) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | LF bwd in CBMP | Backing DW | 1/8 to L between 2 and 3 Body turns less | TH | S | 5.6 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Recover RF | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | RF bwd | Backing DW | | T | Q | 7 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Recover Body | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | LF crosses in front of RF | Backing DW | | T | Q | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Weight on LF | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | RF diag bwd | Backing DW | | TH | S | 1.2 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Recover LF | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

QUICKSTEP

| ZIG ZAG | | Precede | | Follow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------|--|---|----------------|--|------------------|-------------|----------------|---------------------|------------------|-------------|--------|---|---|---|-------------|------------------------|----|---|-----|---|---|---|-----------|--|--------|---|-----|---|---|------------------------------|-----------|--|----|---|-----|---|---|---|-----------|--|---|---|---|---|---|--------------------------------------|-----------|--|---|---|---|---|---|-----------|--|----|---|-----|---|--|--|--|--|
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| | Step Action | | | | | | Foot Placement | Alignment-Direction | Quantity of Turn | Foot Action | Timing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | A | B | C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1 | RF bwd and slightly to side Recover Body | Backing LOD | Com. to turn to L on 1 | TH | S | 1.2 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | LF closed to RF (Heel Turn) Weight on LF | Facing DW | 3/8 to L between 1 and 2 Body turns less | H Flat | S | 3.4 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3 | RF fwd in CBMP Recover LF | Facing DW | | HT | S | 5.6 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | LF fwd and slightly leftwards Recover Body | Facing DW | | T | Q | 7 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | RF crosses behind LF Weight on RF | Facing DW | | T | Q | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | LF fwd and slightly leftwards Recover RF | Facing DW | | TH | S | 1.2 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

QUICKSTEP

| | DRAG HESITATION | Precede | Follow |
|---------------|--|---------------------|-----------|
| START | LF fwd and slightly to side (Closed Position) | | |
| FINISH | LF closed to RF w/o weight, weight on RF (Closed Position) | Double Reverse Spin | Back Lock |
| TIMING | SSS | | |

| | WEAVE FROM PP | Precede | Follow |
|---------------|---|---------------------------|---|
| START | RF fwd and across in CBMP (Promenade Position) | | |
| FINISH | LF to side and slightly fwd (Closed Position) | Turning Lock to the right | Naturtal Turn |
| TIMING | SQQ SQQ | | |
| NOTE | General: STEPS 1-3 OR 4-6 MAY BE USED | | |
| NOTE | Couple Position: may end in Promenade Position | | when finished in PP: Passing Natural Turn |

QUICKSTEP

| | NATURAL FALLAWAY TURN | Precede | Follow |
|---------------|---|-------------------|---|
| START | RF fwd (Closed Position) | | |
| FINISH | RF bwd R side leading (Closed Position) | Open Impetus Turn | Natural Turn |
| TIMING | SQQ SQQS | | |
| NOTE | Foot Placement/Couple Position: may start in CBMP in Outside Partner Position. | | |
| NOTE | Foot Placement/Couple Position: may end in Promenade Position | | when finished in PP: Passing Natural Turn |

| | WING | Precede | Follow |
|---------------|--|--------------------------------|---------------------------------|
| START | RF fwd in CBMP (Outside Partner Position) | | |
| FINISH | LF closed to RF w/o weight, weight on RF (Wing Position) | Progressive Chasse to the left | Progressive Chasse to the right |
| TIMING | S(QQ) | | |

QUICKSTEP

| | WING from Promenade Position | Precede | Follow |
|---------------|--|-------------------|---------------------------------|
| START | RF fwd an across in CBMP (Promenade Position) | | |
| FINISH | LF closed to RF w/o weight, weight on RF (Wing Position) | Open Impetus Turn | Progressive Chasse to the right |
| TIMING | S(QQ) | | |
| | | | |

| | RUNNING SPIN TURN | Precede | Follow |
|---------------|---|----------------|--|
| START | RF fwd (Closed Position) | | |
| FINISH | RF bwd R side leading (Closed Position) | Natural Turn | Left foot [*] LINKING step followed by V6; Left foot Linking step followed by Progressive Chasse to the left |
| TIMING | SQQ SQQS | | |
| NOTE | Foot Placement/Couple Position: May start RF fwd in CBMP in Outside Partner Position | Running Finish | |
| NOTE | *When two figures cannot be directly connected, a linking step (Timing S) may be used. | | |

QUICKSTEP

| | TURNING LOCK TO THE RIGHT (+OVERTURNED FINISHED IN CLOSED POSITION) | Precede | Follow |
|---------------|---|-------------------|---|
| START | RF bwd with R side leading (closed position) | Natural Spin turn | Weave from PP |
| FINISH | LF diag fwd L side leading (Promenade Position) | | |
| TIMING | QQSS | | |
| NOTE | Alternative Timing - QQQQ may be used | | |
| NOTE | Couple Position/Foot Placement: may end in closed position , the following step is taken RF fwd in CBMP in Outside Partner Position | Natural Spin turn | RF fwd (Man) LF bwd (Lady) - *Connecting Step for (e.g. Quick Open Reverse Turn) |
| NOTE | Quantity of Turn/Couple Position: May be overturned to end in Closed Position (Man backing DC) | Natural Spin turn | Progressive Chasse to the Left |
| NOTE | *When two figures cannot be directly connected, a linking step (Timing S) may be used. | | |

| TILT OVERSWAY (Man) | | Precede | Follow |
|---------------------|---|---|---|
| a | Dance Steps 1 and 2 of open Telemark. | | |
| b | Left foot back, left side leading ending left foot sideways | Whole of LF and pressure on IE of B of RF | Fallaway Reverse Slip Pivot; Closed Promenade or an closed Finish; Promenade Link |
| | | | Replace weight to RF against LOD, turning body to R leaving LF in place turn Lady to PP (S) then any Promenade Figure along LOD |

| TILT OVERSWAY (Lady) | |
|----------------------|--|
| a | Dance Steps 1 and 2 of open Telemark |
| b | RF forward right side leading ending RF sideways |
| | Heel Turn |
| | Whole of RF and pressure on IE of B of LF |

Action(s)

Dance steps 1 and 2 and when dancing Step 3 take this step sharply with knee (almost) straight and body slightly tilted to L (Lady to R with head to R). Holding Position. **Timing steps 1-3 Q Q S.** Feet in Place sharply flex L knee (Lady R knee) + quickly change sway to R, lowering R shoulder + turning head to right (Lady to L) **S.**

C-Klasse

WALTZ *
LINE STEP

| CONTRA CHECK (MAN) | FOOTWORK | ALIGNMENT | TIMING | RISE/FALL | PRECEDE | FOLLOW |
|----------------------------|-----------|------------------------------|--------|---------------------------------|--|--|
| LF fwd in CBMP | Ball Flat | DW pointing almost LOD | 1 | Down on 1 knees slightly flexed | Reverse Turn;4-6 Reverse Turn after Natural Spin Turn; Double Reverse Spin | Passing Natural Turn; Chasse from PP; Weave from PP |
| Transfer weight back to RF | T | Backing DC against LOD | 2 | Rise e/o2 | | |
| LFto side in PP | TH | Pointing DW body facing Wall | 3 | up on 3 lower e/o3 | | |

| CONTRA CHECK (LADY) | FOOTWORK | ALIGNMENT | TIMING | RISE/FALL |
|---------------------------|----------|----------------------------|--------|---------------------------------|
| RF back in CBMP | T | DW feet almost backing LOD | 1 | Down on 1 knees slightly flexed |
| Transfer weight fwd to LF | T | Facing DC against LOD | 2 | Rise e/o2 |
| RF to side in PP | TH | Moving DW pointing LOD | 3 | up on 3 lower e/o3 |

MAN & LADY
ALTERNATIVE TIMING (2 BARS)

Use counts **1-3** to enter CONTRA CHECK Line (Step 1)
Use counts **3-6** to exit and finish in PP (Steps 2 and 3)

*cp: Guy Howard Waltz p48 and Tango p47 (edition 2011)